

Stop!

How often in our busy hectic days do we Stop! ... To simply stop and be...to look around at the intricate details of creation, to listen for that still small voice.

How often do we plan time to stop? For a moment, for an hour, for a day or a week? How often do we take time to recharge, to restart and rediscover the truest meanings of life, to explore the unknown and the unseen?

“Be still and know that I am God!” Psalm 46:11

What would it be like to venture into the deep recesses of our souls and discover the hidden wonders that lie waiting for us to find and the wonders that God longs for us to express?

“Silence gives us a new outlook on everything. We need silence to be able to touch souls. The essential thing is not what we say but what God says to us and through us. In that silence, He will listen to us; there He will speak to our soul, and there we will hear His voice.” St. Teresa of Calcutta

We place too much value on things that are passing, we hold what is fruitless to hold in such high regard, that we lose sight of and have no room for what is eternal. We become blind to what brings to our hearts, true joy and happiness.

“We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence.” St. Teresa of Calcutta

*Stop to gaze upon the endless wonders of creation.
Stop to explore the unknown achievements,
that reside within your heart, and await your discovery.
Stop to be still so that peace may take hold.
Stop to listen for the still small voice.
Stop to take time to spend time with your Creator.
Stop my restless soul and find the rest you so long to embrace.
Stop to express the wonders held deep inside,
Stop to revel in the joy that you long to reveal.
Stop and dwell within the hand of God.*

AMEN