

## Daily Devotional, June 25, 2021 Use Your Time Wisely

*Truly God is good to the upright, to those who are pure in heart. – Psalm 73:1 (NRSV)*

I encourage you to take time to read Psalm 73 in its entirety. The psalm is one that exposes the folly of those who arrogantly use others to climb to the top of society, yet gets to the heart of one who truly desires God above the ways of the world.

The world is constantly finding new ways to distract us from the things that matter most. In these past months where the world was shut down, turned upside down and backwards, we found so many new distractions. We might have found that we spent more time on social media, more time watching tv, more time eating snacks, more snacks that we like to eat—yes, I meant to say that both ways.

Truth is, we found that we had more time on our hands with no place to go. I remember one day early on, seeing something from facebook come across my laptop screen that said: “after quarantine will you emerge a monk, a hunk, a drunk, or a chunk? The choice is yours.”

I sort of laughed when I saw it, but there was some serious truth behind the choice. What we choose to do, to focus on, and how we live each day, matters, it can make a huge difference.

This extra time could have been spent pursuing more exercise and getting into a more healthy lifestyle. I’ll be honest, I tried this, and for much of the time, I was down about 20 pounds. Between walks around the neighborhood, hikes along local trails, and working in the gardens, I felt pretty good. And so far, this spring, I’m off to a good start. Yet, there are others who may have done a better job treating their body as a temple (hunk) than I.

I have heard from some friends, who have let stress get to them, and have moved in a negative direction, increasing their alcohol intake, finding new drinks to mix, or discovering that the corkscrew works just as well in the morning as it does in the evening. After all, even Jesus turned water into wine, when the wine ran out (drunk). And of course, there are those who have lost all self-control (chunk), and have found themselves constantly in the pantry.

Instead, this time apart could have drawn us closer to God, spending more time reading and studying, it could have been a time to do deep research, or spent in deep prayer, drawing closer to God (monk).

Sometimes, however, it is easy for us to get distracted by the other things of this world, and even begin to wish or idolize those who seemingly have it better than we do. The psalmist says, **“21 When my soul was embittered, when I was pricked in heart, 22 I was stupid and ignorant; I was like a brute beast toward you.”**

Yet, then the psalmist is reminded that even at our worst, God still holds us close. So, no matter how you have spent this time apart, or continue to do so, please know that God holds you close, and I pray the divine presence is ever present in your mind and heart, today and always.

***Prayer: Heavenly Father, forgive me for not using my precious time wisely in the past. Guide me Lord from this day forward. May your Holy Spirit fill me with Godly wisdom and guide and direct my days. In Jesus’ name I pray, Amen.***