

## Devotions

### **Monday:** Brokenness

This morning's scripture is Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Our weakness and brokenness draws Christ ever so near to us. We can open up to Him because He understands us perfectly. His compassion for us is overflowing. As we open ourselves to His healing Presence, He fills us with peace that transcends understanding. So stop trying to figure everything out. Instead, Just lean on Christ, letting our heads rest on His chest. While we are resting, He will be watching over us and all that concerns us.

Trust Him in the very depths of our beings, where He lives in union with each of us. His healing work in us is most effective when we are actively trusting Him. Though the mountains be shaken and the hills be removed, yet His unfailing Love for us will not be shaken. This is the essence of His compassion for us: No matter how desperate your circumstances, the one thing you can always count on is his unfailing Love.

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

### **Tuesday:** Assurance

This morning's scripture is 1 Peter 1:8-9 – "Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, <sup>9</sup> for you are receiving the end result of your faith, the salvation of your souls."

Christ knows full well the thoughts and attitudes of our hearts, so it is wise to be honest with Him. When our hearts overflows with Love and Joy, he rejoices with us and delights in us. When we are rebellious and ungrateful, He continues to love us perfectly; even though our behavior is unacceptable. The more we believe in Him, who He is and what He has done, the better our attitude will be.

When we are feeling ungrateful, we need to focus on the goal of our faith: the salvation of our souls. No matter what we suffer in this life, our souls are absolutely secure. We have an eternity of inexpressibly wondrous Life reserved for you in heaven. This glorious inheritance has been credited to our accounts ever since we trusted Him as our Savior-God. As we ponder the wonders of our souls' salvation, we become free; free to receive Joy beyond description and full of Glory!

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

**Wednesday:** Fear

This morning's scripture is Romans 8:15 – “The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.<sup>[a]</sup> And by him we cry, “*Abba,*<sup>[b]</sup> Father.”

Fearfulness is a form of bondage. Jesus died on the cross for us so that we would not be a slave to fear. When He sees His children continuing to live in bondage to fear, he is grieved. His sacrifice was not only to provide forgiveness of sins but also to open the way to His Father's heart. Now that we trust in Christ as Savior, we are the recipient of perfect Love; His Love, Abba's Love. This perfect Love drives out fear, because fear has to do with punishment (and there is no punishment for His followers).

People are born into the world in spiritual bondage, including bondage to fear. Because we inhabit both a fallen world and a fallen body, it isn't easy to break free from fearfulness. However, the Spirit of adoption can help us in this struggle, enabling us to see ourselves as we truly are: a much-loved child of God! The spirit frees us to cry out, “Abba, Father,” believing we are His precious, adopted children. In the presence of a loving, strong father even the most frightened child eventually calms down. You have a perfectly loving, infinitely strong Father, so we should bring our fears freely to Him. Let Him hold us close to His Abba-heart, where we know we are safe. Open our hearts to receive vast quantities of His Love. The more of this Love we hold in our heart, the less room there is for fear. Receive Our Love in full measure!

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

**Thursday:**

## Grace

This morning's scripture is 2 Corinthians 12:9 – "But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

Christ's Grace is sufficient for us, but its sufficiency is for one day at a time. That's why it is essential for us to learn how to live in the present.

Our minds so easily slip into the future, where worries abound. We also spend way too much time analyzing the past. Meanwhile, splendors of the present moment parade before us, and we don't even notice. Part of the problem is our tendency to strive for self-sufficiency. Christ will help us learn to rest in His sufficiency, depending on Him more and more.

We need His grace in order to live in the present. Grace is all about His provisions for us, but accepting that goes against the grain of our natural tendencies. Each day we face a number of situations requiring His help. Moment by moment He proffers to us the needed assistance. Our part is to recognize our neediness and receive what He offers.

His presence is with us always, providing everything we need. So do not worry about tomorrow's needs. His sufficiency is for a day at a time; today!

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

**Friday:**

## Abiding In Him

This morning's scripture is Acts 4:12 – "Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved."

Invite Christ into your thoughts by whispering His name; suddenly your day brightens and feels more user-friendly. When you speak His Name in loving trust, you sense His Presence and feel yourself drawing closer to Him.

There is great Power in His Name: Simply whispering "Jesus" can turn a hard day into a good one. By calling on His Name frequently, you acknowledge your continual need for Him. And when you pray His Name, you are actually calling

upon His very Being. He joyfully responds to your invitation by coming nearer to you.

He is pleased by your desire to rely on Him in ordinary moments as well as in the big events of your life. When you whisper His Name, He responds not only to your neediness, but also to your love. As you look to Him, His Face shines upon you in radiant approval; brightening your day and helping you feel secure.

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

**Saturday:** His Sufficiency

This morning's scripture is Romans 8:6 – "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."

Christ offers us godly contentment: a state of serenity that flows out of trusting in His great sufficiency. He is teaching us to depend on Him alone and to be content with whatever He provides. Relying solely on Him is a way of rich blessings, even though it may lead us along paths we would not have chosen. If we are truly content to live with His provisions for us; now and in the future; we will not be plagued by anxiety. Instead of worrying about "what ifs" our hearts will be firmly fixed, confident in Christ.

He realizes this world is full of fear-inducing messages. Daily news can fill our minds with fearful thoughts. Advertisers intentionally stimulate anxiety and insecurity, so they can demonstrate how their products will help us; making us happy and secure. To counteract these harmful messages, it's essential for us to exert some control over our thinking. Ask the Holy Spirit to help us think Christ's thoughts. The more He controls our minds, the more we will experience Life and Peace.

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