

### 3.21.20 Meditation – 1 Thessalonians 5:16-17

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:16-17 NRSV

Life seems very heavy right now. Humor and light moments can seem inappropriate to the ongoing pandemic drama. I assure you however from personal experience that even in the midst of tragedy, God gives us windows of levity and joy. We have to look for them and allow ourselves to receive them and participate in them.

I decided to review Facebook and see what some of my friends were doing. I saw families who were “chalking their walk,” (using sidewalk chalk to write uplifting messages for foot traffic to read), visiting a park, going to a drive-in movie (there’s one opening in Bethel, OH), birdwatching, and letting their child apply their make-up (brave soul).

We’re hearing a lot from experts these days, so I decided to consult Franklin First’s resident “shelter in place” expert for suggestions to enjoy. My husband Lee recommends the following:

- Indulge in at least one guilty pleasure
- Catch up on old movies you’ve wanted to see
- Sit in the sun with your dog
- Start a new TV series
- Clean one room daily
- Have uninterrupted conversation with a friend, your spouse, a neighbor. Get reacquainted.
- Start a new Bible study or devotional
- Binge watch an old series like Andy Griffith or Friends
- Teach your dog a new trick
- Clean out old emails
- Learn to play an instrument; he recommends the kazoo
- Clean out the refrigerator
- Fix the plug on that lamp that’s been broken for a decade
- Change the furniture in the bedroom at night while your spouse is sleeping
- Play hide and seek with your wife’s car keys

My song for today is “Count Your Many Blessings.”

One of my God sightings today happened at Kroger grocery store. I went early to see if they had any ground beef (they did). I was talking to the cashier as I was checking out, and she was pleasant and smiling. Those who can stay thus while they work the front lines in this time of trouble earn my undying respect.

May the Lord bless you and keep you.

Pastor Laura