

November 24, 2021

Ps. 42:11 *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God. (NIV)*

Okay, I've got to admit something. Sometimes I'm just a grumpy old bear. I let little things bother me and before I know it, I've snapped at someone that I love dearly. I think we all let the things of this world sometimes affect our mood and then our spirit.

The Hebrew word for *disturbed* is **tehem** which means *to growl, murmur or be upset*. Yep, that's me sometimes. I realize that this happens most in my life when my attention is on the wrong thing; me. It's the old selfish nature raising its ugly head and crying out for personal satisfaction instead of the new nature of Christ giving me a hope and a future.

David says that the best thing for him in this situation is to put his hope in God. To be filled with a heart of praise instead of selfish thoughts. When you begin to meditate on the LORD and all that He has done for you, it changes the attitude of your heart and the altitude of your thoughts. Paul put it this way in **Col. 3:1-2** *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. (NIV)*

Let today be a day of joy and praise. Look up, your redemption draws near. He is all that really matters anyway. Let's remember what He has done for us and what He wants to do through us. **Dear LORD, we choose to lift up Your name and exalt You with our hearts. We put our hope completely in You and not this world and its devices. You are our Savior and our LORD. In Jesus Name, Amen**