



Be Still and Know that I am God

“Perhaps in this current time of imposed stillness, it is most important to take moments to quiet our souls.”

Greetings retreat participants! We invite you to participate in this unprecedented “Stay at Home Spring Retreat 2020” sponsored by the *PNEC Spiritual Renewal Partners*. Under normal circumstances we usually gather together face to face sometime in the Spring for a day long retreat. But circumstances being what they are that was not possible this year. As an alternate option we are suggesting that each one of you gather in your own quiet space at home to work through the suggested questions below. Whenever you decide to “quiet your soul” know that God is present with you. So, as the spirit moves you grab a cup of coffee, tea, snacks, journal or paper, head for your favorite chair and....be still.

Our scripture reading and our theme is from Psalm 46:1-3, 10.

Be Still and Know that I am God

God is our refuge and strength
A very present help in trouble.

Therefore, we will not fear,
though the earth should change
though the mountains shake in the heart of the sea
though the waters roar and foam
though the mountains tremble with its tumult.

God is our refuge and strength
A very present help in trouble.

Be Still and Know that I am God!

Questions or thoughts to ponder:

How do you feed yourself spiritually in these special times?

What are the positive effects of being (semi) quarantined or isolated at home that you are experiencing?

Since we have just entered the season of Spring, isn't it wonderful that Mother Nature is greeting us all as usual with sprouting and unfurling leaves, buds, blossoms and flowers, green lawns and with the promise of new life. It is like she is unaware of the uncertainty in our world due to the C-19 Virus.

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The following is an “activity” that you can do as well. It is the theme verse from Psalm 46 “sung” in chant-like fashion. There is no special tune. You can just sing the same note if you want all the way through. It is supposed to be sung quietly and prayerfully. See below:

Be still and know that I am God  
Be still and know that I am  
Be still and know that I  
Be still and know that  
Be still and know  
Be still and  
Be still  
Be

**Closing:** Close with a prayer of your own or the Lord’s Prayer.

**Benediction:** “May the peace of Christ go with you in the worlds in which you live. Be nurtured in this time together and faithful in the time apart. When all is said remember this, open your minds to wonder, your hearts to compassion and your hands to justice that you fashion a whole and Holy world.”

Peace and God’s Blessings to you all.

PNEC Spiritual Renewal Partners