

Day 2

Patience

Silence (2 minutes) Take some time to be quiet, to calm down, and to listen. What has God been teaching you? What are the next steps He wants you to take? How is your spirit doing?

Scripture *"Be still before the LORD and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes."* Psalms 37:7

Discussion The theme of this psalm of David is contrasting the ways of the wicked and the righteous. Some of the commands in this psalm are: *"Trust in the Lord and do good...Delight yourself in the Lord...Commit your way to the Lord...Refrain from anger and turn from wrath; do not fret...Turn from evil and do good...Wait for the Lord and keep His way...Consider the blameless, observe the upright."* It also includes the above verse, *"Be still before the Lord and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes."* We are not to focus on, be envious of, obsess and worry about, or get stirred up about the wicked. Satan would love to have us focus on and be stirred up about the wicked, or anything else, just so we aren't focused on God and His ways. The Bible has many examples of and teaching about calling out to God and asking Him to intervene, as well as taking initiative to show mercy to others. This psalm includes another aspect of our relationship with God, particularly as related to the wicked. We are to be still in God's presence and wait patiently for Him. *"Be still and know that I am God"* (Psalm 46:10). We could literally sit or kneel in a quiet place for ten to twenty minutes, alone or with other believers, all silent, knowing we are in God's presence, and patiently being attentive to whatever the Lord brings to our minds. We may be tempted to avoid this or quit when we get stir-crazy after two minutes. Some unbelievers regard prayer to God as doing nothing, a waste of time. If God weren't real, they would be right. Is our silence in God's presence doing nothing; is it non-productive? It may be different from what we are used to, but how can being in the presence of our living God not be beneficial? God is present in our actions of service, worship, learning, and mercy. He also calls us to and is present when we are silent before Him and wait patiently.

Application Patience is like a muscle - you can't go from never lifting weights to benching 300 pounds! As strange as it may sound, it takes some patience *to become patient*. Patience is not just being able to sit quietly in prayer or contemplation of God's word, it is a what allows us to wait on God as He accomplishes His will. Don't get frustrated with yourself if you find this difficult to practice or get easily frustrated - this is a part of growing in patience! Take time today to notice where you tend to grow impatient. Consider how you want to grow in patience in this area and ask God to be with you as you seek to grow in patience slowly over time.

Prayer Father, thank You for Your presence. Thank You that I can serve You, pray to and worship You. You also call me to be silent in Your presence and to wait patiently. This is not what I would usually do. I'm not totally sure what to expect, Lord. I praise You that You are wise and loving. I trust You and submit myself to You. Use my time of silence in Your presence as You wish. I praise You that You are God. Amen.

Silence (2 minutes) Talk to God about what you are learning. What are your fears? Where are your hangups? Pray for direction.

Scripture memory for the week: *"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires."*

James 1:19-20