

“Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you.” Psalms 143:8 NLT

lectio // Psalm 143

It has been said that the morning is the best time to spend time with God. I used to hate that as a teen, twenty and young parent! Now, I believe it's true. For the past several years, my morning time with God has reset and restored everything from my stinky attitude to correction, and misperceptions. David wrote, “my spirit fails” or “my depression deepens” NLT. Wow! I so appreciate the raw honesty. Most days I think, “I’m harder on myself and others than when I was younger.” Cynicism is not just for the youth! And yet, each morning I meet with my creator, my savior, my father and listen to his words to me (both through the words in the Bible and through the person of the Holy Spirit). Today, I soak in the encouragement of this verse. I breath in deeply, focus on the peace of God and say this verse out loud. These moments are the most important moments of my day. And, these words are like a fresh warm breeze or a sun-burst on a cloudy day.

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Dad,
I sing an old song to you this morning, “I need thee Oh, I need thee. Every hour I need thee. Oh bless me now my savior, I come to thee.” I am thankful for your word, your Spirit. I am also thankful for your guidance and invitation to walk with you throughout my entire life.

contemplatio

rest in the presence of God, allowing the words revealed to take root