

BETWEEN NOTIFICATIONS

Day One — Always Reachable, Rarely Available

Scripture: “*Be still, and know that I am God.*” — Psalm 46:10

We live in a world that expects instant responses.

A text unanswered for ten minutes feels like neglect. An email left unread feels irresponsible. A missed call brings a follow-up message: “*Did you see this?*”

We are always reachable.

Yet somehow, when it comes to God, we’re rarely available.

Most of us don’t wake up intending to ignore Him. We just reach for our phones before we reach for stillness. We scroll before we pray. We consume information before we invite transformation. And before we realize it, the day has decided our priorities for us.

Notifications don’t just interrupt our time—they interrupt our attention.

God doesn’t shout over the noise. He doesn’t compete with screens or schedules. Scripture tells us to *be still* because stillness is where recognition happens. Stillness is where we remember who God is—and who we are not.

The truth is, stillness feels uncomfortable. Silence leaves space for thoughts we’d rather avoid. It exposes exhaustion we’ve been

masking with busyness. So we stay busy. We stay plugged in. We stay distracted.

And God waits.

Not angrily. Not impatiently.

Just faithfully.

We often assume God wants long, uninterrupted hours we can't give. But what He really wants is our **attention**, even in small moments. A pause before opening an app. A whispered prayer while the coffee brews. A breath of gratitude before the next obligation.

God fits in the spaces we protect.

The question isn't whether we have time.

It's whether we're willing to stop long enough to notice Him.

Reflection Questions:

- What is the first thing you reach for in the morning?
- When was the last time you sat in silence with God, even briefly?

Prayer:

God, I confess that I am often more available to the world than I am to You. Teach me to pause. Teach me to listen. Help me choose stillness—even if only for a moment—so I can remember You are near. In Jesus Name We Pray, Amen.

