



Be still

By Elaine Lambie

The 40 days of Lent is the period leading to the joyful celebration of Easter. Let us use this time to reflect, contemplate and pray. Let us stop, and be still.

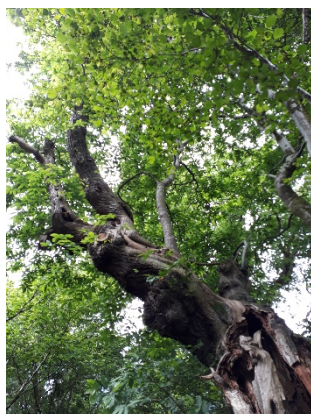
'Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.'

Psalm 46:10

Activity time

If you can't get exactly these materials, just see what you can find around the house instead!

1 Look up



You will need: time

Go out for a walk together in the countryside or in a park. Find a tall tree, lie down underneath it and look up. (First, of course, check that it is safe to do so.) If you are lucky enough to have a tree in your garden, you can do this at home. Once you are lying down, look up. What do you see? What shapes are formed by the changing light? What different textures can you see? Are there birds flying overhead? Notice any worrying thoughts you may have, and let them pass. Breathe in the beauty of God's nature.

Talk about how Jesus stilled a terrifying storm and commanded the wind and the sea: 'Peace! Be still!' How does our faith in Jesus help us to find peace and calm?

2 Look inside



You will need: strips of paper, a different colour for each member of your family; felt-tipped pens

On their colour of paper, write something that you like and is good about that person. Make all the characteristics into a paper chain, and hang this up on Easter Sunday to celebrate your uniqueness as a family.

Talk about how wonderful it is that God made us individuals! In what ways can we show our thanks to him that he made each of us special and unique?

3 Look out



You will need: local/national newspapers or magazines or pictures from the internet; sheet of paper; scissors; glue

Cut out any headlines or stories that you'd like to pray about. Who, in your own village/town/city, needs help and support? Who, in the wider world, needs help and support? Make a collage of those issues you'd like to pray for. Include happy stories so you can thank God for good news.

Talk about how you can put your collage of prayers into action. If, during this Lent season, you have given up a luxury, like sweets or cakes, can you donate the money you've saved to a charity to support someone in your prayer collage?

Celebration

After Jesus was baptised, and before he started his ministry, he went into the space and quiet of the wilderness to focus more fully on God. Jesus stayed there for 40 days. He was still for all that time. Being still is not an easy thing to do, as you may have discovered when you were lying under the tree! Try to make time to escape the rush and noise of our daily life. What's the longest time you can be still for? Switch off your mobile phone, the TV, the iPad, the PlayStation – all things that cause distraction. Listen to the silence for a few seconds, and be aware of God's presence.

Sing:

- [‘Be still for the presence of the Lord’ – David Evans](#)
- [‘Lead me to the cross’ – Hillsong United](#)
- [‘Ask seek knock’ – Hillsong Kids](#)

Read some Bible verses about being still:

- [Psalm 37:7](#)
- [Psalm 62:5–6](#)
- [Isaiah 40:31](#)
- [Psalm 62:1](#)

You could finish with the [Lord's Prayer](#) and the [Messy Grace](#).

Mealtime

Enjoy a simple meal together of soup, bread and a piece of fruit. As you eat, be mindful about the flavours and textures of your meal and thank God for all that we have.

