Mid-Week Meditation July 29, 2020 Rev. Mark McLennan New St. James Presbyterian Church

One of the benefits/problems of life in the age of the internet, is the amount of information available to us at the touch of a button.

While there is a lot of dreck out there - creativity, good humour, and wisdom abound too.

The pandemic seems to have sent content production into *"warp speed"* – I guess people have more time on their hands to think, create, and share stuff.

Like the following [author unknown]

1. LISTEN without interrupting. (Proverbs 18) 2. SPEAK without accusing. (James 1:19) 3. GIVE without sparing. (Proverbs 21:26) 4. PRAY without ceasing. (Colossians 1:9) 5. ANSWER without arguing. (Proverbs 17:1) 6. SHARE without pretending. (Ephesians 4:15) 7. ENJOY without complaint. (Philippians 2:14) 8. TRUST without wavering. (Corinthians 13:7) 9. FORGIVE without punishing. (Colossians 3:13) 10. PROMISE without forgetting. (Proverbs 13:12)

I resonate to this on a least two levels:

- 1. I have done these things interrupted, accused, argued, complained, forgotten and so on. This is good advice for me.
- 2. This author has good advice for anyone who reads, and the good advice is grounded in Scripture.

Notice that several of these bits are taken from the book of Proverbs – not a book I have studied formally, but one that comes to the fore from time to time.

Because of its nature, Proverbs is not a book that usually generates sermons. Proverbs only appears 7 times in the Lectionary rotation.

Each individual nugget of wisdom could give rise to a sermon – but they are markedly memorable, and lots of them stick in our minds when we hear them.

Like this non-Biblical one - "all good things must come to an end"