

Living well through Advent

Week One

Tuesday 29 November 2022

Being and Doing

“Be still and know that I am God”

Psalm 46: 10

Those who go on a retreat will know how necessary it is to eliminate many activities when doing so. When one takes this time away, we choose to focus on being rather than on doing. Through a rhythm of prayer and silence, she is better able to focus on being with God.

Retreats are a wonderful way of prioritizing being over doing, and some of us may have the opportunity to go on a retreat during Advent. Whether or not we go on an actual retreat, though, we can each approach this season as an opportunity to focus more on simply being, rather than always doing.

Prayer and silence are two ways to focus on being. So, too, are spending time in nature, going for a walk, getting restful sleep, practicing intentional eating and drinking, and whatever else helps our bodies and souls rest and regain balance.

During some retreats held by parishes in this diocese, those taking part pray the passage above from Psalm 46 in a unique way. They start by praying, “Be still and know that I am God.” They then repeat the prayer slowly, each time dropping off one word: “Be still and know that I am.” “Be still and know.” “Be still.” Their final prayer is simply the one-word prayer, “Be.” If this practice speaks to you, you may want to try it as a way to remind yourself of the importance of balancing doing and being.

Consider the following questions:

- ◆ Do you struggle with finding a balance between being and doing?
- ◆ What practices or choices might help you find a balance between being and doing during this season of Advent?
- ◆ Did you try the way of praying I described using “Be still and know that I am God”? If yes, what was that like for you?

“Be still and know that I am God”

“Be still and know that I am”

“Be still and know”

“Be still”

“Be”