

The Upper Room<sup>[1]</sup> devotional reflection for Monday, April 5, 2021 comes to us from Judy Ransom of Florida

**1 Kings 19:9-12** **9** *There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"* **10** *He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."* **11** *The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.* **12** *After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.*

### "Time Well Spent"

While brushing my teeth one morning, instead of pondering what I needed to accomplish that day I began mentally reciting a scripture I had memorized. God used that moment to show me something in a Bible verse that I had never noticed, enhancing my understanding and filling me with gratitude.

I marvel that God would teach me during such a mundane task. How wondrously God created our minds, to be able to perform routine chores without thinking about them so that we can focus our thoughts on other matters! I usually fill everyday activities with my own plans for the day, instead of quietly seeking God's wisdom and direction. How often do I miss God's still small voice because of my planning?

I no longer dread daily tasks I once thought boring or unimportant. Instead, I have come to see them as opportunities to quiet my thoughts and focus on God in prayer and meditation. God can use those times to draw me closer, teaching me, inspiring me, and strengthening my life of discipleship.

**Prayer Focus:** To make Time with God a Daily Routine

**Prayer:** Dear God, forgive us when we crowd you out of our daily routines. Help us to use even the mundane tasks of each day to focus on you and your wisdom. Amen.

**Thought for the Day:** Everyday tasks can be time spent in God's presence.

--- Judy Ransom

Friends --

God's voice can speak to us in so many ways. My personal experience is that God speaks in many different ways, including through the voice of others who love me and whom I can trust to be honest with me. Other times, God speaks through the voices of those who have been called to offer wisdom, including preachers, counselors, and teachers. The beauty of nature and cradling a newborn baby also help me hear the voice of God.

When do you experience hearing the voice of God?

--Pastor bea

<sup>1</sup> <https://www.upperroom.org/>