



## Bring Your Whole Self

Having grown up in the birthplace of Little League Baseball, I am a lifelong fan of the sport and very happy to live near a major league team. When my son sent me a text telling me that he had won Phillies tickets, I was likely more excited than he was! We went to the game this past week and had a wonderful time together. During the second inning, I looked over to discover my son playing a game of baseball on his phone. At that moment, he was fully immersed in the batter at the plate - not the one several feet away, but the one just a few inches from his face. He claimed he could watch the game and play it too, and despite the fact that I question multitasking, he did catch a few plays that I missed. Be that as it may for my teenage son, I need to give whatever is before me my full attention.

Just yesterday, I was at a large gathering of people invested in Bible ministry. A speaker on the platform captivated me with her ideas and masterful delivery; I was hanging on every word - until I heard some competitive sounds near my right ear. Another attendee just behind me had his cell phone in his lap. He was literally watching a video – sound on, earbuds out. I did that thing with a backward glance where you let someone know that they are disturbing you without actually calling them out. After one or two backward glances, the sound stopped and I was able to completely focus on the speaker once again.

In both cases, I was struck with how much better the live “performances” were and could not reconcile a need to engage anywhere else. Yet, that is the world we live in now, isn’t it? Messages bombard, devices distract, and we can become fragmented.

I invite you to bring your whole self to these readings this quarter. Set aside the distractions and make time for meditation. In a world of noise, we need the quiet to reflect and listen. I’m praying that God meets you in this space as you engage his Word and allow the Spirit to speak.

*“Be still and know that I am God; ...” Psalm 46:10*

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