

Be Still

During this time, let us each stop, take a deep breath, clear our minds of everything but the Lord; and listen as He quietly and peacefully speaks to us. Carve out the time He so yearns to be with us and our families to create peace in your home during these days.

Take a few minutes to listen to this song and re-center yourself on our Lord:

Kari Jobe – [*Be Still My Soul \(In You I Rest\)*](#)

- *Lord, calm my heart and clear my mind of all things by You. May my soul be still and know who You are.*
“Be still, and know that I am God; . . .” (Psalm 46:10)
- *Abba Father, I rest in You because You are my hope and salvation.*
“Truly my soul finds rest in God; my salvation comes from Him; . . . Yes, my soul, find rest in God; my hope comes from him” (Ps 62:1,5)
- *May You remove the turmoil of the world filling me with Your peace and rest so I will arise refreshed and clear minded.*
“In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety” (Ps 4:8)
- *We thank You, Lord, that Your peace transcends all understanding and guards our hearts and minds in Christ Jesus.*
“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Phil 4:7)
- *Lord, we praise You because we know that You will keep in perfect peace those whose minds are steadfast, because they trust in You and this perfect peace will sustain our energy.*
“You will keep in perfect peace those whose minds are steadfast, because they trust in you” (Is 26:3)

“If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God you'll be at rest.” Corrie Ten Boom

Pray on your full divine armor of God (Eph 6:10-18) **every morning** and then pray thru Ps 91 for your family's protection.

Reach out **every day** (by phone, text, letter, or when social distancing) and ask someone:

- How can I pray for you? Then pray for and with them right then!

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