

In The Stillness

At first light, my eyes flutter open

I fight against dawn's rays and roll over

The sun's milky beam finds its way between the blinds

And I curl up closer and cocoon myself under the blankets.

First light, new day, a quiet awakening

In the stillness, I lay neither ready nor prepared for what's to come that day.

I'm a creature of habit and each new beginning requires a gentle start and time to prepare

I believe a slow transition into the new day is always better

I hold tight to the tradition of allowing myself to ease into whatever the day holds - busyness will come soon enough.

My thoughts begin to form in the stillness

The quiet fills my heart with God's peace

I embrace the peace and permit the memories of yesterday to connect with all that will happen today.

In the stillness, I find God, hold His truth, and open myself to reaching for the day.

