

THE QUIET MIND

In her comments on our church text for this year, Psalm 62, one of the ladies in our fellowship spoke about trust, stillness, peacefulness, and tranquillity. She said that *“tranquillity is foreign to the human mind”*, and this reminded me of a gentle meditation I had read many years ago in a national newspaper...

“Asked to draw or paint a picture of ‘peace’, the majority of the pupils in a senior class chose to portray landscapes – hills and valleys, meadows and rivers. These are, of course, places of peace. But one girl’s picture was different. She painted a city street, crowded with people, jammed with traffic.

“Above it, on a branch of the tree in the adjacent park, a little bird sang cheerily. It seemed at peace with the world.



“True peace is of that kind. It is an oasis of calm in a turbulent world.

“Such is the quiet mind. It is serenity in the midst of strain.

“The importance of the quiet mind was often demonstrated by Jesus. He needed it when He was under pressure from the multitudes seeking His compassion and healing.

“He showed that attitude when He was facing persecution or under threat of death. Taken before His accusers, He had to face false claims and listen to blasphemies, yet His response was striking:

‘Jesus answered them nothing.’

“This is the silence of dignity and it is a product of the quiet mind. It is expressed in calmness in the face of trouble, in tranquillity in the face of hostility, and in serenity in the face of tribulation and suffering.

“The quiet mind is a gift of grace. We do not ourselves have the resources to create it. It comes as a gift from God. Behind it lies a spiritual perspective, an active sense of the embracing, loving providence of God and a conviction that, as Paul declares:

‘Nothing can separate us from the love of God.’

“*“Wait on the Lord. Be of good courage and He shall strengthen thine heart”* the Bible says. He will do more. If you will receive it, He will give you the quiet mind.”

‘The Quiet Mind: A Meditation’, by Rev. Dr. Dennis Duncan, *Daily Telegraph*, 10:11:90

*May God bless us with a quiet and tranquil mind in all that we do this month,
Elizabeth McDonald
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(A slightly different version of this item first appeared in the March 2020 edition of the Frindsbury Baptist Church newsletter)