

Bermudian Church of the Brethren

WEDNESDAY'S WORD – a midweek thought from Pastor Larry M. Dentler
to share a word of inspiration ... encouragement ... challenge ... a smile ... in the middle of your week
February 6 in the year of our Lord 2019 - #775

What's On Your Mind?

I've had a lot on my mind lately. I've been working on an area of reconciliation between persons following my January Nominating Committee of Standing Committee meetings. I've been praying for a pastor friend who is in the midst of a difficult time. I've been feeling a heaviness over some congregations making decisions to leave the Church of the Brethren. There are new attacks on our dear ones in the Church of the Brethren in Nigeria (EYN) by the Islamic terrorist group Boko Haram. We have several of our Bermudian folks having surgery this week. We are in the midst of a search for a church secretary. I'm providing some advisory help to our daughter church, Lake View. And on and on.

I thought I was handling all this extra stress load OK ... until last night. I was clearing the table following supper, getting ready to settle in to an invigorating evening of watching the State of the Union message. Plates, silverware, glasses into the dishwasher. Waste into the trashcan. There was one piece of chicken left and one biscuit left. Cathy said to wrap it with plastic wrap and put it in the refrigerator. So I got the wrap out of the drawer, wrapped the piece of chicken, wrapped the biscuit, and then put the chicken & the biscuit into the drawer and the wrap into the refrigerator.

Wait ... what?

Yep, I had thrown the chicken & biscuit into the drawer, and placed the roll of plastic wrap into the refrigerator. *"Houston, we have a problem."*

Life gets so busy for most of us. And there are plenty of stresses for nearly all of us. You may well feel that your mind is on overload. It is important for us as believers to keep our minds *"in"* Jesus. What does that mean? It means that no matter how many things are going on ... swirling around us. No matter how many *"files we have open."* That our *"faith"* file is always front & center. An important part of doing this is daily devotion. There isn't only one way to do this. Find a pattern ... find a resource ... that works for you. Do it with your breakfast, do it on your lunch hour, do it as a family at the supper table, do it as a couple before bed ... just do it! Do it in bed, do it outside as you walk, do it in the car as you commute, do it at your desk, do it in your shop, do it at the table ... just do it! Take some time to quiet yourself before the Lord. Listen! Take a verse or two of Scripture and just rest your mind with that morsel of the Bread of Life.

Cathy & I have enjoyed a devotional by Kenneth Boa, *Night Light*. (We come back to it every couple years.) This book has a series of readings for each day. No commentary. No devotional thought. Just Scripture! And Boa's counsel is to read these verses as the very final thing of your day. Let God's Word be the last thing you put into your mind before sleep. I have found, that for me, doing devotions right before sleep resets my mind from other worries, stresses, concerns ... to God's Word in a way that is restful, helpful, calming.

So take a deep breath dear friend in the Lord. Your Lord loves you and understands the rush & stress of your life. He really does! And He is with you! Take a moment ... open His Word ... and set your mind on Him!

“You will keep perfectly peaceful the one whose mind remains focused on You, because he remains in You.” Isaiah 26:3 ISV

And remember ... the chicken goes in the refrigerator! Blessings! Pastor Larry <><