

"The Way of Jesus is the Way of Life and the Way of Life can change the world."
Bishop Curry

"Be still, and know that I am God" Psalm 46

There are a couple of things that come to mind today.

(1) I decided to read the scripture and the prayers aloud. This is one of the reasons I am posting audio recordings for the morning and the evening. I noticed that the scripture and prayers are so much more beautiful when they are read aloud. I also realize it is more difficult for me to skip over some of the words that I don't fully understand.

Once during seminary, a classmate was asked to read one of the Psalms during chapel. He came forward and read the Psalm from the Bible. You would have thought he was speaking some unintelligible language with the way the faculty responded. He was reprimanded for reading from the Bible rather than the prayer book. Each Sunday morning when we read the Psalm in church, it is from the Book of Common Prayer rather than the Bible. There are some differences and Psalm 46 (our reading for today) is one of those with some differences. At the end of three of the verses, we say the word "Selah." Whenever I read the word "Selah," I defined it in my mind as something similar to "Amen." This morning when I read the scripture passage and said Selah aloud, I had a sense that it was much more than "Amen." I began a little research and found that nobody is quite sure what Selah means. Selah occurs frequently at the end of a verse in Psalms and Habakkuk, it is probably a musical direction because some of the Psalms were sung accompanied by musical instruments in the early church. That makes sense to me when I read the Psalm aloud because I was consciously or unconsciously pausing when I said Selah. For me, it was very calming to say "Selah".

(2) So often we are task-driven in our lives. It is almost as if we try to accumulate as many check-marks as possible. I read the scripture passage – check. I read my prayers in the morning – check. I read my prayers in the evening – check. For me, the greatest reminder today is "Be still, and know that I am God". Allowing ourselves just to be still with God is huge. We don't have to rush to the next chore; we can just a while with God. Being still with God allows us to have a deeper prayer life. Being still with God opens our hearts to greater service to God. Being still with God enables us to practice what it means to be that non-anxious presence in someone else's life.

If you have any specific prayers you would like for me to add to my prayers, please do not hesitate to send them to my email – bur@dobbins.cc