

I cherish the moments of stillness that bring serenity to my life. These special times, separate from my scheduled devotional moments with God, allow me to escape the hustle and bustle of life and the world's chaos. Just a few minutes can recharge my spirit, restore my energy, and immerse me in quietness and peace.

At home, these tranquil moments can be as simple as looking out the window and appreciating the ever-changing beauty of God's creation. The aweinspiring sight of the sky, the trees, and the birds—all part of His masterpiece—fills me with deep reverence.

At work, during my lunch break, I often sit in my office with the lights off, allowing natural light to illuminate the room. In these moments, I take a break from my work demands and let go of any thoughts about the tasks ahead.

As Christians, it is uplifting to remember that God welcomes these spontaneous moments of solitude with us. It is more than just sitting still; we must intentionally silence our minds, block out distractions, and embrace these quiet moments, allowing God to calm the storms in our lives.

When the world around us seems out of order, it is comforting to be still and know that God is in control and has authority over everything. We do not need to schedule an appointment with Him; God is always available. We can spend these alone times with Him, seeking answers, words of wisdom, and confirmation. Or we may want to let the Lord know how much we love and appreciate Him.

My dear brothers and sisters in Christ, in addition to our regular devotional and prayer time with the Lord, let us ensure we sprinkle in some still moments with God. He enjoys these moments just as much as we do.

Dear Father, thank You for allowing us to spend memorable moments with You.

