

Dear Members, Friends, and Guests of Desert Hills Lutheran Church,

Friday, August 21, 2020

This past week I was looking up a scripture verse on the computer and an ad popped up for a daily devotion on the Psalms. I didn't order it but got to thinking about how many verses a person would need to read per day to finish the 150 Psalms. I looked it up. There are 2461 verses in the Psalms and divided by 365 results in the number 6.7 verses a day. So, I decided I'd read 6-10 verses a day. It has been years since I read through the Psalms. Today I read Psalm 4.

Verse 4 *"When you are disturbed, do not sin; ponder it on your beds, and be silent."* What a great verse. Have you ever gotten a nasty email at night and fired off a less than helpful response? Me either. Ok, maybe it has happened. Ever see something that frosts your day and you feel compelled to act now? We are seeing all kinds of sinful actions of disturbed and angry people. The Psalmist says that our best course of action is to sleep on it and be silent. Are we to be silent forever? I don't think so; but wait and think. It is called restraint.

Verse 8 *"I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety."* The last five months have produced a great deal of insomnia, even among Christians. I say even among Christians because we have the knowledge that putting trust in God alone is our best option in life. As we are pondering disturbing things, God encourages us to be silent and trusting that our God makes us lie down in safety. Usually that is keeping us safe from our own dark and fearful thoughts. We can lie down and not sleep, but the psalmist suggests that when we lie down and trust, there is a good chance we will sleep in peace.

I encourage you to again adopt a daily bible reading time and prayer time. If you already are doing it, praise the Lord.

I so enjoyed time this week with the Wednesday Bible Study soft opening gathering. I'm thinking of adding a second class on Wednesdays at 5 pm. Let me know if you have an interest in an early evening class. I also so enjoyed meeting with the 18 in our new member class. They were able to stay connected even in this time and want to join us on our journey of faith.

Finally, for the next two weeks I'm looking at Matthew 16:13-28. This weekend I'll be pondering with you about what is life's most important question.

Blessings,

Pastor Martin