



Time With God is a Healthy Habit

Quiet time away from the busyness of our days is imperative if we want to develop and experience a truly spiritual life. Our typical daily routines do not allow for quiet time to meditate and listen to God's calming and directing voice. Being in touch with God during our harried days requires a deliberate choice and a conscious act to move outside the fray at least for a few special moments in order to reorient our direction and reevaluate our thoughts, feelings and actions. Meditation, while primarily reconnecting us to God, our source of life, also has additional benefits such as reducing stress, one of the archenemies of our health.

