



***“How blessed is the man who does not walk in the counsel of the wicked,
Nor stand in the path of sinners,
Nor sit in the seat of scoffers!
²But his delight is in the law of the Lord,
And in His law he meditates day and night.
³He will be like a tree firmly planted by streams of water,
Which yields its fruit in its season
And its leaf does not wither;
And in whatever he does, he prospers.” Psalm 1:1-3***

More time at home provides more time for home projects. Long standing things on the to do list can systematically be conquered. But these can be equally productive spiritual days and our thoughts play a key role. ***Psalm 1*** links spiritual health with the mind saturated with the truth of God’s word.

Meditation has received needless negative press amongst Christians. The thoughts of sitting isolated with fingers touching while repeating strange sounds may evoke images of those who are trying to achieve a state of nothingness. But Christian meditation is radically different. It is a mind filled with *something* rather than *nothing*.

When we meditate on Scripture we focus on an essential truth found in a verse or passage. We ask questions of it. We allow that truth to role around in our heads and we ask God to help us obey it. There is no short cut to meditation but the benefit is a spiritual vitality that weathers all the seasons of life.

Take the time to read Scripture. Resist the urge to set it down quickly to get on with life. Consider the time you have as an invitation to draw close to Him through His word.