



# Be Still, My Soul

By Dr. Kristina L. Ramsey

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## **Scripture Meditation**

“Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.

**Psalms 27:14**

## **30 Day Gratitude Journal**

Write about a lesson you learned from watching someone else wait on God.

## **30 Day Gratitude Challenge**

Call someone today and give them word of encouragement.

## **Prayer Concentration:**

Pray for someone you know who might be going through a tough tie.

## **Prayer of Gratitude**

Lord we thank You for the ability to be still. When we find ourselves in circumstances and situations beyond our control, remind us that You are in charge. Remind us that we are not helpless, nor our situation hopeless. Remind us that we have another choice. Help us to choose to be still. In Jesus Name we pray, **amen.**

## **Observation**

Growing up as the oldest, I was the responsible one. I was the one my parents looked to help with the younger children, and my four siblings looked to me to solve their problems. I was always *doing* something, fixing something, or solving something. If there was a problem, I solved it and I learned that if something needed to be done right, I needed to *do* it. I wasn't trained to be still.

In 2017, my first year of private practice, I was discouraged, beat down and broke. I couldn't sleep and broke out in hives. Nothing I was *doing* was working. An area representative, whom I had never met, came by and he asked how I was *doing*. I was compelled to be honest to this stranger and said I was struggling and that nothing was working. He offered suggestions on how to move forward but in the end, he said, “You *do* know you have to trust God, right?” He said one of his go-to verses was:

“Be still and know that I am God.” – Psalm 46:10

In my effort to always be *doing* something, solving something, I was getting in God's way. I am thankful to God for sending this representative to alter my direction, to help me to stop *doing* so much and to be still. I'm thankful to my Zion family for helping through this Christian journey since 2018. My life has completely changed, and when things get rough, I remember that I know a mighty God. Can you stop doing and just be still?

## **Questions to Ponder**

1. Name a time that you had to stop and let God be in control of a situation. How did it make you feel. What was the most difficult part of waiting. How has that impacted other decisions in your life?

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