

# **Meditation**

(patterned after Ecclesiastes 3:1-8)

*By David L. Hatton*

There is a time for every spiritual thought,  
and a time for every activity within the soul:

A time to imagine, and a time to let a vision die;  
A time to cultivate a hope, and a time to let a dream go;  
A time to forget the past, and a time for memories to be healed;  
A time to analyze possibilities, and a time to construct a plan;  
A time to ponder sad things, and a time to rejoice at good news;  
A time to grieve over losses, and a time to write music or poetry;  
A time to spread information, and a time to gather it;  
A time to fellowship and a time to practice solitude;  
A time to investigate, and a time to cease from research;  
A time to defend your opinion, and a time to give it up;  
A time to change your mind, and a time to reaffirm your purpose;  
A time to be still before God, and a time to intercede for others;  
A time to turn from trivialities, and a time to adore the Lord your God;  
A time to wage spiritual warfare and a time to enjoy spiritual tranquility;

There is a time for every spiritual thing,  
and a time for every activity of the soul:

A time for meditation, and a time for ministry;  
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A time for meditation, and a time for ministry.

(first given at CFO Retreat, Saturday 3/14/98)