



04 April 2025

## A Quiet Place

*“All I want is peace and quiet!!!”*

We live in a noisy world. We all know that.

On the personal level there is the obvious and relentless pulsation from our modern devices. As our world has become more urbanized it has become more noisy. The most noisy city in the world is Mumbai, India. In Canada, Toronto tops the list, with Montreal coming in at #2, and Vancouver rounds out the top three.

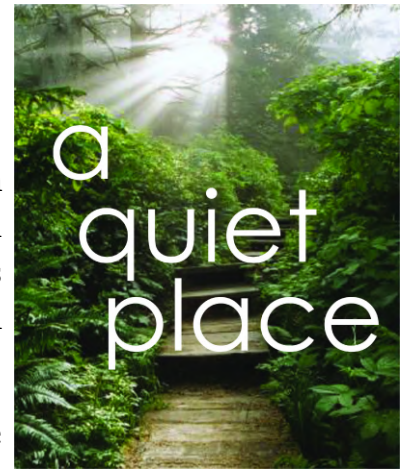
Noise can be annoying. Sometimes we may not be able to rest because of all the noise. But noise can be more than annoying. It can affect our health—our hearing, our ability to sleep and much more. One researcher states that noise is a public health crisis because the effects go far beyond our hearing and ability to relax and sleep, increasing the risk of serious health issues.

Have you been in a loud room and wished it would be quiet? Trying to talk above the crowd doesn't work! Ask pianists and organists in churches who play before a service. If the group is loud, playing louder only results in the conversation get louder—something I learned first hand many years ago.

So what do we do? As God's children we need times of quietness, and what we need God will provide. He does that as we follow what He tells us.

Sometimes we need to slow down, get away, find a quiet place. In a time of busy ministry with great crowds, Luke's gospel tells us Jesus “would often slip away to the wilderness and pray” (5:16). Then during another time of busy ministry with “so many people coming and going that Jesus and his apostles didn't even have time to eat”, Jesus said, “Let's go off by ourselves to a quiet place and rest awhile. So they left by boat for a quiet place, where they could be alone” (Mark 6:31-32, NLT). Yes, we too at times need to slow down, find a quiet place to rest and spend time with God.

We also need to develop a pattern for all times and circumstances that will not only help us cope with the noise of life, but stay close to God, be nourished and then flourish.



The heading for Psalm 46 is “God, the Refuge of His People.” The opening stanza sings,  
“God is our refuge and strength, a very ready help in trouble.  
Therefore we will not fear, though the earth shakes and the mountains slip  
into the heart of the sea; though its waters roar and foam, though the  
mountains quake at its swelling pride.”

The Psalm goes on to sing of the provision, protection and works of God. Then, as it draws to a close, “Stop striving and know that I am God.” Stop, let go, relax because of and in God. Some versions render that phrase, “Be still, and know that I am God.” Literally it says “Stop.” Yes, stop, be still, let go of all the noise around you and rest in God as you remember who He is, what He does, what He has promised you.

Forty-five years ago Ralph Carmichael wrote the song “A Quiet Place.” The opening stanza sings,  
“There is a quiet place, far from the rapid pace where God can soothe my  
troubled mind. Sheltered by tree and flower, there in my quiet hour with Him  
my cares are left behind.”

Develop the daily discipline of trusting in, being quiet with God regardless of the noise level of your life.

There are times when the stress and noise of life not only are loud and persistent, but God seems to be silent, not responding. Psalm 37 is a song of David about the security God’s people have that others do not have. We are instructed, “Rest in the Lord and wait patiently for Him” (7). “Rest” here is a different word than in Psalm 46. The basic idea is to let go, relax, to stop. The last phrase is critical, “wait patiently for Him.” If Christ is your Savior, you are and always will be secure in Him. So trust and wait. His will for you is good, acceptable and perfect (Romans 12:2), and so is His timing. Wait patiently for Him.

Ask God to help you grow in the quiet place of being in His presence.

Pastor Lyle