

3.16.20 Meditation

Psalm 77:11-12 “I will call to mind the deeds of the Lord; I will remember your wonders of old. I will meditate on all your work, and muse on your mighty deeds.”

Meditate: think deeply or focus one’s mind for a period of time; plan mentally; consider. (Oxford)

I once read a devotion that stated we become what we fill our minds with. In times of national crisis (especially one that effects our community directly), we get information overload. It’s important to stay informed, but when press conferences from the national, regional and local levels last three hours or more, the anxiety and fear of the situation can seize our souls.

I’m going to start a new practice to help me stay mentally and spiritually balanced. In a written journal I’m going to write what I consider to be only the main news highlights of the day, but I’m going to record every instance of God working that I see. God typically chooses to work through the words or actions of others, but I also see God in nature, in quiet moments, and in moments of peace that come despite difficult circumstances. I find that recognizing those God moments keep me grounded. Would you care to join me in that endeavor? Perhaps we can share some of our God sightings online and encourage one another. Or we can snap photos of God sightings and post those as well. God is with us – have no doubt.

My song for today is one I hear on my favorite Christian radio station called “Even If.” Google the lyrics. They speak volumes.