

THOUGHTS FROM MY LAPTOP

Jesus repeatedly demonstrates the importance of regular prayer. Even when the pace of life was at its busiest, we read that he got up 'long before dawn' and went to a quiet place to pray. (*Mark 1:35*) In that time of prayer he listened to God, regained perspective, and adjusted his priorities accordingly.

Here is a highly relevant message for us today. Our lives are filled with activities, and our minds are often cluttered with concerns and worries, and our perspective can easily become skewed; our priorities out of whack. For this reason we need to be just as intentional about establishing a daily pattern of prayer as Jesus was.

For those who find this difficult to do, I have a little suggestion that will keep you praying even during the busy times. It is called "**The Seven-Minute Miracle**" and I found it in a wonderful little book called, "*Availability: The Spiritual Joy of Helping Others*", by Robert Wicks.

Wicks says: "*Set aside two minutes every morning for prayer and five minutes every night to read your bible.*" Then he goes on to say, "*this practice may seem insignificant but lives are changed dramatically when it is followed. In time the habit of daily devotions takes hold and prayer and scripture reading become rooted in our way of life.*"

Busyness is an optical illusion. God is the great reality. The duties, activities and concerns of our daily lives never need shut us off from God if we remember to do what Jesus did and take time to center ourselves in quiet listening prayer. Why wait for Lent? Begin today.

"Those who wait upon the Lord will renew their strength they will. mount up with wings as eagles. They will run and not be weary they will walk and not faint.. Such a beautiful promise - and its yours and mine to claim. "Isaiah 40:31

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