

“I will bless the Lord at all times; his praise will always be on my lips. I will boast in the Lord; the humble will hear and be glad. Proclaim the Lord’s greatness with me; let us exalt his name together.” Psalm 34:1-3 (CSB)

To bless the Lord at all times is, I think, a difficult thing to do, yet this is not the only time it is mentioned in scripture (for example: 1 Thessalonians 5:18) so its something we really should be taking note of. To bless the Lord at all times, or to give Him thanks in all things, depending on your translation, is something I am not sure is fully an achievable goal in this life. Don’t get me wrong, it is something we should strive to do, but I think as a species, humans are just too easily distractible by the less important things to truly spend all the time in praise to God.

So, now I have depressed you, let’s make it a little more realistic.

First of all, this should be our goal, something that we should aim to improve upon each day, week, month and year, until we are spending as much time as possible standing before God, but something we don’t beat ourselves up over when we fail. We know we are not perfect and that is a positive - honestly! By acknowledging we are imperfect helps us to know at a deeper level how important our faith in God is. In turn this makes us want to spend more time with Him and, much as life does get in the way sometimes, we find ourselves finding it easier to at least make the space for God to be in our lives every day...all be it maybe a few minutes. Perhaps we decide to say the Lord’s Prayer when we are washing our hands, or shooting up arrow prayers of thanks for the good things of the day when we are lying in bed. Maybe its more than that. A full section of time carved out of the day to read the bible or, better still, study it and pray about what we have read.

Whatever way you decide to take this section of scripture today, whether its to encourage you to add a few more minutes to your daily routine, or to just start with a bedtime, or wake-up, arrow prayer, might I suggest this Lent is a good time to start this discipline. If we don’t spend any time with God, then how can we know His will, what He wants to do in our lives or how we need to change to grow in our faith?

Pray

Father who made the universe, yet loves each of us individually, we come to you today; on the first day of Lent asking for your help in our lives. We pray specifically for promptings to be more disciplined in spending time with you. You do much for us, and ask very little in return. Please forgive our tendencies to be easily distracted and teach us how to come to you, distractions and all. Amen.