

Daily Devotion For February 8, 2022

⁴ "Show me, LORD, my life's end and the number of my days; let me know how fleeting my life is. ⁵ You have made my days a mere handbreadth; the span of my years is as nothing before you. Everyone is but a breath, even those who seem secure." Psalm 39:4-5

Since 2017 I have been taking a swim class at MPC. At the beginning of each semester we take a test to see what our fitness is and then take the same test at the end of the semester to see how much we have improved.

So yesterday, we did our test, a broken 500 yard swim. We swim 25, 50, 75, 100, 100, 75, 50, and 25 yards with a 10 second rest between each set. At the end of the swim, the teacher tells us what our time was. Then we deduct the 70 seconds, the amount of time we rested. Then we divide that time by 60 seconds which gives us our average time for 100 yards.

After the test, I told my teacher that although I've improved greatly since 2017, my time has basically been the same time for the past 2 years. My teacher, who was a classmate at Monterey High said, "well Ted, that is pretty good considering we are all getting older.

Sometimes it is difficult to admit that we are getting older. In Psalm 39, King David grappled with the brevity of his life, saying, "Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is" In verse 5, David described his life span as no longer than the width of his hand, as only a moment to God, and merely a breath. David concluded in verse 7, "But now, Lord, what do I look for? My hope is in you"

Thought For Today: The clock is ticking. Now is the time to seek God's power to help us become the people He wants us to be. Finding hope in our eternal God gives meaning for our lives today.

Today's Prayer Focus: Thank God that our hope can be found in him. Though our days are numbered, we can experience God's presence and power today and forever. Deo Volente.