The Quiet Life

Life is a rush! We run from one appointment to the next. Not only that, but we also seem to be bombarded with noise. We've lived with that scenario so long, we think that is normal. But Paul commands, ***"make it your ambition to lead a quiet life"*** I Thessalonians 4:11. W. E. Vine defines the Greek word for "quiet" as "tranquility arising from within – causing no disturbance to others."

A quiet life begins with quiet time with God. The first psalm says of the righteous man, ***"His delight is in the law of the Lord, and in His law he meditates day and night"*** Psalm 1:2. Another psalm says, ***"Be still and know that I am God"*** Psalm 46:10 (KJV). If we are going to live a quiet life we must spend time in God's word.

A quiet tranquility comes because one is at peace with himself. There is no guilt; there is no restlessness. All is calm within. To have that quiet life, not only must one be at peace with self, one must be at peace with others. ***"If possible, so far as it depends on you, be at peace with all men"*** Romans 12:18. If one is at peace with himself and with others, one is well on his way to living a quiet life.

Benefits

When one has this quietness, there are tremendous benefits. The pace of life at which most people live produces stress and anxiety. What a blessing to be able to live a quiet and peaceful life without the burden of stress. Without stress it makes decision making so much easier. Living a quiet life makes life seem like it is lived at a slower pace, whether that is true or not.

One living this kind of quiet life manifests an aura of calmness to all who are around him. When one is at peace, it makes it easier for all to live at peace. Peace begets peace. In one sense one living in peace is a peace-maker and Jesus promised, ***"Blessed are the peacemakers, for they shall be called sons of God"*** Matthew 5:9.

Living the quiet life has a tremendous attraction to others. Peace and calmness is one of the most sought-after qualities. When people see it in others, they gravitate toward them. It is what Peter described when he wrote, ***"But sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence"*** I Peter 3:15. The great baseball player Jackie Robinson said, "A life is not important except in the impact it has on other lives." Our quiet life can have an impact on others. When we live the quiet life, we are manifesting Christ in us. Jesus said, ***"Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful"*** John 14:27.

That kind of quietness is what God expects of Christian ladies, and He said it is precious. Peter said, ***"Your adornment must not be merely external – braiding the hair, and wearing gold jewelry, or putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God"*** I Peter 3:3-4.

How Do We Obtain that Quietness?

Someone has said, "Count your blessings, not your crosses; count your gains and not your losses; count your joys and not your woes; count your friends and not your foes." We need to

do what we can to get the focus off us and on others. Ralph Marston said, **"**Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

Although Jesus' life was full, we never see Him stressed-out or rushing. He had that quietness that He wants us to have. May we examine how He lived to help us live the quiet life!

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