

Réfléchissez à ces choses

Description

Psalm 19:7-14.

Our words, our thoughts, and the meditations of our heart are known by God. Throughout Scripture, we read that it is not just what is heard or said but that God knows what we think about and what we meditate on. Sometimes, it is easy to say one thing but inwardly think something else. Where we focus our thoughts, our inward conversations, the meditations of our heart may not be known by those we interact with. Today's scriptures remind us that it is known by God.

Meditating means focusing in on something. Are we focusing on God, on the blessings He has given us, the ways He has provided for us, the ways He has protected us? Or are we focusing on what we do not have, on why we are walking through this trail or valley? Are we meditating on Scripture or the latest headline, sports score, social media post, argument we had with a loved one, or the next item on our to-do list?

Today, meditate on God, think about the ways He has provided, protected, and sustained you. Meditate on a verse of Scripture today.

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