

70,000 Thoughts

Sometimes I call my dog Superman. When he gets excited, he leaps (I mean LEAPS) off the couch...paws stretched out in front of him... and jumps as far as his little legs will take him, usually to pounce on his favorite toy.

If only he had a red cape.

Chip also turns into the flying man of steel when I come home after leaving the house. The second he hears my voice or sees me walk through the door, he transforms into a superhero to greet me.

Chip loves everyone in the family, but I must admit he may be somewhat partial to me. Chip spends much of his time following me around. If I'm cooking in the kitchen, he's nearby laying on the tile floor. If I'm at my computer, he wants to be in my lap (which is where he happens to be right now). If he does wander away from me, he has a constant awareness of where I am. He doesn't lose track of me.

Have you ever heard of the Bible verse that says, "Pray without ceasing"? One version of that verse says, "Never stop praying." How is that possible? How can you live your life and go to work or school if you never stop praying?

Well, it's not really possible in the literal sense. For one, we do need to sleep. But some describe this verse as a frame of mind. It's about your thoughts, your focus, your motivations, the way you look at life.

If something exciting happens, who is the first person you want to tell? If something bad happens, who do you go to first? If you're trying to solve a problem, who do you ask for help? What's the first thing you do when you wake up in the morning, and what's the last thing you do before going to bed?

Chip is either spending time with me, or when he does other things, he has a constant awareness of where I am. Chip's superman leap reminds me of where my focus needs to be.

Spending time with God every day is so important. And when we have to go about our lives, we can still have an awareness of His presence. We can still have short little conversations with Him throughout the day. He can be the first person you choose to go to for all things at all times.

I once read that a person has around 70,000 thoughts per day.



Out of all the thoughts you've had today, how many have had something to do with God?

Color the pictures of the superheroes.
Give each one a superhero name and
write it in the box below their picture.

Draw your own superhero.

