

from the desk of
EUGENE CARVALHO

RECOMMENDATION: MEDITATE AND PRAY, ONE HOUR TODAY

The Bible says, “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me” (Gal. 2:20).¹ I want to examine two other New Testament Scriptures by Apostle Paul. He writes, “For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith to faith; as it is written, “BUT THE RIGHTEOUS man SHALL LIVE BY FAITH” (Rom. 1:16-17). Allow me to ask you a question. How would you describe your faith? Would you consider it little, weak, wavering, and/or great faith? You can always build up your faith praying in the Holy Spirit (see Jude 1:20). I personally like the meditate on the Bible and then pray. It settles down my mind and seems to keep me stabilized throughout the day. I recall a quote from Martin Luther. He said, “Pray, and let God worry.”

¹ All Scripture quotations, unless otherwise noted, are from the *New American Standard Bible*.