

Sabbath Evening Moment

Ritual

We light a candle and pause. We inhale and exhale.
We recognize we gather in God's presence.



Relate

We notice how we come.

Receive

We pause together with Sabbath Evening Meditation adapted from Henri Nouwen

Be still and know that I am God.

Be still. Be quiet. Be silent. Be tranquil. Be present. Be now. Be here.
The first task of the disciple is to be with God, to sit at Christ's feet, to listen,
and to be attentive to the Compassionate One. God cares for us and gives us life.

Be still and know that I am God.

To be still is hard. It means to let God speak to us, breathe in us, act in us, pray in us.
Let God enter into the most hidden parts of our being, even the parts that hurt and cause
us pain. To be still is to trust, to surrender, to let go, to have faith.

Be still, and know that I am God.

To be still and know that God is and God acts. God acts not once in a while, not on special
occasions, but all the time. We listen to the one who speaks to us always, feel the actions
of the one who acts always, and taste the presence of the one who is present always.

Be still and know. Come to know, real knowledge, full intimate, knowing.

A knowing through and through. A knowing with a heart, a knowing by heart. Be still and
know. Come to that knowledge.

There is a very restless knowledge, a confusing, distracting, dividing knowledge. But
knowing God is a knowing of the heart, of the whole person. It is a knowing that is also
seeing, hearing, touching, smiling.

Be still and know that I am God.

Is not meant to be a fearful knowledge, but a peaceful knowledge. God is not a revengeful
God, but a God of love. Know that I am God, your God. The God, who is only love, the
God, who keeps you with limitless and unconditional love.

Be still, and know that I love you.

Know that I hold you in the palm of my hand. That I have counted the hairs of your head.
That your name is written in my heart.

Be still, and know that I am God. God is not in the storm, nor in the earthquake, nor in the fire, but in the still, small voice, the gentle breeze, and the sheer silence. Be still, and know that I am God. Take these words with you in the week to come. Let them be like a little seed planted in a good soil of your heart and let them grow.

Be still and know that I am God.

Reflect

Were you able to be still?

What does stillness feel like?

How do you respond to God found in stillness and silence?

Cory Driver, assistant to the Bishop of IK Synod writes, "God's power and love are frequently demonstrated by action, especially through the actions and words of the church, Jesus' body on earth. But now and then we see God's power and love through a quiet, or even silent, calm. This quiet allows us to turn and praise God who gives us quiet among the storms, earthquakes and fires of our lives. I don't know about you all, but I am praying for a brief rest in God's silent calm."

<https://www.livinglutheran.org/2020/08/lectionary-blog-gods-sheer-silence/>

How might you stop and rest in God's silent calm this month?

Renew

May the blessing of the God of life be ours.

May the blessing of the loving Christ be ours.

May the blessing of the abiding Spirit be ours
to help us, to cherish us, to make us whole. Amen.