



# Resting in Stillness

*A devotion on silence, surrender, and holy rest*

## RESTING IN STILLNESS: SILENCE AS HOLY RESISTANCE IN A CULTURE OF CONSTANT OUTPUT

Your day can be full and still feel empty—packed with messages, meetings, errands, and “just one more thing,” yet strangely thin inside. If you’ve been measuring your worth by what you produce, you’re not alone. The pressure to stay useful can quietly become a master, and the soul starts to live on fumes.

This is an invitation to something that sounds almost irresponsible in a productivity-obsessed culture: **resting in stillness before God**. Not as laziness, not as escape, but as Christian devotion—silence as spiritual resistance, a way of saying with your whole life, “The Lord is my Shepherd... I lack nothing.”

### 1) When constant output becomes a quiet kind of slavery

There’s a particular exhaustion that comes from never being “off.” Even when your hands stop moving, your mind keeps spinning—planning, replaying, optimizing, worrying. The modern world doesn’t just ask you to work; it asks you to *perform*—to prove you’re valuable through visible results.

And if you’re honest, this mindset can drift into faith, too. You may find yourself approaching God like a supervisor: “Look what I did. Look what I managed. Look how hard I tried.” It’s subtle, but it’s heavy—because it turns grace into a wage and rest into a reward you’re never quite sure you’ve earned.

**Gentle reflection** — Where do you feel pressure to justify your existence right now: your job, your home, your ministry, your relationships, your body, your online presence?

The gospel offers a different starting place: **you are loved before you are useful**. In Christ, your identity is not a timesheet. Your life is not a product. And your Father is not waiting for you to become impressive before He becomes attentive.

## 2) Silence as holy rebellion

In a culture that treats busyness like virtue, silence can feel like failure. If you stop producing, you might fear falling behind—or being forgotten. That’s why choosing quiet, on purpose, can become a form of holy rebellion: a Spirit-led refusal to let the world name what matters most.

Silence resists the lie that says:

- “If I’m not doing, I’m not enough.”
- “If I’m not reachable, I’m irresponsible.”
- “If I’m not improving, I’m wasting my life.”

When you step into stillness, you’re not stepping out of obedience—you’re stepping into a deeper kind of it. You’re declaring, even if only for a few minutes, that God is God and you are not. That His kingdom moves forward without your frantic striving. That your life is held, not hustled into safety.

Silence doesn’t solve every problem. But it makes space for truth to rise to the surface—truth that often gets drowned out by constant noise, constant commentary, constant output.

## 3) Learning to simply be before God (and the gentle whisper)

Many of us know how to come to God with words: requests, confessions, songs, plans, questions. But it can feel surprisingly hard to come with *presence*—to sit with Him without an agenda, without a speech, without trying to “make the time count.”

Yet Scripture shows us that God often meets His people in unhurried attentiveness. Consider Elijah, depleted and afraid, running on the last reserves of courage. In 1 Kings 19, Elijah experiences wind, earthquake, and fire—but the Lord is not in the spectacle. Then comes “a gentle whisper” (often translated as a *still small voice*). And Elijah recognizes the nearness of God there.

This is not a condemnation of the dramatic. It’s a reminder of God’s tenderness: the Father is not only found in the obvious and the loud. Sometimes He draws near in quiet ways that require you to slow down enough to notice.

Silence can become the place where you practice a simple confession: “**Father, I am here.**” Not impressive. Not finished. Not fully together. Just present—held in His gaze, loved without performance.

**A small prayer** — Father, teach me to be with You without proving anything. Help me trust that Your love is not activated by my effort, but offered by Your heart.

## 4) A five-minute practice: put away your tasks and rest with Father

If silence feels intimidating, start small. You don't need to manufacture a mystical moment. You're not trying to win God's attention; you're responding to the attention He's already giving you.

Here is a gentle five-minute practice you can try today—right in the middle of real life:

1. **Put down what you're holding.** Close the laptop. Set the phone face down. Let your hands be empty for a moment.
2. **Sit comfortably and breathe slowly.** Inhale and exhale as a way of reminding your body it is safe to stop.
3. **Offer a simple sentence to God.** For example: "Father, I'm here." Or, "Jesus, have mercy." Or, "Holy Spirit, help me."
4. **Let the silence be honest.** If your mind races, you're not failing—you're noticing. Each time you drift, gently return to your simple sentence.
5. **Receive, don't achieve.** Imagine yourself seated with the Father, loved as His child. No output required.

If it helps, you can anchor the silence with a short Scripture phrase—something like, "Be still, and know that I am God," or "The Lord is my Shepherd." Let the words settle, then let them fade into quiet trust.

## Conclusion: You are allowed to be still

The world will keep applauding hurry, but the way of Jesus keeps opening a different door. **Your exhaustion is not proof that you're faithful.** Sometimes it's simply a signal that you've been carrying what you were never meant to carry. Silence is not emptiness; it's space—space to remember you are loved, space to return to reality, space to hear the gentle whisper of God's presence.

Today, take this as your invitation: **pause.** Put away your tasks—just for five minutes. Sit somewhere quiet and say, "Father, I'm here." Let that be your holy rebellion. Let that be your devotion. And when you return to your work, return not as someone trying to earn worth, but as a beloved child moving from rest, not for rest.