

## Thursday - March 17

*"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."*

*Psalm 46:10 (NLT)*

*Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture.*

*Psalm 100:3 (NLT)*

When I think of Lent, the words still and listen come to mind. This year we are focusing on being still. How do we do this and why??

Well let me share a story: at work we were talking about communicating with others. You say something, the other person should respond. And so the dialogue goes. It doesn't include think of what I say next. To be an active listener you need eye contact, to listen and cue into body language clues or context clues that may be included in the conversation. So how do we dialogue with God? Prayer/scripture/study/serving/music/nature the list is endless but a good place to start. (They are also good examples of ways to hear his voice).

Offer up words and see what happens. You may be surprised at how God/Jesus or the Spirit responds. For example: I was contemplating quitting tennis. The usual "they don't need me," "there are enough players," and "I am terrible so why bother" were running through my head.

Well as I shared this in prayer time, my phone went off. A text for the next match. Yes, I was on the roster! But it didn't stop there...an extra blessing, or sign that I was needed and not invisible...my partner was a "Sandy" too...wait there is more...the team also had another "McKinley" (my tennis sister as we joke). Thus I received a LOUD confirmation that God heard my prayer and plea. How can I doubt the timing of the text? Or that my name is a combination of two players on the team. Yup, I am needed. (By my team and God). Will you join us this Lenten season praying and pleaing and being still (and hopefully listening)?

Sandy

**Prayer:** God, You are an amazing Creator. You know all about us and want to hear us and respond back. Help us to be still and listen so we can respond back to You by serving in Your name. Let us see You, hear You, feel Your love, and be filled with You. We invite You to be with us and come beside us. If it is hard for us to be still or listen, help us practice that too. Thank you so much for providing ways for us to be drawn closer to You. We love You! In Jesus' name we pray. Amen.