

Scripture Reading: Psalm 118:24

This is the day the Lord has made; We will rejoice and be glad in it.

Don't we all have moments of regret for things past or of worry that things won't happen as we hoped? I have concerns that may be large or small: Will my medication work? How do I make myself eat a healthy diet, and if I do, does it matter? Will my daughter cope with her daily stresses? Why did I say the dumb things I said? Will another deadly virus come when our guard is down? Will my family travel if the Ukraine war gets out of hand? Will my nest egg deplete too fast if inflation grows? Do our leaders understand what they do? Will God answer my prayers?

If I go too far, fretfully looking backward or searching forward, I think about the need to be mindful. Mindfulness is a popular self-help method for those who seek mental health these days. It helps us focus on the present, knowing the moment is all we have.

My mindfulness method is in prayers. First, I concentrate on a bible passage from Jesus's sermon on the Mount (Matthew: 5-7), where he asks us to take no thought of what we should eat, drink, or wear. Instead, he tells us to seek the Kingdom of God and pray for it. So, I pray the Lord's prayer -asking God to give us this day- and strive to be in the world now and rejoice in the day the Lord has made.

Prayerful mindfulness helps reduce my blood pressure a few points, or so my monitor tells me. And I do feel better.

Prayer: Loving God, help me breathe comfortably in your love and focus on every minute of every day given me to live.

~Submitted by Scott Walter for the Eighth Reading of Lent.