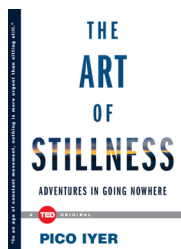


PASTOR'S CORNER

From the Desk of Pastor Daniel Simmons

Book of the Month



The Art of Stillness Adventures in Going Nowhere

By: Pico Iyer

ISBN#978-1-4767-8472-4

Scripture Readings

Meditate on God's Word

June 1-8, 2019

Psalm 1:1-3

Psalm 19:14

June 9-15, 2019

Psalm 63:6

Psalm 104:34

June 16-22, 2019

Psalm 111:2

Psalm 119:11

June 23-30, 2018

2 Timothy 2:7

Joshua 1:8

Meditation

(Many Members, One Body)

20 My son, pay attention to what I say; turn your ear to my words. 21 Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to one's whole body. --- **Proverbs 4 (NIV)**

Do you ever struggle with keeping a sense of balance and centeredness in your life? Do you often find it challenging to maintain a focused thought life? Are you able to sit or lie still for 5-10 minutes at a time without responding to the beeps and pings on your watch, phone, ipad, or computer? Do you find the effort to be still more stressful than relaxing? I ask these questions because they give attention to imbalances in our spiritual and physical life that we can taper to minimum or none when we meditate daily on the Word of God.

Meditation leads us to a calm and quiet truth that centers us into the knowing that God is ever present with us from the moment we awaken unto the evening hour when we lie down for a night's rest. When we include scripture meditation as part of our daily care, it sustains our spiritual, physical and emotional health throughout the entire listing of *other things* we must do.

Being that we are the living church, it is vitally important that we stay fit and grounded in what the Word of God says *to us* and *about us* so that we can be of good service to others and handle expected and unexpected forms of spiritual warfare. It is wise and it is biblical to concentrate on scripture throughout each day, especially during our quiet time. This is not to say that we cannot meditate while we exercise, run errands, etc. However, when we make time to still ourselves and quiet the world around us, our concentration on what the scripture is saying to us is clearer, and our spirit absorbs the truth of it. This is different from having scripture

memorized in the head without it having any impact within the heart. The more thought we give to God's Word, the more meaning it takes on and becomes a part of us.

Too often we use the demanding activities of our lives as an excuse for neglecting our responsibility and privilege to receive daily nurturing through meditation. Along with a fervent prayer life, *meditation is essential for the intimacy we have in our relationship with Jesus Christ!* Imagine how Jesus must feel when our relationship line is dry and thirsty, but He can hear from us like an old chum buddy as soon as a matter creates discomfort in our lives. If we will only remember the significance and importance of keeping *first things first* in our faith life, then we will more effectively and efficiently be spiritually equipped to handle life better.

Make time for the quiet moments as God whispers and the world is loud. ~Author Unknown

Keep in mind that the stresses and challenges of this world fall upon our children just as much as they do on the adults. An abundance of activities and other attention grabbers have all but eradicated from our youth the peaceful experience of stillness and silence. It is important that we train them on how to be still and quiet, and how to meditate so that they will add life and health to their being through the Word of God. Meditation...*simple, powerful, and peaceful.*

*8Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. 9Whatever you have learned or received or heard from me or seen in me – put it into practice. And the God of peace will be with you. --- **Philippians 4** (NIV)*

In Love and Service to God and God's People,

Pastor Daniel Simmons