

## In the Still of the Night

The day has been hectic. Doctors appointments, family meetings, the phone has been ringing off the hook, a call to the local Hospice number requesting to see a nurse about the program. Your mind is in a whirl and you wonder if this terrible day will ever end.

Evening falls and bedtime approaches and things suddenly get still in your house. Funny how you thought your home was to be that place of comfort, and a safe retreat. A place to get away from all the bustle of the world.

You are now left alone with your emotions, fears, and a million other things going through your mind. Does all this mean that my life is really coming to an end. I still had so many dreams, so many projects I wanted to get finished. I wanted to see my kids graduate high school, get married and find good jobs. I wanted to see those grandchildren so I could spoil them a lot and then send them home

Suddenly all was quiet and, there all alone in the stillness of your heart, you wonder where or even if God is there. Well I have good news for you. Listen to these words from the one who loves you more than any other, God Himself. Listen as he says to you "Be still, and know that I am God. Being still, this is how we find God's peace in times of trouble. To remain still seems to go against human nature.

Our tendency is to weep and get angry when tragedy and trials beset us but God lovingly tells you to be still. God does not shield us from life's storms; He shelters us in life's storms.

Yes dear one, there in the still listen to these words of love and encouragement. Fret not thyself because of evil-doers. Fret not thyself because of the cancer, the heart disease, or the other evildoers that you think are about to destroy you. Rest in peace for this speaker says "I will never leave you; I will never abandon or forsake you."

When we give up and quietly listen to the one who loves us say these words of encouragement we can find rest from the turmoil that surrounds us each and every day in these trying times you are facing. Weeping may endure for a night but joy cometh in the morning.

God says Rest well dear one.

If you have any questions, you can find out more about our program in Cortland County NY by calling Caring Community Hospice of Cortland 607-753-9105 or visiting [www.cortlandhospice.org](http://www.cortlandhospice.org) (See our Web Link Page)