

Be still and know that I am God.

Psalm 46:10



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"Por lo tanto, pongan toda su atención en el reino de los cielos y en hacer lo que es justo ante Dios, y recibirán también todas estas cosas." — Mateo 6:33

Tuesday, November 29, 2022

Being and Doing

by Scott Stoner

Be still and know that I am God.

—Psalm 46:10

Cynthia Kittredge wrote on Sunday about her experience of going on a retreat and how she eliminates many activities when she does so. She described that when she takes this time away, she is choosing to focus on *being* rather than on *doing*. Through a rhythm of prayer and silence, she is better able to focus on being with God.

Retreats are a wonderful way of prioritizing being over doing, and some of us may have the opportunity to go on a retreat during Advent. Whether or not we go on an actual retreat, though, we can each approach this season as an opportunity to focus more on simply being, rather than always doing.

Prayer and silence are two ways to focus on being. So, too, are spending time in nature, going for a walk, getting restful sleep, practicing intentional eating and drinking, and whatever else helps our bodies and souls rest and regain balance.

During one retreat I attended, we prayed the passage above from Psalm 46 in a unique way. We started by praying, “Be still and know that I am God.” We then repeated the prayer slowly, each time dropping off one word: “Be still and know that I am.” “Be still and know.” “Be still.” Our final prayer was simply the one-word prayer, “Be.” If this practice speaks to you, you may want to try it as a way to remind yourself of the importance of balancing doing and being.

Making It Personal: Do you struggle with finding a balance between being and doing? What practices or choices might help you find a balance between being and doing during this season of Advent? Did you try the way of praying I described using “Be still and know that I am God”? If yes, what was that like for you?

Learn

Advent Day 3

Read Matthew 4:18-22.

How do these verses from Matthew inspire you to read Scripture with new eyes?

Try reading several different translations of this passage. See how the language might change your reading of it.

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