

As I practice stillness, I must be honest, it was quite a challenge for me. It seems like I'm always busy with something either with work or family or even church ministry. I noticed that even in my prayer time and reading the word, it was quite noisy and busy, if that makes sense. This act of stillness was a real challenge for me but once I began to really get into it and be intentional with it, God began really to show up and show out in a way that I have not experienced him before. In this reflection paper, I'm going to be sharing some of the ways that God has met me in my stillness, while at the same time share some things, I learned about myself during this.

When I first started practicing stillness, even before hearing what God wanted to speak to me in his stillness, I had to get serious with myself and really question my motives in my heart by asking myself "Do I really want this?". This was a very hard question for me to answer because I was faced with the reality of what was inside of me, that any laziness, slothfulness, procrastination, expectations, Almost fully put to the side if I really want a change in my life and to get deeper in my walk with the Lord not only to get closer with him but to search deeper within myself. Initially this was very difficult for me and there was almost a little point where I wanted to give up. Getting over the initial Barrier of being in the Lord's stillness was quite difficult; I was often bombarded with Numerous things that were not that important, waves of slothfulness and procrastination started really feeling my mind, but I thank the Lord that I got through that barrier and continued my goal and in doing so the Lord began really to speak to me.

While practicing stillness, I noticed that as I set time to be with the Lord, I begin to want to seek the Lord more and more and just to be in His presence. There is something about setting time apart in stillness that I felt more connected with God and in doing so I wanted to practice more stillness. I found it very beneficial being in his stillness because I found myself praying

more and reading the word more. It truly opened the areas in my life that I needed to grow in spiritually, it's stretched me in ways that if I didn't practice stillness I would never grow. The moment I was still that's when the Lord started to speak to me, and he spoke to some areas in my life that I was running from. The major area that the Lord was speaking to me in my stillness was the area of my growth in Him. Up until that point, I have been saved 13 years and involved in ministry while still being a Deacon in my church, but my titles were not matching my character and the Lord was dealing with that very issue. These issues were not very easy to deal with because for me I was judging my character and where I should be, and I very much realized that I wasn't at the place where I should be or want to be. Being in the Lord's stillness was difficult at this point because I was faced with some things that I have put off and the Lord wanted to deal with it. In all honesty I'm grateful that these things were brought up because I got to deal with those issues and they just showed me how important taking time to be still truly is.