

A Note from Pastor Jeff's Desk

Helena Valley Faith Center

**Stopping, Silence and
Stillness before the Lord**

I am intrigued by a spiritual discipline that Brother Lawrence wrote about in “Practicing the Presence of God” back in 1666. He lived with a continual awareness of the presence of God and God’s overwhelming love for him!

There are many great spiritual disciplines like quiet time, fasting and prayer ... devotional reading... serving others ... Scripture memorization ... and journaling to name a few. But there is a discipline known as the ‘Daily Office,’ described in Peter Scazzero’s “Emotionally Healthy Spirituality ” that employs a stopping, silence and stillness before the Lord.

Essentially, it is this discipline; stopping to surrender to God in trust, with awareness of His love and presence in my life that allows me to hear His voice. Rather than striving and checking devotional boxes, being aware of His presence with me and His love for me, so that I can be filled with Him.

I am going to seek to enjoy the presence of the Lord this year. I would like to live in continual awareness of His presence with me. There are three components:

1. **Stopping** - We stop our activity and pause to be with the living God. To trust that God is on the throne... He rules, I don’t ... I stop and give up control of time to trust God and allow Him to run this world without me.

2. **Silence** - Dallas Willard called silence and solitude the two most radical disciplines in the Christian life. Silence is the practice of “silencing” every inner and outer voice so that we can be attentive to the voice of God.

3. **Stillness** - “*Be still and know that I am God*” - Ps 46:10. We move into God’s presence and rest there. That is no small feat! Spend at least 2 minutes in stillness so that I can let go of my tensions, distractions, sensations and begin resting in the love of God.

James Finley’s suggestions:

- a. Be attentive and open
- b. Sit still
- c. Sit straight
- d. Breathe slowly, deeply and naturally
- e. Close your eyes or lower them to the ground

When you feel your mind wandering, let your breathing bring you back. As you breath in, ask God to fill you with the Holy Spirit. As you breathe out, exhale all that is sinful, false, not of Him.

Some use a tool, when their minds wander, a simple Jesus prayer; “Lord Jesus, Son of the living God, have mercy on me a sinner”

Or simply “Jesus” or “Abba”

Let’s become more aware of God’s presence with us, and His deep love for each of us this year!

Pastor Jeff

