

A Meditation for You

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In today's Daily Bread I want to do something a little different. Our helping of spiritual food is a call for meditation upon the Word. This is a practice most of us simply do not engage in enough, yet it is one of the most calming and enlightening disciplines we can develop. If you accept this challenge, carve out at least twenty minutes to focus on the passage below from Jesus' sermon. Read it over and over, preferably out loud, and ponder these questions. You may have others that come to mind. If you want, you can even write down your thoughts and observations. The goal is to fill ourselves with the words of God and give them opportunity to mesh with our soul. May God bless your meditation and make you like the tree planted next to streams of water (Ps. 1).

"For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks."

Luke 6:43-45.

- If each tree is known by its own fruit, what fruit am I supposed produce?
- How do I know if I'm producing good fruit?
- What fruit would others say I'm producing?
- Can I even be objective enough to know what they would say?
- How is it that a good tree cannot bear bad fruit and vice versa? What makes this true?

What habits can/should I develop to promote the kind of inner health that will ensure I produce good fruit?

- Via *The Daily Bread*, Bear Valley Church of Christ