



Links Players

The Sound Of Silence

Be still, and know that I am God... (Psalm 46:10, NIV)

In the early morning, a golf course can be a very serene and quiet place. Birds chirping and singing might fill the air. There are not many man-made intrusions. I love the stillness.

Unfortunately, most of my golfing friends don't like playing that early. As a result, our rounds are constantly being bombarded by noises---mowers, blowers, weed-whackers, maintenance carts, Bluetooth speakers blaring music, and countless other distracting noises.

As you can tell, I don't appreciate unanticipated distractions when I am playing, particularly when I am about to hit a shot. My goal is to "drown out" the unwanted sounds and focus on my swing thoughts before hitting my shot.

Unfortunately, when it comes to my daily quiet time with Jesus, I am not as disciplined in my "quiet" space as I am on the golf course in ensuring that I do not get distracted by the myriad of things that can easily intrude into my silent environment.

I am regularly tempted to check my emails, do my daily brain exercise puzzles like Wordle, and prepare my "to-do list" for the day.

Before I know it, it is time for breakfast, a shower, and stretching before heading to the course or a meeting. Spending time in the Word, writing in my Gratitude Journal, and praying for those on my prayer list fall by the wayside---lost in the many surrounding distractions.

The Psalmist's admonition to "Be still" is convicting. I now have two notes posted on the side of my computer. One says: "The Word before Wordle." The other "Be Still." They serve as helpful reminders that my focus needs to be on my daily time with God.

I am further encouraged to guard my "quiet time" with God when I remember the great men of the Bible who demonstrated the value of seeking God in silence.

Moses went to a "tent of meeting" outside the camp where he would go to speak with God face-to-face. (Exodus 33:7-11). Jesus' frequent withdrawal to solitary places to pray highlights the importance of personal time with God for Him, as well as for His followers. (Matt. 14:23 and Luke 5:16).

If you can relate to my situation of easily getting sidetracked in my attempts at daily meditation and quiet time in the Word, you might consider some of the techniques I have found helpful to keep me more focused.

- Try identifying a specific time and place each day that can be dedicated to quiet time and is free from as many distractions as possible — no computer, iPad, phone, or TV.
- Sometimes, sitting still and reflecting on what I have read allows me to focus on how it might impact my daily life.
- Daily recording my thoughts in my Gratitude Journal helps me focus and remember what I have learned.
- I close my session with prayer, thanking God for His many blessings and asking Him to guide me in the days and weeks to come as I apply what I have learned.

As I continue to refine this approach, the biggest key for me is “silence.” Just like I do not like noisy distractions on the course, I am working to eliminate distractions during my “quiet” time.

Not only am I more focused, but I also believe that by “Being Still,” I’m more likely to hear God’s whisper when He wants to share something with me.

My prayer for you is that you will be able to drown out distractions during your own “Quiet Time” so that you can also hear God’s voice more clearly.

PRAYER: Heavenly Father, help me to “Be Still” and listen for your whisper.

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Mark Olson

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