



First United Methodist Church of Hanford

*Open hearts. Open minds. Open doors.*



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### **“Lay your worries at his feet”**

*“In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.” Psalm 5:3 (NIV)*

The quiet peace of a summer morning is a treasured image in our world. We are not rushing our children off to school, the speed and demands of work may have slowed, and the sun rises to invite us into a time of solitude and reflection. In those treasured moments, do you take time to listen, reflect and hear God’s voice?

Far too often we get caught up in the rush of the day, long before “the day” actually begins. The first thing we do is turn to social media, on the radio, or TV. These media platforms are just waiting for us to tune in, so they can tell us what is important, what we should buy, wear, or worry about. Before we know it, we are caught up in a world of consumerism, fear, and divisive politics. And everything seems to want our attention now, and immediately! The day has barely started and our spirit is filled with concerns of the world that upon closer reflection are simply not important.

In those special morning hours, the voice of the Psalmist shows us a better way to start the day: begin in conversation with the God. Note that it is a 2-way street! “I lay my requests before you.” In prayer I come to God sharing my hopes, fears, and thankful praise for all he has provided. Then, and here is the important part I “wait expectantly.” The psalmist reminds us that God does hear us and will reply. But we must do our part to listen, be open to hearing God’s voice, be present in the quiet.

As you begin your day today, use that moment to come to the Lord, lay your worries at his feet with the confidence that you know you are heard and loved. But be prepared to hear his voice. Asking “What do you want to do through us?” requires an answer. Take time this morning to hear the Lord’s reply.

Let us pray: Lord, I know you are with me and hear my prayers. Give me the strength and confidence to take time and listen for your answers. Our days can be filled with so much noise, interference, and misdirection. Help us create a sacred space of quiet solitude so that we can hear you and experience your love. We wait expectantly. Amen

“Now I can say I Live a Day” (John Wesley)

Pastor Pablo

September 3<sup>rd</sup>, 2020

## Online Devotionals

To grow in your relationship with God and others, it is important to have some spiritual disciplines in your life. Below are some helpful websites that will lead you to read scripture, pray, and focus on God.

**UPPER ROOM DAILY DEVOTIONAL** <https://www.upperroom.org/devotionals>

A daily devotional including scripture lesson and story.

**UPPER ROOM DAILY REFLECTIONS** <https://upperroombooks.com/neweverymorning/>

Daily words of wisdom and faith including quotes, scripture, questions, and the lectionary bible readings.