

*Let nothing disturb thee. Let nothing dismay thee. All things pass.
God never changes.*

—Saint Teresa of Ávila

My spiritual director often reminds me to stop and rest. Sometimes I need the reminder in a very literal way because I really need more sleep. Other times I need these words to help me focus on why I do what I do. In this sense, I understand “stop and rest” to mean I need to be present and rest in the moment and to be open to encountering God in everything. A few years ago, I taped a short prayer by Saint Teresa of Ávila to my computer screen because it reminded me of an important and simple fact: God is constant. God is faithful.

Recently, I decided that I was going to use that prayer to cultivate a practice of being more present in my own daily life and work. A few times throughout the day, I’ll stop what I’m doing, pray this simple, short prayer, and reflect on how I’ve noticed God’s presence. Sometimes I have experienced God in a conversation about mission; other times I see God in formulas that actually work the way I want them to in spreadsheets. Intentionally taking time to look for God has helped reinforce what I hold to be true: God is always present.

How do you stop and rest in God?

—Elizabeth Boe