

## Hidden In My Heart....

**Psalm 119 (NIV & LB)** - I have hidden your word in my heart... your statutes are my delight; they are my counselors... your Word is a lamp to my feet and a light for my path... Open my eyes to see wonderful things in your Word. I need a map – and your commands are my chart and guide. I have my hope in your Word... Great peace have they who love your instructions, and nothing makes them stumble.

As a child, I had a mother who reminded the children in our family that it was very important what we stored away in our hearts and in our minds. She told us that what we have filled those spaces with is the material that we use to make decisions and laid the groundwork for how we treat others. I believe her example was: If you fill a sponge with water, you know that when it is squeezed, water will come out. As a child that was pretty well lived out by trying to treat others as I wanted to be treated myself.

As I became an adult, a wife, a mother and beginning my spiritual life, wanting to grow in my relationship with God, I realized that I would need to fill myself with God's insight, wisdom, guidance and direction and that would come from studying His word. It seemed to me like a very long trip to get where I wanted to be, but just like every trip needs guidance and a map, I decided I would use the scriptures as my map and my guide. I was sure I would get lost some times and there would be many obstacles, but I also trusted and revered God and so my journey began.

Many years have passed and mom was certainly right... when we are squeezed, challenged, hurt or anxious, what's inside us comes out. And even in those times when God has seemed far away... when I chose to "be still" what came out was God's love, guidance, forgiveness and guidance to get me back on my journey with God as my guide.

So, this week, join me as we seek to fill our hearts, minds and souls with God and then let Him lead and guide us all of the days of our lives. And when we are squeezed... God will come out!

**Prayer:** Gracious and loving God, give us hearts that hunger for your Word as a lamp for our journeys and light for our paths. Help us not to fear your commandments and guidance but to know that you provide rules and guidelines to make our lives better. How we praise you for all the ways you have blessed us and we ask that, in response to your love, we become lamps and lights to others. Thanks for being our guide on our journeys and our hope and our strength. In your precious name we pray. Amen