

## Consider Jesus

I was recently listening to someone talking about mindfulness. He was specifically addressing the issue of boredom in meditation. He was saying that boredom comes not from the object of our attention but from the quality of our attention. Fritz Perls, who was a Gestalt psychotherapist, said "Boredom is lack of Attention". Hence the boredom or restlessness is telling us not that the situation or meditation is lacking but that our attention is less than whole hearted.

I am studying Hebrews at the moment in a bible study group. In Hebrews ch 2 the writer quotes from Psalm 8

When I consider your heavens, the work of your fingers  
the moon and the stars, which you have set in place  
What is man, that you are mindful of him,  
the son of man that you care for him. Ps.8: 3-4

The Psalmist was meditating on the stars in the heavens. Doubtless he would have had the benefit of Dark Skies to do his star gazing! He was overwhelmed by the vastness of space and the stars that he saw with his naked eye. Today we know that in the Milky Way, our galaxy, there are an estimated 100–400 billion stars. And the Milky way is one of countless galaxies. The current estimate, based on NASA's space probe, is 200 billion .

And yet God, who has created all things, is mindful of us and remembers us. He also cares for us (I gather the Hebrew can be translated 'care affectionately') God focuses his attention on us.

The writer to the Hebrews in ch 2:10 says,

'For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the Founder of their salvation perfect through suffering.'

The writer is expanding on his thoughts, and pointing out that the God through whom everything exists is bringing many sons to glory. The word translated Founder in the ESV can also be translated Champion or Pioneer, ie. the one who has gone before and defeated the enemy. The same word can also be translated 'File leader' which is a military term. This means that the leader goes in front and others in a line in single file behind him.

For us this means that Jesus has gone before, and we follow one by one behind and go wherever he goes. The only place we get to is the place he's gone to, because he goes there first. Jesus is the champion who secured the deliverance of his people through the sufferings he endured. He has robbed death of its sting and power and the tyranny of death was broken.

In chapter 3 vs 1 we are exhorted to 'Consider' Jesus, the apostle and high priest whom we confess. (Other versions say 'fix your thoughts on')

Consider is more than a cursory glance. It means to give earnest attention to, to think hard about something such that we get the message, and discover the hidden meaning.

Going back to my opening paragraph, it means that we give our whole hearted attention to the object of our consideration. In this instance it is Jesus, our Champion and file leader we are focusing on.

Let's be encouraged to do this, as the writer to the Hebrews again urges us in ch12 vs 2

'Let us consider Jesus, the author and Perfecter of our faith'