

“If you search for good, you will find favor; but if you search for evil, it will find you!” Proverbs 11:27 NLT

lectio // Proverbs 11:24-28

I feel like the wisdom dudes are always good at giving health tips, relationship advice, clean living thoughts and godly pursuit pointers. This one focuses in on attitude or our mindset. “IF,” is a good invitation to accept a truth or not. “SEARCH,” involves work. Notice that the choice of working towards good or evil is still a choice and it’s still work. My little emo brain gets all offended when someone flippantly says, “you can choose _____.” Fill in the blank. Choose attitude, choose positive, choose grace, choose patience. I want to ROAR back, “I don’t feel like choosing good!” I’m hurt, angry, frustrated, tired, hungry, or embarrassed - let me choose the thought or emotion that goes with those crummy feelings PLEASE! Then my ego-overwhelmed brain feels justified in filling it with an emotion that matches what-was-done-TO-me. Boom right there, I put in my quarters into the virtual vending machine to buy a gripe bar then out comes the horrible results as bite down on its bitterness! I must choose in the moment! I must learn to quickly push the pause button. In most of these situations I feel like I’ve lost my car keys and I’m late for a meeting. I panic, I yell, I blame, I don’t care if I look or sound like a wild beast, “FIND HULK KEYS,” I say. I’ve got to interrupt the cycle long enough for me to search for good in my confrontation, conflict or consternation. “Breath, slow down, think Glenn,” I must say to myself. “LOOK FOR GOOD - FIND FAVOR,” I must mantranize my thoughts. This is hard, I need practice. However “practice” puts me in real-time emotional volatility! I need do-overs to catch it next time. Next time, I’ll WIN. Hulk must sleep now, Hulk tired...

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Dad,

I want to win at this search and find game. But I don’t like practicing, then losing. I want to stop the flood cycle of feelings before they volcanically erupt out my mouth, destroying, melting people as the hot-lava words roll over their hearts. Okay, you get the idea. This is really hard stuff to do in real-time. I don’t exactly feel in control of all my faculties :(Please help me with my thoughts and more importantly the process steps that get me there. Oh, btw, it is much more helpful to see others explode go through this. Then, being an observer, not a first-person participator, I can say, “Oh, there it is. I get it!” I love your wisdom thoughts oh Lord, you really do understand me.

contemplatio

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