



Day 46 - Resting in God

Thursday, January 9, 2020

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." (Psalms 46:10)

Welcome to today's devotional regarding the God who is able to calm the winds and the waves and lead you beside the still waters. Sometimes we can become so busy it is difficult to hear what God is saying to us. We find ourselves constantly reacting to things that are going on and trying to solve problems that we feel may arise at some future time that are non-existent. In this attempt to live in the past, present and future, we are burning through our physical, emotional and mental energy stores leaving us exhausted and anxious. Add to this, local or national news which is generally negative and now we have another layer of conflict to think about. In Psalms 46:10, "He [God] says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." God wants to show up in your situation and help you. He wants to show Himself mighty. He wants you to know how to rest in Him and know that His burden is light. He is working all things out for your good. If you have been in overdrive and getting burnt out, slow down today and ask God how to best maximize your time, talent and resources. It may be that you are overlooking help, need to streamline your activities and eliminate other activities. God wants to draw you closer to Him. Take the time today to stop, listen and be refreshed.

Prayer: "Lord help me to quiet myself in order to speak with you and to hear from you daily. Show me how to rest in you and how to maximize my time and energy. Refresh me today and give me a new perspective on what you have called me to do. In Jesus' name I pray. Amen."

Pray for God's continued guidance, protection, provision and success for Cliffard Whitby (Macon-Bibb 2020 mayoral candidate) and the Whitby2020 campaign team and supporters.

Pray that God would grow and increase this movement and energize individuals to co-labor with us for positive change.