



## Scriptures for Life

### *First Things First - Mark 1:35-37*

Welcome to Scriptures for Life with TorahFamily.org. Taking time to focus on the Father's way.

Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: “Everyone is looking for you!”

Everyone was looking for Him first thing in the morning. What about you? Do you look for Him first thing in the morning? What comes to your mind the moment you wake up? What should be the first thing that comes to your mind? Shouldn't it be directed to our creator?

I know. We're not all morning people. I perfectly understand that. However, once your brain does acknowledge that your body is up and moving and decides to join in for the day, what do you focus on? Isn't it amazing how quickly we can get distracted with the everyday things of life before we even say a prayer or read a verse? Maybe it's time for that to change. Maybe it's time to make first things first before anything else.

Let this be a focus in your time of meditation throughout the day. Until next time, shalom!