

Devotions

Monday: Stressed Out?

This morning's scripture is Psalm 62:1 (MSG) – “God, the one and only – I'll wait as long as He says. Everything I need comes from Him, so why not? He's solid rock under my feet, breathing room for my soul, an impregnable castle: I's set for life.”

In our modern day, we invite stress into our lives. Busy schedules, financial strains, being overburden with worrying and sometimes caring for others; it all adds up. How do we handle the inevitable stress? Just let it go. Relinquish control to a loving God and realize that the reins are in His hands. Giving up control? We might think: “Isn't that dangerous?”

When we give our lives to Christ and accept His will; instead of vainly seeking to impose our own; we discover an inner peace. We can rest assured that His plans are the best. God is omnipotent; full of love, grace, and mercy. He knows what is best for us. His eyes roam the future, He has planned for us.

Elisabeth Elliot said, “If my life is surrendered to God, all is well. Let me not grab it back as though it were in peril in His hand but would be safer in mine.” Let go. Trust. Be less stressed.

Stay safe, stay healthy, take care and God Bless! Pastor Mary Lou

Tuesday: Put the Holy Spirit in Control

This morning's scripture is Romans 8:6 – “The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.”

Rejoice and exult in hope. Raise a shout of joy! We have a good reason to be joyful, because we are on our way to heaven. Jesus has paid the penalty for our sins and clothed us in His own righteousness. This is the basis of hope for us, for all who truly know Christ as Savior. No matter what is going on in our lives at this

time, our hope in Him is secure. No one will be able to snatch us out of His hand. In Christ you have absolute, eternal security!

Be constant in prayer; at all times, but especially when we are struggling. During trials, we need close communication with Christ more than ever. However, our ability to concentrate may be hampered by stress and fatigue. So make full use of the amazing source of strength within each of us, the Holy Spirit. As the Holy Spirit to control our minds: to think through us and pray through us. Our prayers need not be pretty or proper. Just let them flow out of our current situation. As we stay in communication with Christ, He will help us to be steadfast and patient in suffering.

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Wednesday: Hope of Eternal Life

This morning's scripture is Titus 1:2 – "A faith and knowledge resting on the hope of eternal life, which God, who does not lie, promised before the beginning of time."

Put your hope in God, and His unfailing love will rest upon you. Some of His children have forgotten how to hope. They have been disappointed so many times that they don't want to risk being let down again. So they forge ahead stoically; living mechanically. Other people put their hope in problem solving, the stock market, the lottery, and so on. But God challenges us to place our hope fully in Him.

No matter what is happening in our lives now, our story has an amazing happy ending. Though the way ahead may look dark to us, there is brilliant, everlasting Light at the end of our earth-journey. Jesus finished work on the cross secured this heavenly hope for us, and it is absolutely assured. Moreover, knowing that our story finishes well can fill our present journey with Joy. The more we put our hope in Him, the more His Love-Light shines upon us; brightening our day. Remember that Jesus is with us continually, and He is our Hope!

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Thursday: Living a Peaceable Life

This morning's scripture is 1 Timothy 2:2 – “Lead a quiet and peaceable life in all godliness and reverence.”

As Christians, we are not to isolate ourselves from the world in which we live. We are part of society, and we share in its difficulties, problems, and hopes.

The Bible has much to say about our social responsibility. The Old Testament prophets condemned those who ignored the poor and exploited the weak. Not that it is easy. As Christians, we know human society is affected by sin, and any effort to improve society will always be incomplete and imperfect. We will never build a Utopia on earth.

But we must do all we can to alleviate suffering and to strike at the root causes of injustice, racial prejudice, hunger and violence. We are to work for a peaceful life and human dignity for others. Why? Because God loves this suffering world. Jesus saw the crowds and “was moved with compassion.” (Matthew 9:36). Christ is concerned about the whole person; including the society in which that person lives. Do we share His concern?

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Friday: A Great Gift

This morning's scripture is Romans 14:17 – “God's kingdom isn't about eating food and drinking but about righteousness, peace, and joy in the Holy Spirit.”

To the great gift of forgiveness God adds the great gift of the Holy Spirit. He is the source of power who meets our need to escape from the miserable weakness that grips us. He gives us the power to be truly good, as we yield ourselves to Him.

If we are to live a life of sanity in our modern world, if we wish to be men and women who can live victoriously, we need the two-sided gift God has offered us. First, the work of the Son of God for us; second, the work of the Spirit of God in us. In this way God has answered humanity's two great cries: the cry for forgiveness and the cry for goodness.

A close friend of Billy Graham once said, "I need Jesus Christ for my eternal life, and the Holy Spirit of God for my internal life." He might have added, "So I can live my external life to the fullest."

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Saturday:

Witness to the World

This morning's scripture is Romans 12:15 – "Rejoice with those who rejoice, and weep with those who weep."

Jesus ate with publicans and sinners. Nearly everyone He associated with was an outcast. But His relationship with them was not purely social; it was redemptive. We must not get our worlds mixed up at this point. God meant that we are not to mingle with the world and be polluted by the world, but we are to witness to the world. We are to "weep with those who weep," suffer with those who suffer, and identify ourselves with the poor, the sick, and the needy in body, mind, and spirit. How else can we reach them for Christ?

We are to love those who are involved in the world without being contaminated, influenced, or swayed by them. We achieve this distinction only by a close walk with Christ. Like Him, we are to be in the world, but not of the world.

It is good for a ship to be in the sea, but bad when the sea gets into the ship.

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