



The Redemption of Scrooge

Date: Thursday, Dec 20th, 2018

Title: Be Still

Text: Psalm 46:10

“Be still and know that I am God! I am exalted among the nations, I am exalted in the earth.”

The Ghost of Christmas Yet to Come, I noticed, is silent, pointing to the fact that the future is not spoken for. It is mysterious and unknown.

For our devotion today, I want to invite you into 20 minutes of silence. You can do it and it will not kill you. Here are four simple guidance for this silent prayer without words.

- i. Choose a sacred word as a symbol of your intention to consent to God’s presence and action within. This can be a any one-syllable word like peace, amen, Jesus or Abba.
- ii. Sitting comfortably with your eyes closed, settle briefly and silently say the word to yourself. No need to repeat it again and again. Just say it a few times.
- iii. When thoughts come to mind, return ever-so-gently to the sacred word.
- iv. At the end of your prayer time, remain in silence with your eyes closed for a for couple more minutes.

Thought to ponder: Be still and I know...

Be still...

Be..