



# Being Still -

*even when your kids aren't*

- **Monitor your RPMs.**

When a car is revved up and working way too hard, the RPMs will sky rocket. The twists and turns of life can get our heart's RPMs soaring, too. Before we know it, we are a bundle of nerves. Periodically throughout your manic day, do an RPM check to see if you are anxious or worried. If so, verbally hand these cares over to the Master. *God, it won't help anything for me to worry, so I trust You with this mess!*

- **Plan a God Getaway.**

Just as you would plan an escape (or just a date) with your spouse, be intentional about planning special times of intimacy with the Lover of your soul. Do it up right! Candles, soft music, and pleasant scents will capture your senses as you turn your attention toward your God. Check out meditative worship music at [rainingpresence.com](http://rainingpresence.com) with Alberto and Kimberly Rivera, some of the leading artists of this sort.

- **Just breathe.**

Are you taking deep, lung-filling breaths of oxygen, or simply topping off your tank with shallow breaths? Oddly enough, it takes deliberate thought to breathe properly, but slowly breathing in God's stillness will re-focus your mind and fill your bloodstream with the fuel it needs to succeed.

- **It's an Inside Job.**

God wouldn't tell us to be still if it wasn't possible, but it doesn't always mean that things around you will be still. God simply asks *you* to be still. I firmly believe that we need to ask God to give us a still *spirit*. Henry Wadsworth Longfellow said, "Let us, then, labor for an inward stillness--an inward stillness and an upward healing; that perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain options, but God alone speaks to us, and we wait in singleness of heart, that we may know His will, and in the silence of our spirits, that we may do His will and do that only." That pretty much sums it up, now doesn't it?

*Melodie is a wife and mother of 3 children, the oldest of which has Down syndrome. Visit Melodie's website at [www.melodiegriffin.com](http://www.melodiegriffin.com).*