



Freedom / Love

By Deacon Patricia Hines

November 15, 2021

Scripture Meditation

"I will give thanks to the Lord because of his righteousness; I will sing the praises of the name of the Lord Most High."

Psalm 7:17

30 Day Gratitude Journal:

Write about something that made you smile on yesterday.

30 Day Gratitude Challenge:

Pay for the meal of a stranger.

Prayer Concentration:

Pray a prayer for students in the local school district.

Prayer of Gratitude

Lord thank You for being the source of true joy and happiness. Your Word tells us that everything good come from you. Thank You for Your goodness. Thank You for Your grace. Help us to appreciate and share Your goodness and grace with others. In Jesus Name we pray, **amen.**

Observation

Most days I look around and say, "Thank you Lord for one more day," and then start to renew my day with prayers. I am thankful for my ups and for my downs, for my successes and my failures. I am especially thankful for the free gift of salvation, my life and the relationship I have with Jesus Christ. *"It is for freedom that Christ has set us free."*

In my life I am grateful for many things. I am especially thankful for surviving the chaos of 2020 and 2021, which brought violence and the corona virus. Through an answered prayer, I am grateful for my health and strength. In a still soft voice, He said, "Get up and exercise". Since I have been exercising, I am able to maintain my weight; eat healthier foods; include vitamins; and drink plenty of water. When I do not do these activities, my brain tends to get cloudy and dull. By exercising 3 to 5 days a week, it keeps my body stronger, and it is a good benefit to my health. *"...will He not also freely give us all things?"*

Roman 8:32

In addition, to my physical health, I am grateful for my ability to understand better, get things done easily, and have stamina. This aspect in my life helps me to think clearer and have patience. It gives me the freedom I need in Christ. This freedom allows me to help, give and love God's people.

I am thankful for trustworthy family, friends, spiritual leaders, and a strong community who know and love the Lord. They tend to stand up for me and stand with me. I am thankful for their health too. They freely love me every day. They have shown this love through good and bad times, laughter and tears and the faith they have in me.

God has been good to me! I thank you Lord for today and look forward to better days full of love, happiness, good health, opportunities and challenges knowing You will be with me. Amen

Questions to Ponder

How have you experienced freedom in Christ? What are you glad to be free from?

