



## Be still

By Lucy Wall

*I wrote this poem during a very difficult time in my life and the words are what came from my heart as I sat in the late hours one night thinking about the stresses of the day. That evening I knew I had a choice: I could spend the night worrying about my future, stressing over the things that were happening to me that I had no control over and subsequently getting myself into a teary mess over it all, or I could offer up my fears to the Lord as a sacrifice, ask Him to lift the burden of stress from me and replace it with His peace.*

*I discovered very quickly that if I'm willing to let go of negative things and put my trust in Jesus, He is faithful to take them from me and as Psalm 46:1 says:*

*"God is our refuge and strength, a very present help in trouble."*

*The truth of this verse! By all accounts I could have sat there worrying all night about my situation but what good would it have done me? God tells us not to worry about our lives because He is in control and He loves us.*

*"And we know that all things work together for the good to those who love God, to those who are the called according to His purpose." (Romans 8:28)*

*I really learned that night that no matter how the battles rage during the day and quite possibly will rage again the next, God can grant us peace and give our weary souls much needed rest if we seek Him.*

*"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (Philippians 4:6-7)*

*There is always refuge, comfort, strength, peace and encouragement to be found in Jesus Christ, even when our circumstances are screaming the opposite! What a wonderful privilege to know such a caring, loving, wise and powerful God.*

Troubles of the day depart and worry not my mind.  
For as I still my weary soul to seek my God I find  
The woes that weigh my spirit down within the light of day  
Are lifted by His mighty hands and gently fade away.

I meditate within my heart and sacrifice my fear  
And as I lay my head to rest I feel my Saviour near.  
Instead of fretful, sleepless nights where torments never cease,  
I contradict my circumstance and slumber deep in peace.

Although I know when I awake I'll face these woes again,  
I'll find my strength in Jesus Christ, my never failing friend.  
He keeps my mind from dwelling on the trials of tomorrow  
For that won't help to heal me and will bring me extra sorrow.



For if I look through worldly eyes I cannot see a way.  
With God *all* things are possible and so again I pray.  
I'm comforted by Scripture and I know He's in control.  
To read of Jesus' power puts such peace within my soul.

A peace I cannot understand but in it I'll abide.  
Whatever comes my way I'll face with Jesus by my side.  
I trust my Saviour's goodness and His sovereign plan for me.  
His purposes are wise, the bigger picture He can see.

I'm reassured by Jesus as I feel the night draw in.  
What privilege is mine to give my burdens all to Him.  
So troubles of the day, depart. I'm safe within His will.  
The dark of night envelopes me, so rest my soul. Be still.

*Psalm 46:10*

*"Be still, and know that I am God."*

*Psalm 4:8*

*"I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety."*