

SPIRITUAL TASK—WHY DID GOD CREATE ME? (Luke 10, Matthew 6)

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

Meaning In any moment there are attempts from evils spirits to have us worry about the future or live in a state of anticipation, as well as have us regret things of the past or wish things would be like they used to be. These things can ruin the present moment and the blessings we may find in the moment. The only time we are truly alive and experiencing life is in the moment. The past is gone and the future is unknown to us.

Task This week make attempts to live in the present moment. Think of the word “savor”. You are invited this week to savor the food you eat, the time spent with family and friends, and your time spent in devotion to spiritual things like reading the Word. Remind yourself to savor what you are experiencing. See how it changes the experiences of your day.