

Daily Devotional, September 29, 2021 Finding Quiet in the Noise

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 (NIV)

I grew up in a very loud home. You would have thought there were a dozen children living under our roof at times, not just a family of six. Television on, dog barking, Mom banging pots around in the kitchen with the blender whirling away, Dad barking out orders or yelling at the TV screen, my sister chatting on the phone, neighborhood kids in and out the back door, and many friends of the family over on birthdays and holidays.

People who live in large cities like New York and Chicago say that they learn to live with the noise around them. The sirens, music in the streets, and honking horns all become just background noise. Even now as I sit writing this devotional, I hear the television on in the background, music playing down the street, and two dogs barking in my neighbors back yard. Trust me. It's loud enough in this room at this moment.

But what happens when I turn off the television, my one neighbor turns the music down, and my other neighbor brings their dogs in from the yard? What happens when the room gets quiet, and I am left alone with my computer, my thoughts, and my prayers?

In Psalm 46:10, we read, "Be still, and know that I am God." In stillness, we find God. In the stillness, God becomes the loudest voice in the room—though not the only voice because our shared prayers of confession, of need, of sorrow, of hope, of strength, and of love mix with God's words to bring an incredible peace. The world is indeed loud right now. Whether you realize it or not, there are many voices in the room around you: news stories, social media, phone calls, emails, virtual/home schooling and more—so many distractions in our busy lives. Perhaps like me, you have grown accustomed to the noise. You find at times you actually need it. But do you really? Maybe you just need to listen for God's voice as you let the other noises fade away into barely audible ambient sounds, giving your attention to the loudest voice in the room—the voice of God.

Prayer: Lord God, I know that there are too many voices in my life. Sometimes I fail to hear the most important voice in the room—Yours. I seek solace IN information from the news, kind words from friends, and comfort in the noise. Help me to silence the noises, to seek You in the quiet, and in the stillness. And in the stillness, I want Yours to be the loudest voice in my heart. In Christ's name, Amen.