

Reflection
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Multifaith Celebration of Spiritual Life at Stanford
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In the Bible we find the story of King David, who wanted to build a temple as a way of showing his respect to God. In the book of Chronicles he speaks to his people and asks them this question: "Who then is willing to consecrate his service this day unto the Lord?" As a Stanford student, I am more than ever before in my life the master of my own time. And so I face this question: am I willing to consecrate my time to God and to spiritual things? Setting aside time for these purposes can be difficult. Religious devotion in my tradition includes daily prayers in the morning and in the evening and regular study from sacred texts. Most of the time this is not a problem for me, but some days I feel like I might rather sleep in a little or finish my problem set instead of spending time in study and prayer. Many of my friends of other faiths make even greater sacrifices for spiritual purposes. Some follow strict codes of diet or dress that are not observed by most students at Stanford; others set aside both time and mental space to participate in meditation; others set aside an entire day of the week as a sacred time devoted to religious practice. To those who are not spiritually inclined, such choices may seem like unwise sacrifices. But I want to express today that I believe the process of setting aside time for spiritual things is deeply rewarding and important. The word that King David uses, "consecrate," means not only to set something aside but to make it holy. I believe that the time I set aside for holy acts not only becomes holy but makes me a holier and a better person in all that I do. I see this reflected in the kind and giving natures of my friends who make their own sacrifices for spiritual things. I hope that we can all find meaning and purpose in consecrating some of our time and energy this day to spiritual things.