

# Worship Team Expedition Weekly Devotional



## Week 2: Relationship With God

“Be still, and know that I am God; I will be exalted among the nations. I will be exalted in the earth.” -Psalm 46:10

One of the hardest things for me to do is slow down and just...be.

Can you relate? We live in a busy, fast-paced world— constantly going...doing...achieving...running, running, running. We have a million time saving devices in our lives and yet we are busier than ever.

And, I don't know about you, but the sad part for me is sometimes I've bought into the idea that more, more, more activity is...safety. Woah. What? If I'm really honest it feels a little scary to slowww down (“what have I forgotten, what ball have I dropped, who did I not call back, what's going on with that project...”). How will it all get done? *When* will it all get done? I can't stop now!

And God whispers to me to...stop.

To just be quiet for a minute. Let go. Spend a few moments with Him. Acknowledge that He is *God* and has the whole world in his hands. That a growing relationship with Him (loving God with all my heart and soul and mind and strength) is the most important thing in the world, that everything else flows from that.

So, recently the words of Jesus nailed me to the wall:

I am the vine, you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. -John 15:5

All that effort, all that running around, the planning, the working amounts to nothing apart from Jesus? Yep.

There is certainly activity that He calls us to, work He has for us to accomplish. We are launching into a season together of stretching and growing and yes, *working*, to move our skills and our teams forward. But if we just accomplish tasks and learn stuff and run around without being still, being with Jesus, we will miss slowing down enough to really listen to Him (it's a still, small voice, remember?).

He built into our souls the need for rest. Partly to recharge our batteries and partly to just BE (He created us human *be-ings* not human *do-ings*, right?) and partly to let go and acknowledge that He is sovereign and is working behind the scenes— **even as we are resting**— to bring His purposes in our lives to fruition. Wow.

So...

Do it.

Stop.

Slowwww down. Spend some time with Jesus. Your soul needs it. Mine does too. Maybe ask Him what He wants you to get out of this worship team training thingy. Ask Him what He really wants you to know right now. Or maybe just ask Him what's on His heart and...listen.

So, I'm going to fight the noisy voice (Satan's?) that says "you don't have the time, there are too many things you've got to do today, remember that deadline coming up?"...and I'm going to go spend some time with Him now. I hope sometime in the next 24 hours you'll do the same as well.

How 'bout it?

"Turn your eyes upon Jesus, look full in His wonderful face. And the things of earth will grow strangely dim in the light of His glory and grace."

From the hymn *Turn Your Eyes Upon Jesus*

### **Questions For Thought**

What is the #1 thing preventing me from taking time to just BE with God?

What am I worried will (or won't) happen if I slow down?

How does activity and being busy make me feel?

When is generally the best time of my day or week to carve out a few moments to spend time with God?