

Be Still

"Answers from the Lord come quietly – ever so quietly. In fact, few hear his answers audibly with their ears. We must be listening so carefully or we will never recognize them. Most answers from the Lord are felt in our heart as a warm comfortable expression, or they may come as thoughts to our mind. They come to those who are prepared and who are patient."

H. Burke Peterson

Prayer is when you talk to God; meditation is when you listen to God.

~Author Unknown

God speaks in the silence of the heart. Listening is the beginning of prayer.

~Mother Teresa

You must learn to be still in the midst of activity, and to be vibrantly alive in repose.

Indira Ghandi

Trying to understand is like straining through muddy water. Be still and allow the mud to settle.

Lao Tzu

Adopt the pace of nature: her secret is patience.

~Ralph Waldo Emerson

The value of peace within our hearts cannot be measured. When we are at peace, we can be free of worry and fear, knowing that with the Lord's help, we can do all that is expected or required of us. We can approach every day, every task, and every challenge with assurance and confidence in the outcome. We have freedom of thought and action, freedom to be happy. Even those incarcerated for lengthy periods of time as war prisoners can be at peace in their own minds. Many of them have learned from their captors that they cannot deprive them of freedom to think, even when the most harsh limitations are imposed. Few, if any, blessings from God are more valuable to our spiritual health than the reward of peace within

Joseph B. Wirthlin

President David O. McKay said, "The peace of Christ does not come by seeking the superficial things of life, neither does it come except as it springs from the individual's heart." He said further that this peace is "conditioned upon obedience to the principles of the Gospel of Jesus Christ. ... No man is at peace with himself or his God who is untrue to his better self, who transgresses the law of what is right either in dealing with himself by indulging in passion, in appetite, yielding to temptations against his accusing conscience, or in dealing with his fellowmen, being untrue to their trust. Peace does not come to the transgressor of law; peace comes by obedience to law, and it is that message which Jesus would have us proclaim among men."

Patience is the companion of wisdom.

~St. Augustine

How poor are they that have not patience!
What wound did ever heal but by degrees?

~William Shakespeare, Othello, 1604

Experience has taught me this, that we undo ourselves by impatience. Misfortunes have their life and their limits, their sickness and their health.

~Michel de Montaigne

Life is full of difficulties, some minor and others of a more serious nature. There seems to be an unending supply of challenges for one and all. Our problem is that we often expect instantaneous solutions to such challenges, forgetting that frequently the heavenly virtue of patience is required.

Thomas S. Monson

Today in our hurried and hectic lives, we could well go back to an earlier time for the lesson taught us regarding crossing dangerous streets. "Stop, look, and listen" were the watchwords. Could we not apply them now? Stop from a reckless road to ruin. Look upward for heavenly help. Listen for His invitation: "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

Thomas S. Monson

All of us have seen some sudden storms in our lives. A few of them, though temporary like these on the Sea of Galilee, can be violent and frightening and potentially destructive. As individuals, as families, as communities, as nations, even as a church, we have had sudden squalls arise which have made us ask one way or another, "Master, carest thou not that we perish?" And one way or another we always hear in the stillness after the storm, "Why are ye so fearful? how is it that ye have no faith?"

Howard W. Hunter

URGENT TO MARILYN

by Carol Lynn Pearson

Marilyn had a job--
Working out her salvation.
It wasn't nine to five.
It was nine to nine
In twenty-four-hour shifts.
And there was no vacation,
And in case she should get fired
Nobody else was hiring,
So Marilyn worked hard
And she worked fast
And she worked in fear.
The boss was away a lot
And Marilyn Wondered
If he liked her work,
And not knowing, she worked harder.
She did everything on every list
Twice over to make sure.
She didn't have much fun
On the job.
It was more the retirement
Benefits she was there for,
The mansion, the glory.
On a typical day
She ran frantically
From the visual aid department
To the wheat-grinding
And quilting department
To the grow your own
Vegetables department
And the sew your own
Children's clothing department
And the physical fitness
Department.
She even stopped running
Past the genealogy department
And locked herself in
Until she got something done.
And then she ran
To the food storage department,
Ran with scriptures
On cassette in hand,
Ran because there were
Twenty-two minutes left to fill,
Ran past the boss's memo
On the bulletin board:
"Urgent to Marilyn:
Peace, be still."

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." (John 16:33.)

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (John 14:27.)

Be ^astill, and ^bknow^c that I *am* God: I will be ^cexalted^d among the heathen, I will be exalted in the earth. (Psalms 46:10)

"Peace be unto you." (John 20:19.)

"And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships.

"And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

"And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?"

"And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

"And he said unto them, Why are ye so fearful? how is it that ye have no faith?"

"And they feared exceedingly, and said one to another, What manner of man is this, that even the wind and the sea obey him?" (Mark 4:36-41.)

Hymns:

"Master, the Tempest Is Raging," p. 105

"Be Still My Soul" p. 124

"Jesus the Very Thought of Thee" p. 141

"Love at Home" p. 294

"Where Can I Turn for Peace" p. 129

"I Feel My Savior's Love" CS p. 74