



This Week's Inspiration December 14, 2011

“Inner Quietness”

American culture in the 20th century gradually increased the speed of life. The pace at which we live in the 21st century far exceeds the pace our great-grandparents lived. We rush about our homes. We speed to and from work. We multitask at work and collapse into bed at the end of the day. Our vacations require us to drive or fly from place to place so we can engage in one experience after another. All of this endless activity agitates the soul.

I believe we are designed by God to work to the best of our ability, but also to develop the soul-nurturing skills of inner quietness. Developing this skill:

- Permits us to hear divine whispers.
- Forces us to become aware of our strengths and weaknesses.
- Calms our personhood and lowers the ubiquitous sense of annoyance.

The Bible says, “*Be still and know that I am God.*” When we obey this instruction, our sense of the Divine increases. Our awareness of where we need to grow improves, and our soul finds rest from a hectic world. God bless you as you pursue a soul made majestic in quietness.

God Bless,
Doc

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Weekly Inspiration

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