

DR. MARDEE ALFF, PSY.D.

Clinical Psychologist

Phone: 412-831-9183

Fax: 412-831-2700

Email: DrAlff@DrAlff.com

Website: <http://www.DrAlff.com>

Building Two, Ste 8

6348 Library Road

South Park, PA 15129

--Soul Peace. 12 - -

Soul Quiet

By Dr. Mardee Alff, Psy.D.

Clinical Psychologist

Copyright 2009, by Dr. Mardee Alff, Psy.D. All Rights Reserved

What do you do to get to that place of Quiet in your intellect, will, and emotion? The Weather Channel said that we have entered the Hurricane Season. For our soul, Hurricane Season can be any time of the year. How do you quiet yourself? How do you get to the eye of the storm where the sun is shining and you are at peace within, while the storm is raging around you?

Why is this question important? When you have found this place for yourself, it becomes a resource to which you can return to quiet yourself in the future. It gives you confidence that you can ride out any internal hurricanes that come your way.

How do we describe this peaceful quietness? I suspect each one of us would use a wide range of differing words and emotions. Think about what quiet and peace mean in your own soul. As you do, let's see how King David of Israel would picture this. He says that in quiet, we are not in a state of want; we feel refreshed and restored; we don't fear evil; we feel the Lord's presence to protect and guide us; we are comforted, and we feel anointed to rest within His goodness, mercy, and unfailing love [Psalm 23]. All of these aspects are crucial for our soul to experience quiet.

We have already talked in previous columns about the fact that when we are worried, or not able to sleep, or anxious, or depressed, we are not in a frame of soul to be able to think clearly or trust decisions that we make or emotions that we feel.

This is not a job that we can assign to another person, or to drugs, or alcohol, or food. We might try those options, but they are only a band-aid that masks the unrest, worry, sleeplessness, anxiety, or depression that continue unabated.

We have also previously talked about the fact that the Lord Jesus Christ is the only one who is anointed to bring us Peace, as that is His Name. The Lord encourages us to come to Him with all of our soul disquiet. But how do you access Him and His peace? Again, I suspect there is a wide range of differing ways to experience His quiet. Let's talk about a few, as you think of your own special ways.

Connecting the soul (the intellect, will, and emotion) with Biblical Truth and psychological knowledge.
Integrating the soul with body and spirit for peace in all areas of life - -business,
Personal, marriage, family, and relationships.

"Not by might, nor by power, but by my Spirit, says the Lord of Hosts."

Zechariah 4:6

Some people find that singing praise songs to the Lord brings His peace. Others find that writing a long letter to the Lord about their needs and confusion and worry helps greatly to bring in His peace. Others talk directly to Him about all of these issues.

Others focus on the Name of the Lord in troublesome times as they pray the Lord's Prayer that says 'Hallowed Be Thy Name'. We have mentioned before that the Lord's name is His character and is also His actions. So His name describes what He is prepared to do for us.

Some of the Names of the Lord that bring soul quiet are the following: The Lord my Righteousness; The Lord who Sanctifies me; The Lord my Peace; The Lord's Presence is in me; The Lord my Healer; The Lord my Provider; The Lord my Shepherd; and The Lord's Flag and Banner are over me, He is encamped around me. Notice how these names cover our deepest soul needs and provide pictures to give our soul peace.

Some people find that being outdoors in the still of the day surrounded by the Lord's creation helps them to calm themselves. Others find that being out in the night, and looking up at the moon and stars reminds them that the God who keeps the universe together also knows them and is keeping them together. Still others find that reading the Bible, particularly the Psalms, helps them quiet themselves. It is important to notice what ways work for you, so that you can quickly go there the next time you are in need to lessen the effects of the disquiet.

However, what do you do when none of these works? There can be situations like that. The Lord said not to be anxious for tomorrow because there is enough evil in today. I am sure that you can agree with that.

So, instead of giving up and getting depressed, look up. The Lord is in the process of giving you yet a new way to quiet yourself. Wait it out, and when the quiet comes within, note what way it came. You now have a new skill to add to the list that has proven helpful to you. The Lord delights to teach us new soul skills and to bring us to new soul strengths. We are never alone in this life. We have on our side the only God that cannot lie, and Who only ever has good plans for us. The Lord prepares the way for us to have a quiet soul.

Editor's Note: The Mission Statement of Dr. Mardee Alff, Psy.D is as follows:

*Connecting the soul (the intellect, will, and emotion) with Biblical truths and psychological knowledge.
Integrating the soul with body and spirit for peace in all areas of life—business,
personal, marriage, family, and relationships. Zechariah 4:6*