

Pastor Randy's short devotion for Wednesday, February 8th:

Bless the LORD, O my soul, all that is within me, bless his holy name." (Psalm 103:1)

We live such fast-paced lives now adays. We have filled our days with so many activities, that we rush from completing one thing to going on to the next. Even our high school students, get up early to go to a band practice or lifting weights or a speech drama rehearsal, or some athletic practice before school starts, and then they have practice or games or jobs after school. Parents and Grandparents are busy to help them get to everything and to cheer them on at each event to be supporting to help them succeed. Even if we don't have students in our household, our "time saving" technology has allowed us to fill our hours with more activities since some chores don't take near as long anymore. My Grandparents also had busy days on the farms; milking cows, feeding the pigs and chickens, picking up eggs, feeding the cows and then field work. It seems we are always busy, but the pace can be different. In our busyness, the Psalmist calls us to bless the Lord. Notice we are not just pausing to give a word of thanks. We are called to bless the Lord with all your soul, all that is within you to stop and bless the Lord. This means we need to stop all our activities, stop the noise in our heads about the day's challenges and worries, and focus on our Lord. When we pause to bless the Lord, we are drawn into a more intimate relationship with God as we bless each other with love.