

A Mid-day Meditation

From

Sue's Perspective

*This meditation is based on Psalm 46:10 – “Be still and know that I am God...”*

During these times in our world, in spite of the fact that we are asked to lay low, keep to ourselves and do what we can to curb the spread of COVID-19, we find ourselves reacting like whirling dervishes. We have to find something to do. We have to find a reason to go out into public. We have to, we have to, we have to... What we don't seem able to do is simply be quiet – quiet in body, quiet in mind, quiet in spirit.

*“Be still and know that I am God...”*

When we are in times of anguish, it is our nature to do what we can to fix what is wrong. We have to be **doing something** because **doing nothing** does not compute in our brains as being helpful. Frequently our doing something means doing something tangible like driving someone to an appointment or inviting someone who is alone to join us for a meal. Right now, during these times, **doing something** means **doing nothing**. That goes against our innate need to have others in our lives.

*“Be still and know that I am God...”*

Many of us struggle with sitting still. We recall being told by our parents, “stop fidgeting.” That was a phrase frequently used by my mother. Even more of us cannot bear silence. Silence, to many, is the absence of life, the absence of connection, the absence of love. If we think on it carefully, silence is powerful. Through silence we can learn to still our minds and connect ourselves more closely to God. So, sitting still **and** being silent is very difficult. Yet sitting still and being silent can be life-giving and perhaps even lifesaving.

*“Be still and know that I am God...”*

Peace is something that often eludes us particularly when we are bombarded from every side by reports of how rapidly this pandemic is spreading. We hear reports of the numbers of people who have died. We hear reports of how many people are predicted to succumb to this virus. We hear about world leaders who are not willing to share resources with other countries. Where in all of these reports is there any good news? Where is there something to look forward to? Where is God?

*“Be still and know that I am God...”*

God is to be found in the places we least expect to find God. God is in a telephone call. God is in an email. God is in a church service recorded and posted on the internet. God is in the frontline workers. God is in the goofy picture of my grandson sent by his mother as I write this. God is in the stillness. God is in the silence. God is in the smiles left on our faces as we give thanks for the phone calls, the emails, and the online church services.

*“Be still and know that I am God...”*

Let's pray:

Loving and mysterious God,

In the stillness and the silences that we experience, help us to see you in the least likely places. Help us to “be still and know that you are God” so that we can weather this storm with peace and love. Amen.