

Too Many Distractions

Mark 9:2-13

I believe that in our society there are too many distractions. Without some quiet, undisturbed, alone time with God, we are unable to fine tune our faith. Have you ever seen a car start swaying on the road because the driver is distracted? When a driver is distracted on the road, not focusing on the road in front of them they become a danger to themselves and others. They weave and change their speed putting others in harms' way.

When you add emails, text messaging, phone calls, television, radio, junk mail and millions of advertisements, no wonder we are distracted. No wonder people are not tuned in to God, they are simply too distracted.

It's no accident that Jesus appeared with Moses and Elijah. These two men were giants of the faith. Each of them, however, had to depend on God for help in a crisis. At one point Elijah was feeling overwhelmed and alone. God told him to stand on a mountain and there he experienced great winds, fire and even an earthquake. But none of those got his attention. It was total silence that enabled him to hear instructions from God. (1 Kings 19:11-16)

There were times when Moses was alone too. At one point the Israelites were complaining about not having enough water to drink. The people quarreled with Moses and threatened to kill him. In a panic, Moses cried out to God for help. God instructed Moses to take some of the elders and go to the rock of Horeb and that He would be there. There Moses was instructed to strike the rock and as he did, water came out. (Exodus 17:1-7)

Both Elijah and Moses were dependent on God in a crisis. They called upon God and God intervened. When Elijah and Moses appeared with Jesus it was a reminder to the disciples that Just as God had been with the leaders of the faith in the past, God would be with them in Jesus.

Let us be reminded as we read the story of the transfiguration of Jesus, that we too can count on God in a Crisis.

It is good to take time to be with God, reading scripture, time in prayer, being still and listening to God. We all need time with God to refuel and connect with our Creator.

The season of Lent is fast approaching, and it is a good time to reserve some time in your day to be still with God. Try setting aside some quiet time alone, start with 15 minutes just being still, sharing with God what is on your heart. Maybe read a Psalm and reflect on what God is saying to your heart. Journal about your time with God. However you do it, just be intentional is setting aside time to be alone with God.

God is our source of strength and comfort today, tomorrow and for all eternity. Let us get in the habit of walking with God daily, seeking God's will for our life.

God bless,

Pastor Barbara