

Be still, then, and know that I am God.

—Psalm 46:11



THURSDAY, MARCH 3

As a disaster ministry volunteer, I find it helpful to seek presence in the One who sustains us all.

Several years ago I was given an Anglican rosary followed by a gift from my daughter – a book called *Praying with Beads*. Immediately I was drawn to the sensorial effects of my daily ritual: silencing mobile distractions, lighting candles that flickered reverently, perusing pages for the day’s prayer, touching the rosary cross and each individual bead. My slow, mindful journey into stillness brought me closer to God’s healing grace.

As my ritual with the beads continues, I am awed by God’s endless grace that lifts me up to ongoing spiritual renewal. This ancient and modern practice with its rich symbolism reaffirms the relevance of my ministry.

During this Lenten season, take time to be still and embrace a spiritual practice that refreshes your soul.

—**Ginger Bankston Bailey**