

My life is so full! I do my best to find quiet time to be with the Lord, but it's not always easy. Between juggling my family and my other commitments, there never seems to be enough time to sleep, let alone read my Bible and pray.

Maybe you can relate.

I have learned to snatch moments with God wherever I can find them - over my morning cup of coffee, in the car (singing praise songs, of course!), and when I am doing some of my least favorite chores. Dishwashing, for instance, is one of my least favorite chores. One might even say I hate it; yet dishwashing can be precious time spent with Jesus.

One day, when I was grumbling over another sink-full of slimy, greasy dishes, Jesus got a hold of my heart. He convicted me about how much time I spend complaining about doing things for my family.

You know...the family I *wanted* and *prayed* for. Yikes!

I knew I could spend those moments with a better 'heart attitude.' Did you know your heart could have an attitude? Well, my heart does and it's not always a good one!

The Bible tells us:

A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

Some days, I *do* feel like dried up bones. I have noticed my attitude seems to lean toward resentment when I haven't spent enough time filling my cup with God's goodness. When I am crabby and out of sorts, when nothing seems to be going my way, it's a huge flashing STOP sign.

STOP! Have you prayed today?

STOP! Have you spent time in the WORD today?

STOP! Have you taken the time to thank God for your blessings today?

STOP! Have you filled your cup so that the Spirit of God can overflow?

I realized that since I do spend so much time on chores that there is no better time to offer prayers and thanksgiving to God. I changed my heart attitude and turned a chore of drudgery into a moment of Godliness. Paul gives a great example of what this daily worship can be like:

So, here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Romans 12:1-2 (The Message)

As I tackled that sink full of dishes that day, I turned it into an offering to God. I prayed for my family. I thanked God for his mercy and his many blessings. I prayed for the long list of people who have asked me for prayer, but I only remember to pray for occasionally. I prayed for God's will to be done on earth. I prayed for those I love who do not know Christ.

When the dishes were done, I almost wished I could wash more. My heart had undergone a transformation and my spirit was uplifted. I continued to pray that day as I went through my home and completed my daily chores. I thanked God as I scrubbed the toilet and as I folded laundry. I caught a glimpse of what Paul meant when he told us to “Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus” 1 Thessalonians 5:16-18.

I wish I could say that I stay in this frame of mind every day. I do not. However, my eyes were opened to what my heart attitude should be like...to what my daily life should look like. I strive to maintain that sense of God working through my every action. When I catch an attitude of resentment creeping in, I **stop** and take the time to focus my eyes back on Jesus. Each day I get better and better at submitting my everyday life as an offering to God.

Perhaps resentment has found a foothold in your life. What areas of resentment can you surrender to God? In what ways can you submit your “everyday life” as an offering to God?