

SILENCE

Psalm 46:10

Be still  
and know that  
I am God.

COMPASSION AUSTRALIA

# Day 20

## Silence

Scan to read today's devotion on  
Compassion Australia's website.



### *Selah*—PSALM 46:10

*“Be still and know that I am God.  
I will be exalted among the nations.”*

Throughout Scripture, Christ places Himself deliberately in quiet places of solitude and reflection.

In a noisy world, these spiritual disciplines can be uncomfortable. To find perspective in the influx of information that we process daily, it is important to find times of stillness, to press reset.

Silence is a regenerative place of attending to God in the quiet and finding Him present, without interruption and noise.



*When was the last time you sat in silence and reflected?*



**Dear Jesus**

*We pause now to reflect on you and your presence today. May your peace surpass understanding and guard our heart and minds. Thank you for your perfect peace, which can be found in places of stillness. Amen.*