

Soaking in God's Presence

Digging Deeper

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*Be still, and know that I am God.*

**Psalms 46:10 NIV**

In 2003, NASA launched an unmanned vehicle named Opportunity toward Mars. The robotic rover landed in 2004 and explored the Martian surface for more than fourteen years, weaving around boulders, driving in and out of craters, and surviving the large dust storms that frequently roll across the planet. During this time, Opportunity used a computer code to communicate it's progress and status - including the charge on it's solar powered battery - back to mission control in Houston.

And then, in mid-2018, the little rover was enveloped by a giant dust storm that consumed the entire planet and blotted out the sun for six months,

making it impossible for Opportunity to recharge it's battery. The last message NASA received from the rover indicated the battery was run down and there was very little sunlight reaching the solar panels. A science writer who heard the story about how the mission ended later tweeted this poetic translation of Opportunity's final words:

"My battery is low and it's getting dark".

There are times in life when we are so overextended, overwhelmed and overcome by what we're faced with that, like Opportunity, our battery is low and our life gets really dark. We get consumed and distracted by the busyness of life and never seem able to catch up or even slow down. Our health and our relationships start to crumble and we don't know what to do. And we get frustrated, angry and worn out (Luke 10:38-42).

**In times like these, many of us try to push and pray our way whatever it is we're faced with and end up worn out by the effort.** But that's no way to live. Instead, we need to just stop what we're doing, soak in God's presence, and rest quietly in His love (Psalm 46:10). When we do,

We start to see how God is working in our life.

Our eyes are opened to what He wants us to do.

We finally realize that God is God and we are not.

And our anxiety and fear just melt away.

**Soaking in God's presence is really all about having a heart to heart connection with Him.** When our heart moves closer to God, He comes closer to us (James 4:8).

Our life becomes focused on Him instead of the busyness that distracts us but adds little meaning or purpose to our life.

Waves of peace roll over us and we are refreshed and energized for the journey ahead.

Our hearts and our minds are put at ease knowing that we are loved and cared for by God.

And most days, that is more than enough.

## **Reflect**

Many of us try to push and pray our way through life and end up worn out by the effort. But that's no way to live. Instead, we need to just stop what we're doing, soak in God's presence, and rest quietly in His love.

## **Pray**

Heavenly Father, I am worn out trying to get through life on my own and need to rest quietly in your love. Calm my anxiety and quiet my fears with the voice of your Holy Spirit. Tell me to be still and remind me that you are God. And never let me forget that because I am your child who you love

very much, you will always be there to care for, protect and provide for me.  
No matter what.

Amen

## **Discuss**

What distracts you from spending time with God and soaking in his presence?

In what ways would your life be better if you took the time to be still and connect with God?

We are designed to soak in and experience the presence of God. He made us for that. Which of the following would help you do that? Eliminating distractions, listening to soft soaking music, meditating on scripture, writing or journaling, focusing on His goodness, thinking less about God and just resting in His love.