

peace be with you

weekly devotional

from the desk of Rev. Marta Wheeler

SAINT PAUL BENSON

January 26, 2022

EXPECTATIONS

Staying home the past ten days to quarantine my head was spinning with ideas of what I'd get done.

I'll organize and edit past writings in preparation to assemble a book soon.

Surely, I'd practice both piano and dulcimer, organize the spices, and wipe down the dusty baseboards.

I'll call dozens of people from church and catch up on their lives and families.

Still, doing what strength allows and then learning from puppy the value of finding space where the sun streams in for a healing nap.

She encourages us to watch comedies including puppies, while snuggling on sturdy legs.

Annie taught me that obedience training of "heel, sit, stay, and come," works only when rewards are in place.

She reminds me of the importance of meals even when your belly doesn't growl for food.

Most of all, Annie sits on the couch upon awakening, anticipating our prayers in gratitude to God.

Psalm 71

CEB

I've taken refuge in you, Lord.

Don't let me ever be put to shame!

²Deliver me and rescue me by your righteousness!

Bend your ear toward me and save me!

³Be my rock of refuge where I can always escape.

You commanded that my life be saved because you are my rock and my fortress.

Continued

Psalm 71

CEB

Continued

⁴ My God, rescue me
from the power of
the wicked;

rescue me from the
grip of the
wrongdoer and the
oppressor

⁵ because you are my
hope, Lord.

You, Lord, are the
one I've trusted
since childhood.

⁶ I've depended on
you from birth—

you cut the cord
when I came from
my mother's womb.

My praise is always
about you.

Our Rock and Fortress

The clergy of Saint Paul are aware of how many people are isolating at home. Like me, some of you have caught the Covid-19 variant despite following best practices. We are so grateful for antibodies and vaccines that have lessened the severity and longevity of this disease.

Some of you have tested positive while remaining healthy, yet still have to isolate and miss out on planned activities. But for all of us, at least part of this time has been difficult. Sometimes life feels like a game of dodge ball!

Fortunately, we have a God that is our rock and our fortress, a God who rescues us when we are afraid and feeling alone.

With gratitude we make it a practice to offer at least one word of praise to God each morning.

*Thank you, God, for the sunshine, warm blankets, and
furnace that keeps us warm even in January!*

Thank you for those we love and help us through the day.

Thank you for the gift of prayer, wrapping us in love.

As we breathe in the love of Christ, may we feel a sense of peace and our spirits lifted towards you.

Know that you are safe, you are loved, and you are remembered.

God's love and peace to you and all,

Marta

Rev. Marta Wheeler

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