

March 17

Ps 16.9 Therefore my heart is glad, and my soul rejoices; my body rests secure.

These are the best moments, often fleeting. Dinner is cooking, the children are laughing as they run around the yard, you begin to hum along with a familiar piece of music on the radio, and put your feet up.....and It. Is. All. Good. It catches your attention as gladness fills your heart.

You Stop to savor this moment when it all falls into place, and the evil winds that blow into everyone's life are quiet. You can see promise ahead, possibilities that await, and no ounce of disappointment or sorrow or discontent is allowed to intrude. You feel no pressure to move on, to do more, to be better. No, this moment is perfect. Your heart is glad. Love fills the moment. Life is beyond full.

In those moments we tap into a deep spiritual river where love and life flow abundantly. We are caught in the current and allow it to carry us along, without struggle. We are in touch with Divine energy, lifted beyond ourselves and all the common worries, and somehow - content.

The world promises security in money or family or status or job. A wise woman laughs at these flimsy, fleeting promises. God offers the security that is found in the divine life, unthreatened by changing weather and the powers of this world. Every once in a while we become acutely aware of this energy that connects all things.

Then for that moment, our heart is glad and our soul rejoices and our body rests secure.