

A Snow Day Devotional: Be Still and See

“Be still, and know that I am God!
I am exalted among the nations;
I am exalted in the earth.” **Psalm 46:10**

Opening Reflection

Snow days have a way of slowing everything down. Plans are cancelled. Schedules loosen. The noise of the week grows quieter if we allow it. What feels like an inconvenience can become an unexpected gift. A pause we did not choose but one that may be exactly what we needed.

Scripture reminds us that stillness is not wasted time. It is often where God meets us most clearly.

Read Together or Alone

- Take a moment to read Psalm 46:10 slowly.
- If you are with others read it out loud twice.
- The first time just listen.
- The second time notice which word or phrase stands out to you.

Devotional Thought

- **Be still** does not mean do nothing. It means stop striving.
- So much of life pushes us to rush, fix, prove, and perform even in our faith. But God invites us to pause long enough to remember who is truly in control.
- Snow forces the world to slow. God often uses moments like this to remind us. You do not have to hold everything together. He already is.
- Stillness creates space not just for rest but for trust.

Reflection Questions

Choose one or two that feel right for today.

1. What areas of my life feel hurried or overwhelming right now?
2. What might God be inviting me to release today?
3. When was the last time I truly rested in God's presence without an agenda?
4. How can this unexpected pause become a moment of gratitude rather than frustration?

If you are with family let each person answer in their own way with no pressure.

Simple Practice: Five Minutes

- If possible, sit near a window and watch the snow fall.
- As you breathe in silently pray for God's stillness to enter your heart
- Repeat this a few times and allow your body to slow before your thoughts do.

Closing Prayer

God of peace
Thank You for meeting us in the quiet.
Help us to rest in You today
to trust You more deeply
and to receive this pause as grace.
May our homes be places of peace
and our hearts attentive to Your presence.
Amen.
