



Daily Meditations October 14-19, 2019

The Biblical readings are taken from the Daily Office in the Book of Common Prayer for Year 1 and written by the St. Stephen's Meditation Writing Team: Dave Boyd, Becky Denton, Pat Gillory, Traci Maxwell, Jay Nickel, Bob Reed, T.Cay Rowe, and Carroll Wilson.

Click on the scripture reading for each day to go directly to link.

COLLECT, PROPER 23:

Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Blessed One...

Monday, October 14, 2019

Psalm 1-3

*Blessed is the one
who does not walk in step with the wicked...
whose delight is the law of the Lord,
and who meditates on his law day and night.
That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither--
whatever they do prospers.*

I am experiencing a new time of life -- that of a mother without a child at home to mother! As a parent raising children in church, you pray they will find their way but also that they will find their faith walk as well. All that can be elusive during their teenage years. I am so grateful to have had the opportunity to watch my daughter take the journey through these past several years and to see the amazing disciple she has become but also the beacon of light she became for other young ladies along the way.

In the past year, I watched my youngest grow and get ready to launch and over the past four years, I witnessed that same young lady grow in her faith and spirituality. In doing such, she made active choices to not go in the direction of some of her friends, but when they made the bad choices, she never judged them but instead tried to help them find their way. The activities she invested her time in were those that reflected her life as a believer. She chose to love rather than to judge, and for teenage girls that acceptance from another can be such a life preserver in the secular world. As is evident, I am so very proud of her and in awe. At 16, 17, or 18 years old, I was so selfish! To see your child truly be the light for so many young girls, there just are no words. So, in this life, choose to yield the fruit of the season!

Waiting...

Tuesday, October 15, 2019

Psalm 5-6

*Listen to my words, Lord,
consider my lament.*

*Hear my cry for help,
my King and my God,
for to you I pray.*

*In the morning, Lord, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.*

One of the beautiful things I enjoy so much being an Episcopalian is the richness of our liturgies. I recite Morning Prayer almost every morning, and on Sundays, I need to be fully engulfed in all that the liturgy offers in order to reset for the coming days and wash off the previous week's secular parasites. In my prayers, I cry out unto the Lord with many requests for guidance, for safety of loved ones, wisdom, peace, and so much more.

In this Psalm we are called to wait expectantly. *Do we?* We wait, but do we do so expectantly? When we hand over our laments to the Lord, do we let them go, turn them over to the Lord? I have worked over the years to really do just that, but I still fail regularly. I still try to control many things in life, and when I do, I typically get some reminder of how little control I truly have. Of late, I have neglected myself and not followed through with my morning prayer time regularly. The void left has been obvious and when I fall short in centering myself at the beginning of the day, the remainder of the day is lacking direction. Releasing those burdens helps me to renew my spirit and find peace for the challenges of the next day, but when I don't unburden my soul, my soul is encumbered with baggage that becomes so heavy I cannot move forward or find the joy.

So, join me in lifting up our voices unto the Lord and then wait expectantly.

Educating Hearts

Wednesday, October 16, 2019

Psalm 119:1-24

*I have hidden your word in my heart
That I might not sin against you.
Praise be to you Lord.*

Psalm 119 is an alphabetic acrostic poem. There are several poems of this type to be found in the Psalms and Book of Lamentations. Within these poems, each verse begins with a successive letter in the Hebrew alphabet. Thus, the first verse would begin with *aleph* and the second with *beth*, etc. The ancient Israelites put to memory their alphabet just like as we learned our ABCs. Writing and reciting the alphabet were fundamental parts of education then, just as it is now.

Another critical part of one's education was the study of the law of God, the *torah*. The language and grammar lessons were as important as learning the contents of the *torah* because the written alphabet was how the law of God was transmitted. So, learning the law and learning the written language were intertwined.

Walking the path in obedience to God's law requires an educated heart. This psalm proclaims that God's word will guide and enrich all those who carefully attend to it. We are living thousands of years later, and isn't this still the

education we seek? Through prayer, meditation, and continued education in the Word; we still look for the guidance provided in His word and even more so, to educate our hearts.

My Deliverer

Thursday, October 17, 2019

Psalm 18:1-20

*I love you, Lord, my strength.
The Lord is my rock, my fortress and my deliverer;
He reached down from on high and took hold of me;
He drew me out of deep waters.*

The writings within the Psalms are the lyrics of the Bible for me. Many feel like the poems they are, and others I hear as a melody. This particular reading is rich in lyrics as I read the words, the music swims in my head. Mandisa is a contemporary Christian singer. Her late 2009 album release included a song titled, "My Deliverer," which found its way into my life at a time of despair and the final months of my mother's life.

*I was so helpless
Where did the light go?
I had no hope left
deep down in my soul.
I was watching. I was waiting. I was praying.
I was staying down on my knees.
That's right where you found me.*

Surrounded in prayers of many but unable to truly feel peace. This is the darkness I lived in for many weeks. Going through the motions but lost. Trying so hard, too hard, to just keep it all going, keep it all together. We all know that is not a possibility unless we give it up to Him. In truly hearing lyrics of this Psalm within the song, I was brought into His words for me in the pit of despair. I then was able to embrace the chorus and have worked to live within the chorus through all challenges the past several years.

*My Deliverer!
You rescued me from all that held me captive.
My Deliverer!
You set me free.
Now I'm alive and I can live.
So every moment I can give you praise.
My Deliverer!*

My hope is you will as well.

Our Plea in Life

Friday, October 18, 2019

Psalm 16-17

*I call on you, my God, for you will answer me;
turn your ear to me and hear my prayer.
Show me the wonders of your great love.*

In this Psalm, we find a plea from David as he faces worrisome times, and we hear his earnest plea through open, honest conversation with his Savior. The words show a strong declaration of faithfulness, of complete confidence that the Lord will provide protection in the shadow of his wings. This Psalm of David is a shining example of what each of us should ascribe to be our relationship

with the Lord. Active, confident, and a living relationship. The Psalmist asks the Lord to listen actively, then tells of his personal actions as demonstrated through faithfulness, and finally, makes an appeal for action on his behalf. Unreservedly, this structure outlines a mutual give-and-take relationship, a living and active relationship. Is this not what is expected in any healthy relationship in order for each person to faithfully live life together?

Second, the tone of the Psalm suggests the relationship between the Psalmist and God is deeply rooted in vulnerability and honest communication between two living beings. I know for me this was missing in my relationship with the Lord for many years. Living in communion with our Lord requires us to share our deepest burdens and worries with God, just as the Psalmist has done. And, like the Psalmist, we can ask God to protect us from those things that might harm us with a confident knowledge that He will!

Sanctuary in the Scriptures

Saturday, October 19, 2019

Psalm 20-21

May he send you help from the sanctuary and grant you support from Zion.

We find the promise of sanctuary comforting as humans. Sanctuary can mean many different things in this secular world, but for me, sanctuary is found in the Scriptures. Scripture is where I find help, and as Christians it is where we are instructed to turn. It is within the words that our minds are illuminated, that we begin to see the world the way it is, not the way it appears to be.

There is not one of us who hasn't learned life is not the way it seems to be. This life is filled with illusion, with deception; things are not what they appear to be. There are many distractions and camouflage in the secular world to hide our Christian truths. The Word removes all that is blocking our view. That is what the Bible does. And unless we are in the Scriptures, there is no relationship to which we may turn for help, our sanctuary. The Psalmist's prayer is that our eyes might be enlightened, immersed in the scripture, and that we might find our Sanctuary.

Connect with us

