

# Refresh Your Soul

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## Choosing Stillness

Part 1 of a series of articles which will appear here this fall

The new season is upon us and with it come fresh beginnings and enthusiasm along with full, challenging schedules. For me it was quite soon after returning from a delightfully restful vacation that I felt the familiar tug. The subtle inner pressure of tasks to be accomplished and promises to keep. I wasn't quite sure what to do with my inner restlessness until I picked up the book *Seeing What is Sacred* and allowed my favourite author Ken Gire to lend me some words.

You're familiar with the account from Luke 10:38-42.

"Martha, Martha, you are worried and upset about many things."

*Gire: Notice how easily the 'many things' in Martha's life caused her not only to be distracted but irritated, how even something as mundane as meal preparation worried her and bothered her, affecting not only her relationship with her sister but with Christ.*

Martha was all wound up with the task to be done in service of her Master. How easily I get all wound up also. Stressed, I'm unable to sit still, but bow to the pressure to get going instead. Sitting still, my head still whirs and interrupts my prayer with perpetual list-making. Anxious, my prayers become self-focused and far from the Christ-focus I'd like them to have. My wound-up-ness itself keeps me busy while hindering my productivity.

"Mary has chosen what is better and it will not be taken away from her."

*Gire reflects In contrast to life's many responsibilities, Jesus says that only a few things are really necessary. And when you get right down to it, only one. The one thing necessary, the one thing of eternal value, the one thing that shall not be taken away, is the time we spend seated at Christ's feet, looking in His eyes with adoration and listening to His word in submission.*

As I pondered the story I saw afresh how simple it is really. Then I bridled my wound-up-ness and brought it to my Saviour's feet. Doing this often presents a challenge, which Anne Morrow Lindbergh diagnoses this way. "The problem is not entirely in finding the room of one's own, the time alone, difficult and necessary as that is. The problem is more how to still the soul in the midst of its activities."

How do we go about stilling the soul? It helps me to know that many have gone before us to point the way. The next few issues of Refresh Your Soul will be devoted to answering the challenge.

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## Water for the Thirsty

A Biblical reflection from my *Holy Land Tour*

Each year in the fall, just before the onset of the rainy season, the Israelites celebrated the Feast of Tabernacles. For a week they lived in booths to remember God's care for them in the desert, while they simultaneously thanked Him for the season's harvest.

All summer no rain falls in the Holy Land. With the water supply low, the people were keenly aware that only Yahweh could supply the rain. A yearly ritual highlighted this dependence and the faith of the people in their Provider.

On the last day the feast, the high priest would descend from the Temple mount and walk through Jerusalem with a large bowl in his hands. He would fill it at the Pool of Siloam, where fresh spring water flowed into the city. Living water they called it, in contrast with water drawn from a well. He then turned and walked up to the Temple, approached the altar and poured out the water. This wasting of precious water was a symbolic act of faith that Yahweh would provide in answer to their trust and obedience.

Enter Jesus into the scene. On that same day He stood and proclaimed, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." (John 7:37-38)

Jesus' timing was impeccable. His claim was as outrageous as any He had made. At the moment when the nation had their eyes turned to the Lord, trusting that He would look kindly on their sacrifice and provide for their need, Jesus promises an abundant supply flowing from Himself.

Oh that we would be just as thirsty for Living Water and as expectant of the supply.

Lord, let it flow!

*Elizabeth*

