

## **SPIRITUAL TASK – BEING MINDFUL OF THE LORD**

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** On many occasions in the Word the Lord asks His people to do things as a way of remembering Him, His commandments or an event.

**Meaning** Keeping the Lord in mind will help us to better keep His commandments as active parts of our thinking, willing and doing. One of the ways faith is defined is being “constantly mindful of the Lord.”

**Task** This week implement a ritual or practice that will help keep the Lord in the forefront of your mind. It could look like creating a place in your home that is special that has His Word and other reminders of His teachings and presence (candles, flowers, etc.). Having a bowl at the table that has scripture written on pieces of paper in it. Every time you sit down for a meal you can take one out and read it. And any other idea you come up with. Let your creativity flow.