



***“Lift up your eyes and look to the heavens: Who created all these?
He who brings out the starry host one by one and calls forth each of them by name.
Because of his great power and mighty strength, not one of them is missing.”
Isaiah 40:26***

I stood at the window a few days ago looking out at the moon. It filled the heavens with the most extraordinary light and my room with luminescence. This morning I watched a bird land in my tree, clean its beak, then fly away. A few weeks ago, I watched as two young rabbits moved in and out of my flower bed. Even now the petunias in their container please my soul. And my hanging fuchsia fills me with joy. What a miraculous world we have been given. So much beauty to behold.

Have you ever noticed how many artists paint scenes out the window? Ever wondered why? Window paintings capture views far beyond the limits of a studio. They bring beauty into the mundane. Matisse is famous for bringing life indoors. When he was confined to a wheelchair he made cutouts of leaves and stuck them on the wall.

But still it is hard to stop to enjoy beauty when you're running to a meeting, when the clothes on the floor need washing, the checkout line is longer than a city block, or the washer breaks unexpectedly. I know; I've been there. But it's in that time, more than any other, when you need a long-distance view. A fresh perspective is in the divine viewpoint, not in our point of view. It may be over the hills and through the woods but it's there.

Every time I stand at a window and take a moment to really look, I dismiss the immediate. Perhaps it is only for a few seconds, but those seconds are often what get me through the rest of a long day. Those seconds, as I look out at all that our God created, are just enough to bring a sense of joy, peace, and thankfulness to my heart.

This week, in the midst of your lists and all that pulls for your attention, I want to encourage you to go to your window. Look up. What is it that you see? Take a moment – even two or three and just take it in. Let the beauty touch your heart. Feel the joy and the peace as they surround you. Remind yourself of His awe-inspiring creation!

Prayer:

Heavenly Father Lift my eyes and my heart today and give me a point of view that reaches beyond the mundane to the wonderful. Amen

(The painting at the top is “Young Woman at the Window, Sunset” by Henri Matisse)