

Daily Devotion For September 1, 2021

Be still, and know that I am God." Psalm 46:10

From August 27th to 29th, I had the opportunity to spend time up in the high country of Yosemite National Park and enjoy the beauty of God's creation. Each morning I woke up early, went on a 4 mile walk along the Lyell Fork river and spent time reading the bible and praying with no one within sight. It was a wonderful time of solitude, a time set apart from the news, internet, and distractions of the world.

I appreciated the time to be alone with God. C.S. Lewis in his book "The Weight of Glory" says that we were made for consistent time in solitude. He also wrote "We live, in fact, in a world starved for solitude, silence, and private: and therefore starved for meditation and true friendship.

Have you ever considered that you are "starved" for solitude? All over the New Testament we see examples of Jesus going off on his own to pray. Mark 1:35 tells us that Jesus, *"rising very early in the morning, while it was still dark . . . departed and went out to a desolate place, and there he prayed."* Jesus, who practiced perfect communion with his heavenly Father while here on earth still needed to spend time in solitude.

Thought For Today: Take time today to recognize your need for solitude. Find time today to get away on your own where you will not be distracted and spend time in the presence of God. If Jesus needed it, how much more do we.

Today's Prayer Focus: In that place free from distractions ask God to calm your Spirit and speak to you through His Word. Pray what God reveals to you in your time of solitude. Pray for Dori Chin as she recovers from her pacemaker surgery. Also for Robert Suzuki diagnosed with an irregular heartbeat. For Meja Quock's nephew in Korea with pancreatic cancer. For Mary Ichiuji's daughter Sarah starting a new job as a high school counselor. Deo Volente.