

March 21

SOME MOMENTS OF MEDITATION

Our lives are so busy and filled with sounds, noises, conversations, phone calls, questions, discussions, arguments and much more. Set aside a time today when you can turn the radio off, turn the phone down, may not expect someone and all is quiet and for 5 to 10 minutes. To begin with, you might read Psalm 23. Every time you read "I" or "me" insert your name. This will help you focus your thoughts. Then ask God to speak with you. If you think sudden thoughts about something you must do, write it below for later. God can speak through our thoughts. After five minutes, say a prayer.

We will try this on another day. Shutting out the ordinary thoughts of our lives is difficult and listening to God takes training. Each day will slowly bring us closer to our Father.

