## Dear Open Door Family,

It was early and I was not completely awake yet as I stumbled around blurry-eyed in the kitchen, getting my coffee ready. I flipped on the TV to hear ESPN sports in the background. There is nothing wrong with listening to or watching sports. But as I thought about it I was challenged to think through why I did it - and to think about how much time I spent doing that. Then I realized that in some cases I got behind on other things because I just wanted to hear one more story. So, I decided to turn it off for the next few mornings and simply let it be quiet. One of those mornings I read Psalm 62. God challenged me again with a question. Are you willing to spend the first part of the day quietly with Me - before you get busy - before you get sidetracked with emails and phone calls - before you catch up on the scores and the best plays? That is the challenge for all of us in our hectic busy world. Let's look at these verses together.

**Psalms 62:1, 5, 8** (ESV) For God ALONE my soul waits in silence; from him comes my salvation. ...[5] For God ALONE, O my soul, wait in silence, for my hope is from him. ...[8] Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah

**Psalms 62:1** (NLT) I wait quietly before God, for my victory comes from him.

To wait for God ALONE means that we realize He is the ONLY reliable source for help. He is the only one who can give hope and strength. It is interesting that the Psalmists says he is waiting in silence or quietly before God. That strongly implies that there is a need for quiet in our lives. There is a need to stop filling our ears and minds with noise. It is so easy when we are alone to immediately turn on the news, weather, sports, or music to fill the silence. Whether it is in the morning when no one else is around - or on the drive to work - it is so easy to fill the silence with noise. Another thing it means is that we need to stop talking. It is hard to hear God when we are filling the silence with other sounds or our own conversation. Yes, we need to talk with God but part of growing in our relationship with Him is to listen. We can hear Him through His Word and also in the stillness of our hearts as we wait for Him. To me it is fascinating that in Psalm 62 there is the statement about being quiet and waiting for God twice before there is a statement about pouring out our hearts to Him. There is a lesson there. We must learn to be quiet and wait in God's presence. Then, in absolute confidence and trust we can pour our hearts out to Him. He knows, He hears, He understands, and He has promised His strength and help.

**PRAYER:** Lord Jesus, it is hard for me to shut off all the things going on - TV - Radio - but Lord I do not want to fill my life with NOISE. I do long for You. Please, Lord God, help me to have an ever growing sense of Your presence in my life. And an ever growing appreciation for those quiet still times so that I do not rush to fill them with Noise.

Pastor Mark Kieft
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