

For Reflection: Don't Just Do Something, Stand There!

There are times when we need to “stand still” and contemplate what the Lord is doing for us, rather than rush into action ourselves or be consumed with worry. How can we know when to act and when to be still?

When the children of Israel saw the Egyptian army coming after them, Moses told them, “Do not be afraid. Stand still, and see the salvation of the Lord, which He will accomplish for you today.... The Lord will fight for you, and you shall hold your peace” (Exodus 14:13, 14).

But the children of Israel also had to trust the Lord when Moses told them to go forward and cross the Red Sea! We need to cooperate with the Lord and do our best to follow Him.

How might these passages help you figure out when to act and when to wait on the Lord?

“Be still and know that I am God” (Psalm 46:10).

“Commit your way to the Lord, trust also in Him, and He shall bring it to pass (Psalm 37:5).

"Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!" (Psalm 27:14).

“Do not fret—it only causes harm” (Psalm 37:8).

“Wait on the Lord and keep His way” (Psalm 37:34).

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You” (Isaiah 26:3).

"Show me Your ways, O Lord; teach me Your paths. Lead me in Your truth and teach me, for You are the God of My salvation; on You I wait all the day" (Psalm 25:4-5).

“Seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble” (Matthew 6:33-34).

“When the Lord is present with someone, He leads him, and provides that all things which happen, whether sad or joyful, befall them for good; this is the Divine providence” (*Arcana Coelestia* 6303.)