

Devotional for June 18, 2021 Vitamin “B Still”



Think about the vitamins we take to keep us well – Vitamin C helps our immune system; Vitamin D is good for our bones; and Vitamin B is helpful for dealing with stress.

Just as it's important to properly nourish our bodies, we also need to nourish our souls. There are different kinds of Vitamin B. The best vitamin for a Christian is “B1”.

We can also get a lot of benefit from “Vitamin B Still”.

The Bible tells us that
God proves to be good to the man who passionately waits,
to the woman who diligently seeks.
It's a good thing to quietly hope,
quietly hope for help from God.
It's a good thing when you're young, or old,
to stick it out through the hard times. (Lamentations 3:25,26)

It is honouring to God and healthy for our souls to make sure we are getting enough Vitamin B still.

“I have stilled and quieted my soul; like a weaned child with her mother, like a weaned child is my soul within me,” writes David in **Ps. 131**

Charles Spurgeon says this psalm is short to read but long to learn; it is a short ladder that takes us to a great height.

Sometimes we just need to sit with God, like a little one on her mother's lap. We just need to sit with God and simply enjoy His presence. Imagine, sitting quietly with God, sitting still, not asking for anything, for once. No list of requests, no agenda. We sit still and wait quietly. Maybe *He* wants to say something.

Are we content with our Heavenly Father's company? Are we trusting in His love and provision? Are we able to sit in His presence, not demanding, just "there"?

The most familiar dosage of "Vitamin B Still" is found in Ps. 46:10, "Be still and know that I am God". This verse is well known, but it's not really a call to a navel-gazing kind of personal reflection. Rather it's a Divine STOP. Stop what you are doing and remember: I am God, and you are not.

I don't know a lot about nutrition for the body, but I do know that we need to keep ourselves well-nourished with Vitamin B Still.

Ps. 73:2, 8 remind us "My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Those who are far from You will perish; You will destroy all who are unfaithful to You. **But as for me, it is good to be near God.**"

There is only one way to be near God. Only one. Jesus Christ said, "I am the Way, the Truth and the Life. No one comes to the Father except through me." God sent His son into the world to reconcile us to Himself – to bring us near to Himself. Seek Him now and BE with Him.

We take a lot of supplements and pills. Our favourite is the gos-pill.

And here again the words of David from Ps. 131.

1 My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
2 But I have **calmed and quieted** myself,
I am like a weaned child with its mother;
like a weaned child I am content.
3 Israel, put your hope in the Lord
both now and forevermore.

