

# Matters of the Heart

Orthodox reflections on faith and life



## 23 Be Still O My Soul

Our lives in this fast paced world are often saturated with countless distractions competing for our attention. These disturbances make it ever the more difficult to hear the call of the Lord and prevent the grace of God from permeating our innermost being. We all have the opportunity to connect with our Lord but may be unable to discern His small still voice amongst the chaos in which we live. This is why we must endeavour to quieten the heart and remove all external distractions. For in doing so, this state of stillness creates a longing for God, making it possible to commune with our Maker in the depths of our being. It allows the Lord to purify our hearts as well as realign our souls to receive from Him. This inner stillness, or hesychia, is a gift of grace granted to those who strive to meet their Lord. Work to attain it for the Lord waits at the door of your heart.

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“Be still and know that I  
am God!”

Psalm 46:11

See Also:

Isaiah 30:15

*Silence my soul my  
dear Lord and grant  
me the grace to feel  
your presence and to  
hear your life giving  
words.*