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Still with thee

By Elise L. Moore, C.S.B.

I was reading Psalm 139 which talks about God being with us in all circumstances and in every situation, no matter how joyous or no matter how difficult. Then I read this phrase from verse 18, “when I awake, I am still with thee.” When I wake up to God’s presence and goodness instead of being overwhelmed by a problem, then I’ll realize God is still there to help me. Even if I’ve taken a detour, God’s guidance and healing power is with me and now I’m aware of it. That’s so comforting. But when I read the phrase, “when I awake, I am still with thee” I saw something new. The word “still” spoke to me of being peaceful and quiet. When I awake, I will be still with God. I will be peaceful, calm and assured when I really awake to God as divine Truth and Love. All that churning of human thought, all the worry and anxiety, stress, or anger melts away. It’s a level of spirituality beyond pleading with God or even demanding answers. It’s a closeness with God. It’s being humble and undisturbed. Today you can be still with God. You can be calm and assured of God’s comfort and healing power. You can awake and be still with God.