

Priorities of Faith

DAY 3 — THE BLESSING OF WAITING

“Be still, and know that I am God” (Psalm 46:10, ESV)

The Biblical Virtue of Slowing Down

In an age of constant movement and noise pollution, nothing is more critical than stillness and quiet. In our hectic modern life, daily urgencies demand our attention. We have become accustomed to a fast-food mentality where we expect things the quickest possible way. We have forgotten how to wait patiently, and this impatience can leak into our spiritual walk with devastating effects. The visual impulses and acoustic distractions of this hyper-connected age make it even harder to slow down and become still. Learning to wait in quietness and focusing our thoughts on divine matters as we talk with God may seem like a strange practice for many people today, but it is a biblical virtue that needs to be revived. Cultivating a quiet space that is not crowded with other urgencies and preserving unclaimed time is crucial to connecting with God. To slow down, to sit still, to breathe, to remind ourselves of God’s tender care, to patiently wait, and not to get nervous if God does not immediately answer our prayers—these are arts that we need to learn afresh.

Benefits of Waiting

Throughout Scripture, we encounter God’s people in an attentive attitude of waiting. Biblical writers often express their waiting expectation with a question: “How long, O Lord?” (Hab. 1:2; Dan. 8:13). There is no hope without waiting (Titus 2:13). There is no endurance without waiting (Rom. 5:3, 4). There is no patience without waiting (Rev. 14:12). There is no longing without waiting (Psalm 42:1). There is no life without waiting. There is no human history without waiting. Waiting is part of human existence.

While waiting, we often focus on the problems that are unpleasant and hope they will pass away. But waiting does not mean sitting passively, doing nothing, and hoping that an unpleasant situation will somehow disappear. From a biblical perspective, the primary purpose of waiting is to bring to light who I am and who I am becoming while I wait. The experience of waiting confronts me with a significant spiritual decision: In my impatience and doubt do I question God’s goodness and omnipotence? Or do I recognize that in waiting, I am confronted with a unique opportunity that will help me to become the person God wishes me to be? Through the experience of waiting, I can become the person I would never have been otherwise.

If we look at it this way, waiting becomes God’s means of transformation, to change us according to His will. Thus, waiting is truly an expression of God’s goodness and grace. It helps us to become more like God, who waits in great patience, not wanting anyone to be lost who could still be saved.

Let’s pray together.

Prayer Time (30–45 Minutes)**Praying God's Word — Psalm 46:10**

"Be still, and know that I am God."

"Be Still"

God, we have been restless. We have allowed ourselves to become so busy and stressed, thinking that if we are not, then we are somehow worth less. Oh, God, we need Your help to slow down, to learn to simply be still. Our minds have been wired by social expectations to always be racing toward something. Help us to appreciate the virtue of stillness and to gain the blessings it brings. Speak the words "Be still" into our impatient hearts. Amen.

"Know that I Am God"

Dear Jesus, the fact that You are our God and Lord has massive implications for our lives. Yet we seem hesitant to make You Lord of all of our life. We desire control, and we can't seem to stop doing what we are doing. Teach us that You, the Almighty Creator, the One who fills eternity, are Lord; that You are able to take us and our plans beyond anything we can imagine if we only become still, wait, and recognize You for who You are. Amen.

More Prayer Suggestions

Thanks and Praise: Give thanks for specific blessings and praise God for His goodness.

Confession: Take a few minutes for private confession and thank God for His forgiveness.

Guidance: Ask God to grant wisdom for current challenges and decisions.

Our Church: Pray for regional and world church needs (see separate sheet with requests).

Local Requests: Pray for current needs of church members, family, and neighbors.

Listen and Respond: Take time to listen for God's voice and respond in praise or song.

Song Suggestions

SDA Hymnal: Have Thine Own Way, Lord (#567); Be Still, My Soul (#461); Leaning on the Everlasting Arms (#469)

Other Songs: In His Time; In Moments Like These; Open My Eyes, Lord