

Deepening the Memory Traces

Scripture Reading — Luke 2:1-20

Mary treasured up all these things and pondered them in her heart.

—Luke 2:19—

Mary, the mother of Jesus, was a Sabbath keeper! She made room and took time to treasure all the things that had happened in connection with Jesus' birth and to ponder them "in her heart." Essentially, Mary was deepening the memory traces of the miracle God had worked in her and how his grace had so wonderfully touched her life (see Luke 1:26-55).

When we cram our days and weeks so full that one day simply bleeds into the next and one week becomes another without ever stopping to pause, we lose the opportunity to reflect on and remember who God is and how he has been at work in our life.

I often find it hard to sit for even just ten minutes. I want to jump up and do something! But doing can wear us out. Doing without pausing to remember God can dull our faith and dry up our spiritual vitality. Every spiritual "giant" from every century has said the same thing: you can't develop a deep, abiding, genuine relationship with God through Jesus when you're always in a hurry.

God calls us to get off the treadmill and pause. And one of the primary reasons he invites us to pause is so that we can remember. Like Mary, we need to take time to ponder and rehearse God's goodness in our lives.

Prayer

Thank you, God, for the gift of Sabbath and the opportunity it provides to treasure in our hearts the forgiveness and new life you have made possible for us through your Son, Jesus! Amen.

Devotion topics: [Sabbath](#), [Life](#), [Christian Life](#)

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