

Time Alone – with God

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1: 35

Days are long and hectic, too,
With multitudes of tasks.
We are exhausted when we're through
With all that we are asked.

We need to take the time much needed
To find some solitude,
And even if we feel impeded,
We long to be renewed.

Our Savior knew the burden of
Attending to another.
No one has ever greater loved,
Or his own basics smothered.

And yet Christ knew to truly serve
And pass life's cruel test,
He must from crowds and pressure swerve,
Find time to pray and rest.

The time we spend in sincere prayer
Can benefit us so,
Give strength to help us face and bear
The trials we may know.

Much needed is time to reflect,
Examine what we've done,
Our motivations to inspect,
And battles lost and won.

Self-care is never selfish when
Its goal is to improve:
Contemplation, planning - then,
Refreshed, with wisdom, move.

So much to do; the world will call.
We'll serve, near and abroad.
Whatever challenges befall -
Spend time alone with God.



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