

Rejoice in the Lord Always

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

These four verses provide us with our pathway for life. We are to *always* remember that God is with us. No, it doesn't mean that life won't have its ups and downs. He is with us and will help us through each day. He is with us when we rejoice and will help us through the difficult times as long as we remember that he is near. When life gives us difficult moments, he is there but we need to again, remember to keep him close sharing our thoughts, and worries with him. When asked about my prayer life, for the longest time I felt that I was forgetting to include God in my life. After much thought I realized my prayers are more of a conversation with him that is happening continually throughout each day. Acknowledging the positives and asking for help with the challenging parts. Continuous petitions get me through each day.

The World and all its craziness challenge us daily to remember we are God's children. We need to be the examples of God's love to the rest of the world not just to those we know. We are to be God's light in the World. Kindness, caring, compassion, giving, spending time, helping are just some of the ways to show his love. His love gets us through, and we are to love and help others get through as well.

Father, Thank you for your presence and guiding me through this day. Let me be aware when you put me in situations to help others know your love. Let my words and actions reflect your love through me. Let me share your peace with all I meet this day, through Jesus Christ our Lord. Amen.

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