

peace be with you

weekly devotional

from the desk of Rev. Marta Wheeler

SAINT PAUL BENSON

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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

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Each week, a timely message and scripture are available simply by making a phone call!

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