I Need to be Still

Eternal God,
Help me to be still for a few moments. Of all things hard, stillness seems to be hardest for me.
My life is filled with clanging and clattering.
At times I deliberately create noise to fill the silence. I turn on the radio, talk to myself, seek places where hubbub reigns.
Even in the church I prefer sound at all times- the organ, the choir, the minister's voice.
Nor can I be motionless very long. I am a go-go person, always on the move, bustling and busy, falling into bed exhausted and rising in the morning to rush through the day.
Why is this, O Lord?
Is it because I cannot stand myself?
Or is it because I have been taught to associate life with loudness and achievement with busyness? Help me now to be still for a while.
Steady my jumpy nerves and calm my quivering spirit.
Let me look inward upon myself and meet you in the deep places of my heart. I know I need not be afraid, For when you come, it is with healing, restoration, forgiveness.
I know I cannot stay still. I must move again.
I have little things to do, people with whom I must talk, places to go.
But out of this time of stillness, help me to go steadier and surer.
Give me a feeling for prayer in motion, for thoughts flung out toward eternity.
I wonder if I am afraid you cannot move as fast as I move or hear my prayers above the everyday clatter of my life.
I know such fears are foolish. You remain beside me.
You heed even my unspoken desires and hopes. Be with me as I go. *Amen.*