



Growing through times of change

Week 3 Reflection



St Paul's
LUTHERAN CHURCH BOX HILL

Isaiah 30:15

For thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength. (NRSV)

Psalms 46:10

Be still, and know that I am God!

I am exalted among the nations,
I am exalted in the earth. (NRSV)

1 Kings 19:11-13a

(The Lord) said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. (NRSV)

Stillness is something many of us struggle with, yet it has highly positive benefits for our wellbeing.

Like every new skill being still takes intention, effort, practice and perseverance. Asking your system to be still when its used to being active is going to feel uncomfortable and, depending on your value system, maybe even wrong.

Learning stillness requires us to intentionally step into a place of discomfort in the short term so that we can reap the many long-term gains.

Pay attention to the part of your system that we want to be still. Focus your attention on what is happening in your body. Intentionally relax your body one part at a time. Focus your attention on what is happening in your mind. Try to mentally step back and notice your thoughts without getting caught or hooked into any of them.

In that place of stillness try and focus on something that enhances the space: Your breath; Something beautiful or neutral in your surroundings; Something that brings peace to your mind, heart or soul.

Faith is the foundation of stillness. Faith that at any time you can leave anything with God knowing he'll look after it for you. As a result of this time of quiet and letting go - you are giving your system a much needed rest and increasing your resilience.

Maybe it's time to learn a new skill.