



Meditation #9

Pentecost 2009

In Celebration of the Spirit:
Stretching Out in Expectation of the Overflow!
Acts 2

A Check-Up from the Neck-Up

“And they talked together of all these things which ‘had happened.’ And it came to pass, that, while they communed together and reasoned, Jesus Himself drew near, and went with them.”

Luke 24: 14-15

Through life’s journey there can build a long story of events which consume our minds and sadden our hearts. We sometimes face experiences which hurt us severely. Often it is these same experiences which we do not understand. In these cases the interplay between the confusion of our minds and the sadness of our hearts can be challenging for our mental health. Our state sometimes: hurt and confused. But before you reach for the remote to see what Dr. Phil would say; before you read from Steve Harvey’s wisdom or the latest book by any pop culture icon, it might do you good to have a little talk with Jesus. In fact, the Pentecost season reminds us that there is no suitable substitute for a long talk with Jesus.

In our scripture of focus Cleopas and his friend are both sad and confused. They reason with each other to try and figure out the chain of events and why things unfolded the way they did. Amid their psycho-emotive crisis, which prompted them to travel the wrong direction, Jesus stops by and essentially says, “Tell me what had happened.”

Oh, the Lord’s beloved, Jesus has a sofa for you! And you never have to make a long story short with Him. You never have to exclude any facts or leave things out for fear of His reprisal. You never have to rush because the next client is waiting. You don’t even have to buy His book. Save your money and give it as an offering in church. He never wrote one. Just simple, honest, humble, open, time in prayer telling Dr. Jesus all about your troubles will work wonders for your spirit, your mind, and your heart. You will arise from time with Him renewed and refreshed, confident in His workings. His guidance will result. And confidence shall be had in knowing that everything will be alright!

Pray this:

“Lord Jesus, daily I seek your counsel. Ease, settle, focus, and order my mind. Lord Jesus, daily I seek your touch. Calm, sooth, comfort, and heal my heart.”

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