



## Be Still Devotion

Are you sitting down? Take a few deep breaths as you focus on this word: **stillness**.

The Christmas season feels like the most sensory-overloaded time of the year! Our ears are crammed with carols; our sight is serenaded by joyful colors and a symphony of light. Taste buds are overwhelmed by spices, soups, meats, and treats. Those “To Do” lists amplify in volume and time toys with our sanity as we ho-ho-hope for a moment of peace!

In order for us to “be still,” we must abandon all motion and sound and embody a presence of calm, quiet, or peace. This is physically easy to accomplish during personal meditation or after a long, exhausting day; but how can being “still” help keep you calm when the world wages war on your spirit?

When distractions are deafening and I am shaken by stress, my comfort comes from the power of this command: “*Be still, and know that I am God*” (Psalm 46:10a). The Hebrew word for “still” in this context means “to abandon or desist; to stop what you’re doing.” God demands more from us than a physical absence of motion or sound; He desires the absence of doubt and requires that our hearts be stilled and filled with faith.

Quiet your spirit with these encouraging lyrics by Martin Luther, inspired by Psalm 46. Notice the spiritual peace we embody – despite the enemy’s threats – when our hearts acknowledge that God is our Mighty Fortress:

Though devils all the world should fill,  
All eager to devour us,  
**We tremble not, we fear no ill;**  
**They shall not overpower us.**  
This world’s prince may still  
Scowl fierce as he will,  
**He can harm us none.**  
He’s judged; the deed is done;  
One little word can fell him.

LSB 656, v. 3 [emphases added]

Rejoice that God delivered a Savior – the Prince of Peace – to fight the foe on our behalf so that we can join in the victory of God’s awesome power!

**Prayer:** Mighty Fortress, You are my refuge and strength; no matter what trouble I face this day, You are God. Fill my heart with a faith that cannot be shaken. Thank You for the gift of Your Son, Jesus Christ. Let my witness proclaim His message of heavenly hope to this restless and worried world. In Emmanuel’s name I pray. Amen.

Be Still

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