



ROB'S BLOG

## **June 2013 – Be Still & Listen**

Dear Friends,

Why not try this at least once this month?

Sit still.

Let all the concerns of your mind be still and quiet.

Imagine a candle flame burning, gently responding to a draft or a whisper, then burning very still (or light a candle flame and watch it).

Listen to God, and let God listen to you.

In the quietness and stillness, if you have a prayer for God, let Him hear it. Think about it, and formulate your prayer carefully and deliberately.

Continue to sit still for at least another 5 minutes.

Where does God lead you now?

Rise and obey.

Your friend and minister,

*Rob*

