

We normally have a very quiet apartment, but for the last few days we have heard a buzz. It started on Thursday and has yet to stop. It is not really loud or a bother, but it is there. We believe it is coming from the apartment upstairs, and unfortunately there is no one that lives there, so we cannot talk to our neighbor to make it stop.

When we left the apartment and got away from the buzz - the silence made us realize how much it really affects us. Old habits in our lives are like that buzz, they hang around and may not be that bad, but they are a distraction to our walk with the Lord. We need to turn off the buzz of the world and focus on the Lord! His peace and quite will soothe your soul!