



**SUMMER-TIME  
DAILY ENCOURAGEMENTS**  
**Carstairs-Bancroft United Church**  
September 12, 2023

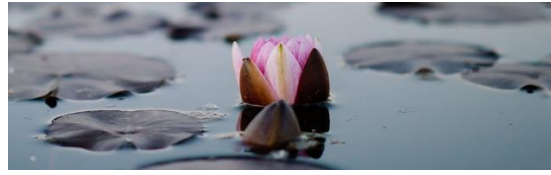


Photo: Our Daily Bread

## BE STILL

*Be still before the Lord and wait patiently for him.*

Exodus 33:11

### READ Psalm 37:5-7

After I'd gotten settled into the chamber, my body floating comfortably above the water, the room went dark and the gentle music that had been playing in the background went silent. I'd read that isolation tanks were therapeutic, offering relief for stress and anxiety. But this was like nothing I'd ever encountered. It felt like the chaos of the world had stopped, and I could clearly hear my innermost thoughts. I left the experience balanced and rejuvenated, reminded that there is power in stillness.

We can rest most comfortably in the stillness of the presence of God, who renews our strength and grants us the wisdom we need to tackle the challenges we face each day. When we're still, silencing the noise and removing distractions in our lives, He strengthens us so we can hear His gentle voice more clearly (Psalm 37:7).

While sensory deprivation chambers are certainly one form of stillness, God offers us a simpler way to spend uninterrupted time with Him. He says, "When you pray, go into your room, close the door and pray to your Father" (Matthew 6:6). God will guide our steps and allow His righteousness to shine brightly through us when we seek the answers to life's challenges in the stillness of His magnificent presence (Psalm 37:5-6).

By **Kimya Loder**

### PRAY & REFLECT

**Dear Father, I know I get caught up in the fast pace of life. Help me to be still, making room for You in everything I do. Amen**

What are some things that consume your time? How can you make more room for quiet time with God?

### SCRIPTURE INSIGHT

The concept of progressive revelation teaches that Scripture doesn't move from error to truth but moves from incompleteness to completeness. So, people in the Old Testament didn't understand many things because they didn't have as much information as we do. One example is their limited understanding of life after death, which caused them to assume that all reward or judgment would ultimately take place in this life. This was referred to as the "law of retribution," which stated that the righteous are blessed according to their righteousness and the wicked are punished according to their wickedness. Some scholars see Psalms 34, 37, and 73 as a trilogy dealing with that principle. Psalm 34 simply states the principle and Psalm 37 is counseling someone about the principle. Psalm 73 is the frustrated response of a righteous sufferer who believed the principle wasn't working in their experience. – By **Bill Crowder**

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