

*A Devotional to fill your life with
an abundance of hope, peace, joy and love.*

FILLED



Welcome to FILLED — A devotional to fill your life with an abundance of hope, peace, joy and love! This is a 14-day devotional that is designed to fill your soul with truth from the book of Psalms. Psalms are so wonderful because the authors were crying out all their emotions to God. They are crying out in mourning, praising God with gratefulness, and they are shouting from the mountaintops in celebration. They are such a reflection of our own hearts and minds. They help us understand our emotions and help us see that we can come to God with any and everything that we are thinking.

FILLED has content repurposed from *The Bible for Busy People* with Erica Parkerson. If you need a way to spend time in God's Word each day, find this podcast wherever you love getting your podcasts. You can also find it at **OnPurposely.com**.

Rebecca Joy penned all the blogs, but some of the stories are Erica's. We hope what we are sharing is a testimony to how God has worked in our lives and highlights how we know he is working in yours.

FILLED is brought to you from **AllMomDoes.com**, an online community full of hope, encouragement, truth and joy. We hope you check it out or text MOM to 89419 to get the content delivered right to your phone.

Unless otherwise noted, our scripture references are all from the NLT version.

We hope you'll let us know how the words in this study touch your life. Please submit any feedback to **comments@allmomdoes.com**.

Can we pray for you? We hope you'll take a moment to **join our online prayer community!**

Do you want to learn more about Jesus? You can find out more at **Who Is Jesus**.

We love you and are praying God's blessings over you!

Rebecca Joy and Erica Parkerson

Day 1: Filled Up With Praise

Shout joyful praises to God, all the earth! Sing about the glory of his name! Tell the world how glorious he is. Say to God, "How awesome are your deeds! Your enemies cringe before your mighty power. Everything on earth will worship you; they will sing your praises, shouting your name in glorious songs."

(Psalm 66: 1-4)

What does it look like in our lives to praise God? How can we be people that are so filled with praise that it overflows to those around us?

I never stop being amazed by sunsets. The way they hit the top of the mountains. There is something about that beauty that always makes me stop and say, "God, wow, you made this." When we see something beautiful this is one way we can praise Him. We let God know we are so grateful for His creation and the beauty around us.

Another way we can praise God is through our life's story. I want to tell you about Erica. Her son Joshua was dying. He had ulcerative colitis and he was literally fading away. She would go to work and wonder if he would be alive when she returned. He had surgery to have his colon removed. He wore a bag for a while, and was such a trooper through it all. They had a pact that they would always say Philippians 4:13 to each other through the whole process. *I can do all things through Christ who gives me strength.* After the surgery, Josh went into that little room, you know, that they put you in — a little recovery room — and the assistant nurse walked in and he had a tattoo up his arm. What do you think it said? Philippians 4:13. God was saying, I'm here. I haven't forgotten you.

Erica describes this experience with her son like the psalmist does in verse 12 *"We went through fire and flood, but you brought us to a place of great abundance."*

His healing is one of the wonders that God has done in her life and she tells people about it, giving glory to God. Praise him with your story. Tell it. Post it on your timeline, in your newsfeed. Tell somebody what God has done for you. People are thirsty for hope. They're craving it. It's become essential like water. As verse 16 says *"Come and listen, all you who fear God, and I will tell you what he did for me."*

PRAYER: Lord, thank you! We praise you for all you have done in our lives. You are the God of everything and we recognize that today and praise you for it.

REFLECTION: Take a moment to slow down and appreciate the beauty around you. Tell God thank you! Consider how God is working in your life today. Pray for God to reveal someone that you can share his wonders with!



Day 2: Filled With Reminders of God's Goodness

*Why am I discouraged? Why is my heart so sad? I will put my hope in God!
I will praise him again—my Savior and my God!
(Psalm 42:5)*

5 years ago, my husband and I moved into a rental house that was an answer to a long prayer of ours. After a series of unfortunate circumstances, we had been forced to short sale our townhome and embark on a journey out of home ownership and into renting again. It was stressful but God took care of us. In fact, when we landed in our current house as renters, we prayed an audacious prayer. We said, Lord, could you break everything here so that it would be fixed? And then we would love to buy this house. Crazy, right?

First the furnace broke. Then the washer/dryer were updated. Our landlord said yes to us buying and in that process the water heater was replaced. We were able to get a free roof through some odd circumstances and then gutters. It was by the grace of God that these things happened. He clearly showed up.

And yet, we are so forgetful, aren't we?

Fast forward to just recently when my daughter spent a few days in the hospital. We had a 5-day ordeal involving urgent care, 2 emergency rooms, several doctors' visits and a short stint in the ICU. I found myself overwhelmed at the prospect of the medical bills.

I didn't stop to think about how God had previously taken care of us. Instead, I just worried. That did a lot of good, let me tell you.

You know what happened?

He took care of us and provided for our bills in unexpected ways.

So, how do we stop our forgetfulness? How do we keep God front and center in our mind so that we can always have our hope in him instead of letting the spiral of worry creep in?

Here are a few ideas:

1. Let worship music infuse you. Keep worship music a part of your daily routine. Sing about and ponder God's promises.
2. Keep your Bible open. Find a Bible plan and make time for God.
3. Write down the times God takes care of you. Make a special journal so that you can remind yourself of his goodness when you find yourself forgetting. Rehearse what you know about God.

God is always showing up in small ways in your life. Start working to pay attention so that you can cling to those moments when you need them.

PRAYER: Lord, thank you for taking care of us. You want to take care of us and we know you are full of goodness. We put our hope in you. We are so sorry we forget easily what you have done for us. Help us remember. Help us cling to you.

REFLECTION: Scope out a journal or notebook where you can start to write down reminders of how God is working in your life. Take some time today to write down some things that he has done for you. If you can't think of anything, ask God to reveal them to you or open your eyes for what is to come!



Day 3: Putting Peace on Autopilot

Show me the right path, O LORD; point out the road for me to follow. Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you.
(Psalm 25:4)

All of us have highs, all of us have lows. Life is often the kind of roller coaster where you have highs and lows all day long, right? Sometimes you can have seasons of highs, sometimes you can have days with highs AND lows. We might ask ourselves, “God, where’d you go?” Or we feel like, “Thank you, God.” We’re overwhelmed with gratitude.

I don’t know about you, but when you read the news and try balancing it with what’s going on in your own life, your own budgets, your own families, your mind and heart really are at a civil war with each other. Fear can become your default setting. I’m just on autopilot when it comes to fear and anxiety. Putting my hope in the Lord as the Psalmist talks about actually requires effort. It takes a step for my mind to go from, “I’m feeling afraid,” to “I need to put my hope in you.”

My mind does not go toward peace on autopilot. I wish it did. I think the more that you and I stay in the Word, the more we will be infused with joy, love, hope and peace. The more you read God’s Word, the more you will find His presence and be able to sense it.

He’s always with us. He never leaves us, but so often we are not in tune with His presence because we’re so in tune with what’s wrong instead. And there is a lot wrong in the world right now.

The Psalmist says, “I put my hope in you.” That’s requiring an action from us. We have to take action, ditch the autopilot and say, “No, I’m choosing to put my hope in Jesus.” How do we actually make that happen?

When worship music is on, it’s really hard to feel afraid and worried. When you are singing to God, it’s hard not to feel peace. Listen to worship music. Surround yourself with music that lifts you up. Also, pray. Sometimes we have to get quiet to sense His presence. When you get quiet, you can sense that He’s right there. He’s closer than your next breath. It can be hard in the loud, noisy world to slow down and get quiet, but practice it. It is worth letting yourself learn to seek peace first.

PRAYER: Lord, I want to lean on you and trust in you. Help me to seek peace first and put fear and anxiety on the back burner. I know that’s what you want for me, Lord.

REFLECTION: Where can you find an area in your life that allows you to have that time to be quiet with God. Do you need to find a place in the house? Practice those moments of quiet and really seek to feel his presence.



Day 4: Finding Joy

*Give thanks to the LORD, for he is good! His faithful love endures forever.
Give thanks to the God of gods. His faithful love endures forever. Give thanks
to the Lord of lords. His faithful love endures forever.*

(Psalm 136: 1-3)

Do you ever have days where you just find yourself filled with a sense of gratitude? That's what this Psalm is all about.

Yes, we have inflation, we have shortages, we have problems, we have variance, right? But we have Jesus too and He said, *"In this world you will have trouble, but take heart because I have overcome the world."* It is why he came. He came to rescue you, not just from sin, but from hopelessness, from that lack of peace, from that terrible anxiety that just pulls at you. He came to rescue you.

This Psalm is a great one to read out loud. There is something about reading God's word out loud that really allows it to sink in to our hearts and minds. Give it a try now.

I imagine you reading this and as you go into each section your voice gets stronger and stronger as you realize how faithful God is! He is so very faithful.

After you read that out loud a few times, take a moment to think about your own life. How has God been faithful in your own life. When did he keep showing up even when you were afraid he wouldn't, when you didn't think you deserved it? This is your God never quit story. Write it down as a testimony to God's faithfulness in your life.

His love never quits. His faithful love endures forever!

Today you can hold on to the assurance that God is for you. He is faithful. He loves you. He wants the best for you. Lean in to that love today.

PRAYER: Lord, I know and acknowledge that you are for me! If I am harboring any anger or resentment, I give that up to you today. Lord, I recognize that you came to rescue me and I ask you again to fill my heart with your peace and assurance. I love you, Lord!

REFLECTION: Read this Psalm out loud every day. It might feel weird to read it out loud but do it anyway. Hide in the closet or the bathroom if you need. Get your family together to read it with them over dinner. Let this be the theme of your new year. A theme of being filled with gratitude for all God has done!



Day 5: You Can't Pour from An Empty Cup

*My God, my God, why have you abandoned me?
Why are you so far away when I groan for help?
(Psalm 23:1)*

*The LORD is my shepherd; I have all that I need.
(Psalm 23:1)*

Take a moment to read through both Psalm 22 and 23. It's almost like a lifeline that's thrown out to you in the middle of a storm. There is something within these two Psalms that we are going to take a moment to explore.

Did you know that Psalm 22 and Psalm 23 came from the same heart? The same author penned them both. There is such a different emotion between the two isn't there?

Which one do you relate more to at this moment in your life? If you are in a Psalm 22 place you might feel dry as a bone and find yourself just crying out for justice and mercy from God. He wants to fill you up! Jesus calls himself the bread of life. He calls himself the living water. It's not an exaggeration. You and I need bread and water to survive. Our spirits are just the same. When we get dry, there is a place that we can go for water.

You can't pour from an empty cup, right? It's impossible. It's okay to stop and say, "God, I am down to nothing. Fill me up again."

I'm going to tell you a story to encourage you, especially if you're in a Psalm 22 place. My friend, Rachel says, "I've got more issues than tissues." One of them is I get anxious. I'm always wondering, second guessing and analyzing. Can I get an Amen? I was scrolling through Instagram and I heard a pastor say something that gave me pause. He said, "I know you've got issues and I know they've got a name, anxiety, worry, fear, but there is a name that is above all those things."

There's a name that can silence every fear. I just wanted to encourage you with that story. And if you are empty, if you're feeling more like Psalm 22, I get it. Your Psalm 23 is on the way. Use the words for this author to be the words of your heart if you are struggling with how you feel. If you're having trouble praying, may I encourage you to pray out the Psalms. Just start talking to God.

Let these Psalms be your voice. God counts tears as prayers too if you need to let a few of those out. If you don't know what to say, just sit before Him. God is real. He is real. He is present. He's here with us right now. He's here with you in your Psalm 22 moments and in your Psalm 23 moments. He never leaves you.

PRAYER: Jesus, thank you for never leaving us. Thank you for allowing us to voice our feelings during moments of pain and moments of praise. Lord, I want to pour my heart fully out to you today.

REFLECTION: Pray out the Psalms. Use these Psalms for the words you may need as you experience both Psalm 22 and Psalm 23 moments. A great exercise is to write out these verses in a notebook or on a notecard as you pray through them.



Day 6: Filled with Strength

*The LORD of Heaven's Armies is here among us; the God of Israel is our fortress.
(Psalm 46:1)*

Don't you love this Psalm? It is such a reminder for us that God is surrounding us in strength. He is a mighty fortress. Now, I typically know what a word like fortress means, but for our purposes, sometimes I like to look up words so we can take the Bible study a little bit deeper. This is the definition, the second definition of fortress. Get ready for it. **A person or thing, not susceptible to outside influence or disturbance.**

So, now let's read that verse again.

The LORD of Heaven's Armies is here among us; the God of Israel is our fortress.

This is powerful stuff here. The God of Israel is our fortress. That means our God is not susceptible to outside influence or disturbance. Isn't that incredible? It doesn't matter what is happening around us or anywhere in the world. God is still our fortress and not moveable. Wow. How do we respond to this incredible strength? Verse 10 tells us specifically: *"Be still, and know that I am God!"*

That's all we have to do to be surrounded by God? Yep! You simply need to rest in him. Be still. Does that seem too easy? That's because it is. God doesn't require you to do anything for His strength to surround you. He only wants you to recognize Him in your life!

Pause, right now and be still before God. Take a deep breath and repeat this verse again in your mind and in your heart.

The LORD of Heaven's Armies is here among us; the God of Israel is our fortress.

You can have confidence in this world because you know God has your back. You've got this. With God by your side, you've got this!

PRAYER: Lord, thank you for being our fortress. You are protecting us and giving us your strength. Lord help me to simply be still in the knowledge that you are with me and that you protect me.

REFLECTION: Reflect on the word fortress. How does God being a fortress give you hope and confidence? Do you need to practice being still to acknowledge his strength or are you already good at being still?



Day 7: God is Ready to Help

*My help comes from the LORD, who made heaven and earth!
(Psalm 121:2)*

I am so thankful that the Bible says that Jesus Christ is the same yesterday, today, and forever. There are so many things in this world that are uncertain. Jesus is not one of them. Let's just camp out on that for a moment and praise God that He is unchanging.

We can remember that there is such a thing as fear, but we don't have to let it eat us. And we can remember that there is such a thing as joy and we can celebrate that.

My husband and I were walking on the beach near our house a couple of days ago, and you have to cross a bridge to get there. This bridge is metal. It has spaces so you can see the ground underneath. There was a woman there with her dog. It kind of looked like an Irish setter. Beautiful blue eyes. But these blue eyes were filled with fear. This dog was not going to cross the bridge. It was having none of it. So this woman picks up the dog. This dog was the size of like a six or seven year old child and puts the dog on her shoulders. He's just hanging there and his paws are just dangling. His paws were just dangling over her shoulders and he was hanging on to her for dear life. And isn't that you and I as we cling to Jesus?

Maybe you aren't there yet. Maybe you haven't found that trust yet with Jesus. Voice that to Him today. He wants you to know He is ready to help.

We can truly know who our protector is. We know who our guardian is. We know who to go to. We know who to hold onto. He is a steady rock. God guards you from every evil. He guards your very life. He guards you when you leave and when you return.

If you're like me, you tend to cling other things or people when you really should be clinging to Jesus. My prayer for you today is that you would cling to the one you made you, the one who made the heavens and the one you can always be trusted to keep you safe.

PRAYER: Lord, I cling to you today. You are our protector. You never sleep. You never leave us. You are always watching, always nearby. Lord, thank you for being our help in troubled times.

REFLECTION: Consider if you are clinging to Jesus as your help or something or someone in your life instead?



Day 8: You Are Loved

*For your unfailing love is higher than the heavens. Your faithfulness reaches to the clouds.
(Psalm 108:4)*

I was washing an apple, and you know, it's tough to get the label off the apple. I couldn't help but think that we put labels on ourselves as humans too, don't we? God doesn't put them there. We do. You know what my label is? The label that's really, really tough to get off? Not enough. Not pretty enough. Not good enough. Do I ever do enough? These labels are a trap. God doesn't put those labels on us.

He made us. He hand knit us, you and me, in the wombs of our mamas. I went to bed thinking about the label that God puts on us. And you know what that label is? God actually puts on you the label of "You are loved."

Say this out loud right now: God, today I receive your love, your grace, your mercy, your forgiveness. It's an actionable statement. I think that we know it's there, but we don't receive it. It's like a beautiful chocolate cake iced and ready to go, the frosting covering everything, and we just don't cut a slice.

Today I receive God's love, mercy, forgiveness, grace... Add whatever you want. He has so much to offer. Let's accept His love. It is there ready and waiting. Let's replace the labels we put on our own lives and pick up the label God has for us instead.

You are loved.

PRAYER: Lord, I receive all you have for me today. I receive your love. I receive your forgiveness. I receive your grace. I ask you to remove all the labels I repeat in my head that aren't true and instead ponder the ones you have for me.

REFLECTION: Write down the labels you give yourself. Cross them out. Write the labels that God gives you.



Day 9: Filled With Comfort

*Give thanks to the LORD, for he is good! His faithful love endures forever.
(Psalm 118:1 – Read in both NLT & MSG)*

I want to tell you why I chose to read this Psalm a couple nights ago. I had a terrible, terrible nightmare. It was one of those that was just so vivid and awful, and I woke up with that frozen feeling. Do you know what I'm talking about?

My heart was racing and I couldn't move. I wanted to talk to my husband, but I didn't want to wake him up. It was one of those kinds of nightmares. I started scrolling on social media, and I came across a verse in Psalm 118 that really, really centered me and calmed me. This is from Psalm 118 the NLT version, "Thank God because he's good, because his love never quits."

I also love verse 28 as written in the Message version. "God is God, he has bathed us in light."

What a verse. You know, God is God. Period. If we just read that one verse today, God is God, that would just infuse me with strength and comfort.

His love never quits. It never quits. His love never fails. That is amazing. Paul tells us in 1 Corinthians 13 (which is just a letter to the people who lived in Corinth), that His love never fails. He will never fail you. If something horrible has happened in your life, he will work it for your good and His glory. That is how God's economy works. It never fails and it never quits. God is God. He has bathed us in light.

I remember when my children were babies; do you remember those little baby bathtubs? And do you remember the smell of the Johnson Baby shampoo? I still remember that smell. I remember buying the softest little tiny washcloths to wash them oh so gently. God bathes us in light.

I think that's such a beautiful picture. The world is surrounding us in darkness. There's darkness everywhere. There's negativity everywhere, but our God is God and He bathes us in light. He covers us in His light. And how do you stay in that light? You stay in His word. You stay connected to Him in prayer. Sometimes you can just say, "God, I need you." In the middle of a tough situation at work or when you are just at the end of your strength with something going on in your family you might only be able to muster this small prayer. If you are so tired of the mundane, if you are weary in spirit or body, just say, "Help me Jesus." Just saying His name out loud and inviting Him into your space, brings joy and light.

God is God.

PRAYER: God, we recognize you as God in our lives. We know that you want to bathe us in your light and wash the darkness away. We want to allow ourselves to be soaked in your truth, in your light. Thank you for loving us so well and for never quitting on us!

REFLECTION: Are you in a place where you need to invite Jesus into your space to recapture your joy, to bathe you in his light? Ask him in today!



Day 10: Filled With Celebration

You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent.

O LORD my God, I will give you thanks forever!

(Psalm 30: 11-12)

Our theme for today is great is His faithfulness!

David wrote this Psalm when he was in a tough spot, where he is saying to the Lord, “I’m begging you for mercy. Hear me, Oh Lord.” And clearly the Lord hears him because he begins to praise Him and he begins to thank God for giving him joy, for taking off the clothes of mourning and clothing him with celebration.

I am so thankful that David says, *weeping may last for the night, but joy comes in the morning.* If you are in a season of weeping, just know that God promises joy to come. For real. Those tears are just watering the blessings that are coming ahead.

God can turn your tears into showers of blessing. He wants to clothe you with joy. Oh, we need joy, don’t we? Not The happiness that you know goes away after we have that piece of chocolate cake or we get to go see a movie, or we stay up late reading. Not fleeting happiness. We want the full joy of Christ that never ends, that carries us through any and every situation.

What does it for you? What gives you that little jolt of happiness? How do you do when it fades and then you’re looking for the next hit of happiness? Joy from Jesus stays. He wants to clothe you with joy. It’s a beautiful thing to consider. Today you are covered. Jesus can bring you that lasting joy!

PRAYER: We have worries. We have concerns, anxieties, stresses, Lord, that we keep in our hearts almost like it’s an over cluttered closet. Today, Lord, as we open up your word and study it, would you clean out the closets of our hearts? Would you move out the worry and usher in the peace? We ask you to do that, Lord, right now, in the mighty name of Jesus we pray.

REFLECTION: Have you asked the Lord to give you his immense joy? Pray today that God gives you, no matter the situation you are in, the joy that surpasses all understanding!



Day 11: One Hundred Million Stars Prove God's Love

He covers the heavens with clouds, provides rain for the earth, and makes the grass grow in mountain pastures. He gives food to the wild animals and feeds the young ravens when they cry.

(Psalm 147: 8-9)

Keeep this number, this figure in your mind because math is going spiritual today. One hundred million. I'll say that again. One hundred million. I looked it up. That's twelve zeros.

Psalm 147:4 says *"He counts the stars and calls them all by name."*

Here comes the math part. He counts the stars and assigns each a name. Let's go back to our twelve zeros number, shall we? One hundred million stars. One hundred million stars.

The Bible verse we just read tells us that He assigns each one a name. All one hundred million.

I ask you right now, you who's wondering, God, how are you going to provide for me? When are you going to answer my prayer? If He takes time to name stars how much more does He love us? How much more will He give us?

It's amazing to consider that isn't it. Read verses 15 - 18 again. First, He sends the snow like white wool, scattering it on the Earth and then He melts it on his command. He breathes out winter. Then He breathes out Spring. It's all on His command. I think of the Chronicles of Narnia stories and the white witch and where it was always winter and never Christmas

Do you remember that? And do you remember when the snows began to melt because Aslan has come? This is what Jesus does in our lives. He brings hope. He melts the hard times into times into New Seasons. It's an incredible image thinking about how God cares for everything around us and how He cares for us. Take a minute to really think about that.

PRAYER: Thank you Jesus for your strength. Thank you for melting the snow over our hearts and bringing spring and hope back to our lives. Lord, we ask for you to breathe hope and joy into this new year ahead. Thank you for knowing my name. Thank you for loving me.

REFLECTION: It's hard to fathom one hundred million! Write a thank you note to Jesus today thanking him for how he names the stars and how he loves you even more! Read the letter when you are struggling and need to remember his strength and how much you are loved.



Day 12: Filled With Purpose

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

(Psalm 139: 13-14)

Maybe you're having a down day or you're just going through a season of depression. I have been there. I want you to know that this Psalm reminds you and I that we were made on purpose. For a purpose. If God woke you up this morning He is not finished with you. You are immortal until your work here is done. Don't you love that phrase? God has your life in His hands and He has special work just for you.

This Psalm was written by King David, a man who was described as being after God's own heart. He chased after God and pursued Him, even though he made many mistakes in his life. I mean, we're talking big mistakes, okay? But David kept pursuing God. If you've messed up, if you're in the middle of a mess up, all you need to do is run to God. Don't run AWAY from God in these moments. Run TO God.

Read the last few verses again. What a prayer David throws in there at the end when he says, "Search me, Oh God." He's inviting God to search his heart and point out anything that offends and lead you to everlasting life. Yikes! That can be a scary prayer, can't it? That is a really vulnerable prayer! The good news is that God is ever so gently as He helps us when we need leading.

Have you ever seen Toy Story 4? It's the one with Forky, the little plastic spork. Woody and the little kindergartner make her out of trash. Little Forky was loved into creation by that girl. It's just as personal with God. Except He didn't pull you out of the trash. He made you. He thought you up and put you into this world. He loves you enough that He came to die for you and cover all of your sins and mistakes.

Know that there is so much hope today and that you have a purpose!

PRAYER: You are a gigantic, powerful, marvelous, mighty God. And yet you sent your Son to come and die for our sins. You sent our son to come and live in our hearts and make us feel alive again. We just rejoice over that good news today, and we thank you for being with us. Lord, search me. Show me my purpose. Lead me. I'm ready.

REFLECTION: Ask God to search your heart and your life. Ask God to show you areas where He can help you realign with His purpose for your life. You were made for a glorious purpose. Ask God to reveal it to you. Taking time to be still with God.



Day 13: Filled With Forgiveness

*He has saved me from death, my eyes from tears, my feet from stumbling.
(Psalm 116: 8)*

If you've messed up, I'll even use the phrase, screwed up royally, there is hope for you today. Jesus wants to deliver you from your sins, from those things that trap you. You just have to ask for forgiveness in the name of Jesus. It's a very simple prayer. No churchy words needed. Just go to Jesus and say, "Please forgive me of my sins. Wash me clean."

The Bible says He will wash you whiter and snow. It's the gift of salvation and gives you the chance to start over. When you do that, when you ask for forgiveness in the name of Jesus, it opens the door to a relationship with God. That relationship is now restored.

When Jesus sacrificed his life to give you life, it also opened the door to heaven. A new zip code where you can live in harmony and peace, in a place where there's no more tears all the days of your life. A place where you're going to have purpose. It's not sitting on a cloud playing a harp. The Bible tells us that no eye has seen and no ear has heard all that God has prepared for those who love him.

I love that there was a turning point in the Psalm and there can be a turning point in your day right now. Your mood can be changed as you remember you've been rescued from sin, death, hell. Make today the turning point of your life. Accept the free gift of Jesus' death for you on the cross. Your life will be forever changed.

PRAYER: Lord, oh Father, we just come to you in the name of Jesus. You are the king of kings. You are the Lord of Lords. You are good. There is so much in this world that isn't good, Lord Jesus. But we remember that you are not done yet, that this is not our home. Lord, you are preparing a place for us. You are preparing a place for us to live forever in a place where there are no more tears. In a place where there is no more pain, no more crying. None of it. We don't need Kleenex there. But Lord, we look to you now knowing that you are our anchor. Thank you, Lord for rescuing us!

REFLECTION: Have you prayed the prayer of salvation? Make today the day you say yes to Jesus!



Day 14: Filled With Light to Shine in the Darkness

*May all who are godly rejoice in the LORD and praise his holy name!
(Psalm 97: 12)*

God has called you and I to shine so brightly in these terribly dark days. I know how you feel burdened by the burdens of the world. Sometimes they feel like they're pressing on our heart. We see images, we hear stories, and we go, how can this be? But God has called you and me to shine brighter than all of that?

I remember one time when my mom was diagnosed with cancer. This was many years ago. I was sitting in my car in Forest, Virginia. It was right outside a Walmart parking lot, and I was devastated. I was so afraid we were going to lose her.

I heard that still small voice say - I call it a download in my spirit - when does a candle shine the brightest? I answered immediately, "When it's darkest." I knew in that moment that my faith and my hope would see me through. The light of the world is in us. The spirit of God that rose Jesus from the dead is living inside of us.

We carry light. We can spread that light like seeds we would plant in the ground and see flowers spring up someday. When you and I get to glory, we will see how those light seeds sprouted in the lives of others. We may not know now, but oh my goodness, I just love the imagery. Light seeds are planted in the souls of God's people. Joy seeds are planted in good heart soil. You have a purpose today. God is going to use you wherever you go today because you are His light shining in the darkness. If you don't know Jesus, I want you to know something. He loves you. He loves you unconditionally, and He is waiting for you to come to Him and ask Him to forgive you of your sins. He is waiting to fill you with His light.

PRAYER: Lord, help us to be carriers of light. We want to spread your light to the whole world!

REFLECTION: Pray for 5 people around you that need to hear the news of Jesus. Ask God to provide an opening for you to reach out to them.





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