

Relax in the Silence

*As for me, it is good to be near God.
(Psalm 73:28, NIV)*

Sometimes I catch myself
feeling restless when I'm alone.
I fill the silence with noise –
anything to chase away the uneasiness.

But, God, You are with me, and
I want to be open to You.
I want to learn more about You.
I want to know You better.

I don't need to strain to hear You.
If I just relax and am
willing to listen,
You will speak so that I will
hear and understand.
I can rest in the confidence that
You will speak
in Your way and
in Your time.

God,
when I am alone,
You are with me.
I can relax in the silence.

*All-knowing, ever-present Father,
I can hide nothing from You.
Help me to quit trying.
As we stand here face to face,
help me put aside all fear,
all hiding,
all protecting and pretending.
Fill our relationship with
openness,
love, and
joyful trust.*

Hymn: [Turn Your Thoughts to God](#)