

Just this.....

It all sounds so very manageable, doesn't it?

Just swing your arms in four different directions, 10 times a day – in three weeks, you will feel amazing!

Just wipe down all your kitchen surfaces, and clean your toilet seat each day – you will keep on top of basic cleaning.

Just spend half an hour outdoors each day, preferably in nature - so good for your physical and mental health.

Just put 50p in a jar once a day – in 500 years you will have a lot of money!

Just eat at least five portions of fruit and veg each day – this will really benefit your health

Just read a few verses from the bible each day – you could read all of it in a couple of years.

All good things to do. I have done them all at different times, and some I do quite regularly, but I confess, not every one, every day! In fact, if I committed to all these – and the 25 other simple suggestions that come my way, I wouldn't have time to go to bed each night. Furthermore, I would be a wreck of anxiety keeping on top of the tick lists. I am already a slave to my own 'to do lists'!

Did Jesus give any 'simple' instructions for life? One is recorded in Matthew's gospel:

"But seek first the kingdom of God and his righteousness and all these things will be added to you" (Matthew 6:33)

I'm not sure whether the 'all things added' includes a clean kitchen, a healthy body and a jar full of money. I don't think that is part of the promise. Who knows?!

This last week I have spent some time reading, and watching short training videos related to the 'New Ethical Framework' for my own professional organisation. I have been reminded of the principles of good practice embedded in the work I do. It's good to refresh from time to time. It isn't just one thing. Getting this thing or that thing 'right' and then everything else falls into place. More about trying to live and work to a set of values which underpin what we do.

Perhaps that's what Jesus was getting at when he talked about seeking to live in the Kingdom of God. Not so much about ticking off good deeds each day but living with a mindset, with a heart, that aligns with the heart of God.

I wonder what that will mean in practice for me today?

What will my priorities be? How will I be with others, with myself, with the world?

It might come down to 'just one thing' today. It could be very much wider than that.