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## Daily Devotional - Friday, March 4, 2022 -The Rewards of Meditation

MARCH 04TH 2022 BY DEE LOFLIN

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#### **Psalm 51**

There are many urgent and practical needs in the world, such as those related to marginalized communities, natural disasters, and struggling families. As a result, prioritizing time with the Lord in His Word and prayer may seem less pressing, but it's not. Let's consider reasons for making meditation a daily practice in our life.

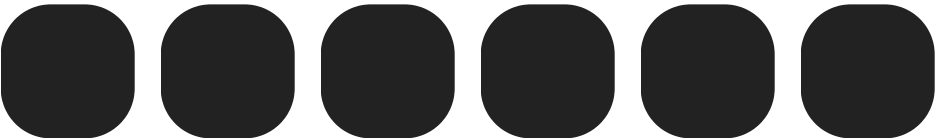
The primary reward of meditating on Scripture is personal intimacy with God. Think of a good friend or family member. Your closeness did not simply appear out of nowhere. Rather, it is the result of a long-standing, close-knit relationship of love, trust, and regular interaction. We cannot grow close to God unless we make it a point to spend time with Him.

Meditation also enables us to develop a pure heart. We see this clearly in the repentance of King David in Psalm 51. Because of his close relationship with God, David could not hide from his own sin. In verse 3, he cries, "For I know my wrongdoings, and my sin is constantly before me."

David's painful self-awareness led him into reconciliation with the Lord. In the same way, when we allow our relationship with God to permeate the darkest places of our heart, we too can find the strength to repent and receive His amazing forgiveness.

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