

Reflection

Restless means.... “Unwilling or unable to stay still or be quiet and calm because you are worried or bored.”

I used to tell my husband, Bill, that I wanted a month of boredom. He would laugh and say “you couldn’t handle a week.” But the media convinces us the world is in such an increasing state of despair, that it is easy to get caught up in the frenzy and histrionics. Something must be done **now!** We have to fix everything right **now**. We must do something-anything! Perhaps we really don’t have to **do** something but rather **think, pray and listen**.

I heard a quote from *The Chosen* which struck me.

Dallas Jenkins is the creator, director and co-writer of *The Chosen*. He has a line in the series where Jesus says, **“It's not your job to feed the 5000. You only need to provide the loaves and fish.”** Wow! I think it is a nice way to say, “Let God be God”! I am reminded that I just need to do “the next right thing”. How do I know what the next right thing is? I know when I take the time to listen—not just talk and spout rote prayers- but to really listen.

Hilary Scott may have put it best when she sings the song: **Still** written by **Justin Ebach & Molly Read**.

You're parting waters, making a way for me
You're moving mountains that I don't even see
You've answered my prayer before I even speak
All You need for me to be is -----still. (I suspect I wrote about this song before -it is powerful.)

So, when I feel this crushing sense of urgency about things, I try very hard to remember to be still. I just need to bring a loaf of bread and a fish. God will provide the rest.

Blessings,
Rosemary