

Quiet! Be Still!

Why is life so often complicated, so difficult, frustrating and at times unbearable?

“Quiet! Be Still!” ... “Why are you terrified?” ... “Do you not yet have faith?” Mark 4: 39-40

God is never far from us, He has never left us. Even in our moments of doubt and despair, God exists all around us, within us and within each other. Much of our pain in this world is a result of the fact that we have little to no compassion for one another. Starving children, wars, domestic violence, abortion, divorce, refugees perishing in their hope for a better tomorrow, abuse, rape, addictions and so on.

“He searches out the abyss and penetrates the heart; their secrets he understands. For the Most High possesses all knowledge, and sees from of old the things that are to come. He makes known the past and the future, and reveals the deepest secrets. He lacks no understanding; no single thing escapes him. He regulates the mighty deeds of his wisdom; he is from all eternity one and the same...” Sirach 42: 18-21

If we could truly exist as one people, one race of humanity that held one another with the full compassionate embrace of our hearts, would there be any pain of great suffering? For we would all be walking together, sharing in each other's burdens, afflictions and also in our joys and successes.

“Indeed, the word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart. Hebrews 4:12

The answers that we seek as we wander aimlessly through this world, are all found in the Word of God. In His Word all reality, hope and promise is not only written but is fulfilled in our active living of that same Word. To live in the Word and allow the Word to be alive within us, we become a part of the Word and more fully comprehend how we are a part of one another. We learn what it means to care for and love one another, without hesitation.

**“If we have no peace, it is because we have forgotten that we belong to each other.”
Mother Teresa**

Father, bathe my heart in the splendor of Your Word.

Wash my soul clean, so that I may love without resistance or hesitation.

May I walk in compassion with my fellow man, as I live in Your Word and Your Word can thrive within me.

May I be inspired by the eternal beauty of Your Word, may it be my source and my comfort all the days of my life. AMEN