



Fancy

MEDITATING

“On the Run”

BY JAN JOHNSON

I USED TO FEEL IMPATIENT WHEN I stood in line at the grocery store or waited to get off a plane. On good days, I zoned out. On bad days, I wondered why the people in the front of the line were so slow.

Things began to change when I took my energy to the interesting place of prayer. In

the supermarket line, for example, I often pray Psalm 23: *Thank you, O God, that you are my shepherd. Thank you that I really do have everything I need, even when I crave more. Thank you that being in this store is one way you provide those things. I long for still waters and green pastures with you—*

