

Time to ponder

January 25, 2001

Most of us view time as a precious commodity and wish we had more of it. The idea of taking time to meditate and ponder can then seem to be wasteful or at least, idealistic. Yet taking some time to ponder helps us in important ways. The following is an excerpt from the First Presidency message found in the February 1999 Ensign. Pres. Hinckley wrote:

“You need time to meditate and ponder, to think, to wonder at the great plan of happiness that the Lord had outlined for His children. ... Our lives become extremely busy. We run from one thing to another. We wear ourselves out in thoughtless pursuit of goals which are highly ephemeral. We are entitled to spend some time with ourselves in introspection, in development. I remember my dear father when he was about the age that I am now. He lived in a home where there was a rock wall on the grounds. It was a low wall, and when the weather was warm, he would go and sit on his wall. It seemed to me he sat there for hours, thinking, meditating, pondering things that he would say and write, for he was a very gifted speaker and writer. He read much, even into his very old age. He never ceased growing. Life was for him a great adventure in thinking. Your needs and tastes along these lines will vary with your age. But all of us need some of it.”

I doubt that President Hinckley wastes much time, and his endorsement of pondering suggests that it serves a need. Meditation gives us an opportunity to move toward balance, and such quiet moments allow the Spirit to give us direction. So take a few minutes to ponder.

Submitted by Doug Craig
Wellness Committee