

7. *Beside still waters*



Do you race through your day on automatic and miss the smile of one of your students whose day will light up if you give them one minute of focused attention?

Is your pot plant in bud or bloom and wanting to refresh you with its presence and declaration of the goodness of its creator?

Can you enter in abandon a song or story or sports activity today that for a couple of minutes will take you out of the humdrum and delight your inner child? He leads me besides streams of still water. If there is one thing my day seems to lack its stillness, for all is in motion. But *God promises me places of stillness and refreshing in my workday.*

Am I rushing by these places and moments because my predetermined idea of refreshing is the isolation of my sofa at home or my gym session? God is a person of endless variety and creativity. Within the weariness of his demanding daily schedule, where everyone was drawing down on him, Jesus the master teacher found a stream of refreshing.

In the presence of my enemies-the oppressive schedules, the mountain of homework to mark, the endless sequence of demanding students, that technology that is reliably unreliable, God sets out a banquet to nourish me. Today I am going to claim what's mine and look out for the tables prepared for me, the green pastures and the still refreshing waters. I am not going to be an express train and zoom through all His stations. I will stop and savour each one, even though the interlude be short.

Psalm 23

The LORD is my shepherd; I shall not be in want. He makes me lie down in green pastures; he leads me beside quiet waters. He restores my soul. He guides me in paths of righteousness for his name's sake. He restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.