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“DAYS DWINDLE DOWN...”

“But it’s a long, long while from May to December, and the days grow short when you reach September.” Melancholy is the overriding tone found in the song “September’s Song” where the opening lines are seen above. But as the song progresses, the following lyrics are seen, “Oh, the days dwindle down to a precious few...”. Fall is the harbinger of that which is coming, longer, colder nights. Likewise a marking of the days until another year is swept away by the waves of time. Indeed the days do “dwindle down to a precious few.”

William Shakespeare, in Sonnet 73 noted that fall is “Death’s second self, that seals up all the rest.” Dour indeed, but it need not be viewed in such a manner. Especially for those who struggle with seasonal depression. Take some time to appreciate the change and embrace the opportunity that as life slows down a little it affords an occasion to engage in some deep spiritual reflection. The psalmist of the 119th psalm noted in verse fifty-nine, “*I have considered my ways, and turned my feet to Thy testimonies.*”

With the shortening of days, fall seems to be an ideal time to embrace a period of mindfulness. Once again looking to the book of Psalms, the words of David ring out, “*Tremble, and do not sin; Meditate in your heart upon your bed and be still.*” (4:4) Make the time to be alone, direct your thoughts Godward. Open the lines of communication with God, examine His word; spend time in fervent prayer. Really become aware of what the word fervent means, that being “marked by great intensity of feeling”. A synonym for fervent is passionate, which conveys “having or expressing great depth of feeling”. Deep-

en your relationship with God. Be mindful to drink in the beauty of this kinship.

Carve out some time to contemplate the preciousness of time. Become fully aware of the importance of each and every moment, and learn to savor them. In Ephesians, five and verse sixteen, Paul talks about “*redeeming the time*”. To redeem something carries the idea of “buy back; repurchase” (as well as “to free from enslavement by way of paying a debt/ransom). In the NASB translation, that passage reads, “*making the most of your time.*” Recognize that each one of us has a finite amount of time allotted. Realization of that need not be maudlin, it is just like the passing of seasons; a fact of life. Accept it as such and keep pressing on to the prize (see Philippians 3:14)



“*As for the days of our life, they contain seventy years, or if due to strength, eighty years, yet their pride is but labor and sorrow; for soon it is gone and we fly away.*” (Psalms 90:10). It does precious little to be naïve, as Solomon notes in the third chapter of Ecclesiastes, “*There is a season, a time for every purpose under heaven.*”, so with the changing of the season, let us take advantage of the time and look upward then inward, to see where we may be of service outward.

In chapter eleven of Ecclesiastes, Solomon writes, “*Indeed, if a man should live many years, let him rejoice in them all...*” (v 8) Even among those of us that are more “seasoned”, there still remains a level of viability for service. Do you not remember that Abraham was in his 70’s when he left Haran? Zechariah and his wife Elizabeth were advanced in age when their son, John was born unto them. In every season of life, there is potential to grow (wbe)