

## Finding 'stillness' in September

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Ten years ago, September meant facing the busyness of school, work, church and various groups 'ramping up' to meet the demands they will make. Today, we also face the busyness of personal interconnectedness through technology. We simply know too many people for our own good.

Busyness dulls our sense of God, leaving us searching. While God meets us in the busyness, finding Him in the stillness is what we're called to. (Psalm 46:10)

So, how do we find stillness in September? Follow your "Rule of Life" - or develop one! Do not acquiesce to the temptation to rush past your daily devotion to God. Decide on a regular 5-minute sabbath in the midst of each day.

May we not succumb to the busyness of September. Amen.

*The LORD said, "Go out and stand on the mountain in the presence of the LORD,  
for the LORD is about to pass by."*

*Then a great and powerful wind tore the mountains apart*

*and shattered the rocks before the LORD,*

*but the LORD was not in the wind.*

*After the wind there was an earthquake,*

*but the LORD was not in the earthquake.*

*After the earthquake came a fire,*

*but the LORD was not in the fire.*

*And after the fire came a gentle whisper.*

*1Kings 19:11-12*