

October 9, 2022

The Lord wants you to experience real and abundant life:

2 Thess. 3:13 *And as for you, brothers and sisters, never tire of doing what is good. (NIV)*

I have to admit that some days I wake up tired. I just want to turn over and say, ‘wake me up tomorrow.’ We all tend to run 110 m.p.h. and never seem to slow down. As a result, we begin to show signs of wear and tear. We get easily distracted, tense, maybe even snippy with those we communicate with. And to add to this, there is job stress, financial burdens, relational tension, political agendas and other people’s expectations. All of these things and more can weigh us down with worry, regret and exhaustion. So, what should we do?

Take these wise words of Jesus to heart: **Mt. 6:25-34** *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (NIV)*

Take some time today to rest. Stop being controlled by the job, the clock, the expectations of others, and do what you know is right. And remember, never tire of doing what is good. It’s okay to be okay. Walk in Him and His direction today.

Dear LORD, help me to be energized to do what You have for me today. I need Your power, strength and direction for this day. I want to honor You in everything I say, think, do and who I am. In Jesus Name, Amen