



## Inner Tubing, West Chester, Pennsylvania



*By Heather Makowicz*

### Peak Encounter Monthly Reflection

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**Entry # 9:** September 1, 2019 Inner Tubing, West Chester, Pennsylvania

***"Be still and know that I am God..."***

***Psalm 46:10***

A few years ago, I had an opportunity to lead a group of young adults, as well as my daughter and her friends, on an inner tube trip down the Brandywine River. I was excited to go, thinking it would be like white water rafting. The current would be fast and we were in for a wild ride! Upon arrival, we noticed that the water level was substantially low and very slow moving. We could see an unusually crystal-clear river bottom. Most of the way, we were only about a foot to a few inches above the bottom! For planning purposes, this Embreeville tubing trip should have taken us approximately an hour and a half to complete. Instead, half way through our excursion, I started to realize we would finish in a little over two hours! It was a beautiful day, lots of fun, but when I reflected back of the experience, I started to realize a few things.

As the leader, I felt responsible to get us back to the bus in a timely manner. Though the float was fabulous, reconnecting with friends and soaking in the sun's rays, I was feeling some pressure to "move us along." The water level would fluctuate. When it was deeper, and we would float along. When the water was only a few inches above the bottom, in order to move faster than a snail's pace, I encouraged us to pick up our tubes and walk to the next current. While at times I hurried us along, my friend Joe, spent much of the time, laying back in his tube, soaking in the rays, all with a child-like grin. Though he seemed cognizant of the time, he held it lightly and allowed the current to take him as fast or as slow as it moved. While I was busy trying to control the timing of our trip, Joe often remained "still" and at peace.

Being "still" for us can be a challenge in our fast-paced, production-oriented society. Sometimes settling down, and being still can feel like we are wasting our time and not achieving the results we wish to gain. How often do you hear the words to make the "most" of every moment?

As I have learned to "be still", to settle into the silence with God, I can hear His voice more acutely in prayer. Fr Mark Toupe talks about prayer by first being in a "position to be found" by God. In other words, being intentional about creating a "space" to listen to God each day. The more I tried to make an intentional practice of stillness, the more I heard a running theme from my Loving Father. He said, "Heather, you don't always have to "ACHIEVE", but "RECEIVE." When I heard these words, I rarely resisted the time to "be still" with God during some time in my day. Though it is only about 5-10 minutes, I now look forward to the time to meet God and to "receive" from Him. I hope this story encourages you to try this too, and may you be joyfully surprised by words as well!

**Invitation:**

- 1) Take a few minutes to read over the scripture passage, “Be still and know that I am God.” Consider writing the passage down on paper. On the first line, write the whole passage out. Then, on successive lines, drop the last word and ask God what He wishes to reveal to you. (Ex: your last line will just say “Be.”)
- 2) Sit or stand, whichever is most comfortable. Breathe in slowly the words, “Be still”...then slowly breathe out, “and know that I am God.” Notice what comes up for you.

**Prayer:**

*Dear Lord,  
Lead me to be still, even when it can be hard. Help me to stand in the promise, given in Your Word in Psalm 23: 1-3, that “The Lord is my shepherd, I lack nothing... he makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.” You have a perfect plan in my life, intentionally laid out, in the time and season on life, to reveal Your glory and goodness to us. Please give me the grace to enter your plan with patience in the process. Amen*

Prayerfully,  
Heather Makowicz  
Peak Encounter Ministries, *Founder*

“Through creation, the Creator and created meet... meet...”

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