

Daily Devotion For April 4, 2022

“Be still and know that I am God.” Psalm 46:10

Yesterday in my message I shared about a poster that I saw everyday as I was growing up. It was a poster that my mother had placed right below the kitchen clock. The poster was a prayer entitled, “Slow Me Down, Lord.” The prayer went:

*Slow me down, Lord.
Ease the pounding of my heart by the quieting of my mind.
Steady my hurried pace with a vision of the eternal reach of time.
Give me, amid the confusion of the day, the calmness of the everlasting hills.
Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restoring power of sleep.
Teach me the art of taking minute vacations—of slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a good book.*

*Remind me each day of the fable of the hare and the tortoise, that I may know that the race is not always to the swift— that there is more to life than increasing its speed.
Let me look upward into the branches of the towering oak and know that it grew great and strong because it grew slowly and well.
Slow me down, Lord, and inspire me to send my roots deep into the soil of life’s enduring values that I may grow toward the stars of my greater destiny. Amen.*

Thought For Today and Today’s Prayer Focus: Take time today to slow down. Reflect on the above prayer and Be still and know that God is God. Take time today to cultivate your relationship with God through an extended time of solitude and silence. Deo Volente.