

peace be with you

# weekly devotional

from the desk of Rev. Marta Wheeler  
SAINT PAUL BENSON

**August 3, 2022**

## One Toddler and a Bumblebee

From purple blooms to  
leaves of sweet peppermint  
the bumblebee makes her way  
all 'round the garden while the small  
curly headed child follows the path.

Oh, the joys of childhood!  
Naturally contemplating  
nature before able to  
say "*wed, pupe, yeyo, and onj*" in  
voices translated only by parents.

Adults boast about  
nonstop thinking, yet it  
keeps one from *feeling* less thirsty  
as a flower sips from the hose and  
loving earth herself with open heart.

Might we do well to  
follow the inquisitive  
child tossing a fuzzy blanket  
upon damp grass to sing *Star Light*  
*Star Bright* wishes as nighttime falls?

## **Matthew 6:25-34**

### **Worry about Necessities**

*Jesus says,*

“Therefore, I say to you, don’t worry about your life, what you’ll eat or what you’ll drink, or about your body, what you’ll wear. Isn’t life more than food and the body more than clothes? Look at the birds in the sky. They don’t sow seed or harvest grain or gather crops into barns. Yet your heavenly Father feeds them. Aren’t you worth much more than they are? Who among you by worrying can add a single moment to your life?

And why do you worry about clothes? Notice how the lilies in the field grow. They don’t wear themselves out with work, and they don’t spin cloth. But I say to you that even Solomon in all of his splendor wasn’t dressed like one of these.”

## **Sermon-By-Phone**

**402-210-2091**

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## ***God for All Ages***

Humans in all phases of life have worries, only the subject tends to change over time. Children learn how to deal with others when allowed to play in small groups and negotiate amongst themselves.

Worries of young adults can intensify as they take on responsibilities and haven't yet had the experiences that teach them that everything will eventually be okay.

At this stage of life, I feel less need to overthink what the worst possible scenario could be and am able to calm myself by watching children, dogs and cats, and all forms of nature.

Peace comes upon us as we breathe deeply of Christ's Spirit and contemplate the present scene. Go into your heart-space and be honest with your feelings of the moment. Trust that God will provide and you will never be alone in your troubles as you release concerns in prayer as many times as it takes to feel safe and calm. One practice that helps a good deal is to journal prayers and then listen for God's compassionate response.

*We pray that the Holy Spirit's playful, creative love will flow within you.*

*Marta*

Rev. Marta Wheeler