



Daily Verse and Comment

Psalm 4:4

(4) Tremble, and sin not: commune with your own heart upon your bed, and be still. Selah.

A Faithful Version

Our society runs at a frantic pace. Being so enmeshed in it, we often find it difficult to carve out time and space to gear down, to decompress, to relax our weary minds and bodies. A solution from God's Word is to "be still," a behavior directly contrary to the hustle and bustle that characterizes this age.

Being still concerns two primary areas of human activity: movement and speech. When we are still, however, we are physically at rest. Being immobile, our bodies have a chance to relax, and our minds can take a breather from the taxing stresses that modern life imposes.

Some people's wiring makes it hard for them to be still; they find it relaxing to do something mentally undemanding—like walking, pulling weeds, mowing the lawn, or chopping wood. Doing such mechanical things helps take the mind off the pressing tensions of life in [this world](#), and when the mind is in a relaxed state, helpful ideas for resolving problems and conflicts sometimes effervesce into our conscious minds. While these activities qualify as "being still" because they produce little stress, the best way to be still is literally to be still.

We tend to think of being still just in terms of movement, but it also includes ceasing to talk—stilling our and others' lips—as an excess of speech is both wearisome and stressful. We do not often consider how much effort is required to participate in a serious conversation; it can be exhausting. Most people find it demanding to listen closely to another while considering an

appropriate response. If we are honest with ourselves, we tend to give short shrift to one or the other—usually we fail to listen closely. Being still works best in the absence of talk.

This applies to all sounds or noises. Some people find listening to music to be relaxing, while others find it off-putting. Studies have shown that even pleasant music becomes mentally distracting after a short while, as its helpful effect lasts only for a limited time. If we really want to create an atmosphere of [peace](#), the best thing to do is to find a place of utter quiet.

— Richard T. Ritenbaugh

To learn more, see:

[Beating the Rat Race \(Part Two\)](#)

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