

FROM THE RAT RACE



"Late and soon, getting and spending, we lay waste our powers."

William Wordsworth

We're scared to death to leave the treadmill.

Even our times of "relaxation" are filled with stress

Without a deliberate decision to take time out to meet with God daily, we are consumed by the pressures and distractions that flood our minds and bombard our souls.

There is no other way to ***"humble ourselves under the mighty hand of God"*** than to become still before him.

Jesus promises that if you ask the Father for the Holy Spirit, your prayer will be answered.

But it is impossible even to pray this prayer, much less to receive the answer as long as your mind is distracted.

Take time to draw back...and think...and wait...

....and open your soul to the living God.



"But I cannot afford to take the time," you say.

Listen.....you cannot afford not to take the time.

"Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?.....Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all.

But seek first his kingdom and his righteousness, and all these things shall be yours as well."

Matthew 6:25



Prayer: Holy Lord, we continue to be distracted, our minds bombarded with worries, sadness, petty concerns and bad news. Help us to take ourselves off these treadmills, to remove ourselves from these rat races of futility, from this hopelessness. Lord, help us not be satisfied until our biggest concern, our greatest comfort is being still before you, seeking your presence, your righteousness, your nature, your kingdom above all else. Starting now, help us to stop, to take time to wait, to open ourselves in every way to you, to absorb you into every fiber of our beings, and to breathe in the joy of who you are. Amen.

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Featured Artist: Courtesy of Deborah Nell at deborahnellart.net/

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THE LAMB
WHO WAS SLAIN
HAS BEGUN HIS REIGN