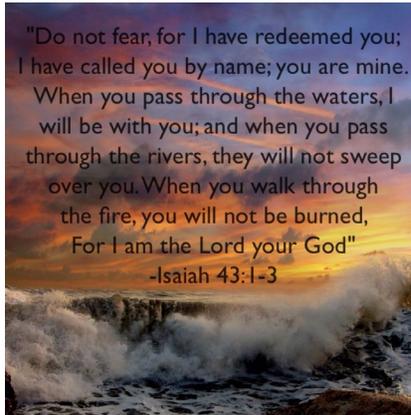


Good Morning and Happy Terrific, Tantalizing Tuesday,

Rising Thought:



I hold **Isaiah 43:1-3**, dear and close to my heart. These are the words that the Lord spoke to me when I was diagnosed with cancer, Non Hodgkins Lymphoma. As I sat processing the news, and wondering, *"how could this be; and certainly the doctors aren't talking to me;"* Holy Spirit whispered softly and embraced me with His love. Though it should have been one of the worse days of my life, a serene peace filled and consumed me.

I must admit, this passage of scripture still illuminates my soul with peace; and I never grow tired of reflecting upon it. I'm not quite sure why I chose to share this with you on this Terrific Tuesday. But, I encourage you to reflect upon it, embrace it, and hold it dear to your heart as you continue your spiritual journey.

Attached, please find Reflection #25 and enjoy Tasha Cobbs as she reminds you that your Heavenly Father, "Knows your Name."



Pray for me, as I pray for you.

https://www.youtube.com/watch?v=FuU-X_iOqZE

Thirty Day Journey

Day 25

Verse of the Day:

“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God’s Peace, which exceeds anything we can understand. His Peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7 NLT)

Reflection:

Our Lord Jesus said so many times throughout scripture, “Do not be afraid, and do not worry.” He knows that our emotional brains can wreak havoc on us. SOOO, He also gave us the prescription or the remedy to deal with these deadly emotions and/or spirits. He said if we pray about everything, we will then experience His peace. Pretty simple isn’t it?

In *John 14: 26-27 (MSG)*, Jesus prepared His disciples for His departure. He tells them: “*The Friend, the Holy Spirit...will make everything plain to you...I’m leaving you well and whole. That’s my parting gift to you. Peace.*” And that same peace is available to us today.

As we continue our journey, let us embrace God’s Gift of Peace. Let us continue to pray about everything, every itty-bitty thing...no matter how small it appears to be. Let us proceed throughout today in Peace of Mind, and Peace of Heart.

Prayer Starter:

Lord, we thank you for your Gift of Peace. If throughout this day, we are tempted to worry or be afraid; remind us to pause and pray a simple prayer. Remind us to use the remedy that you have provided; and to unwrap our gift of peace. We know that your peace exceeds anything we can humanly understand. Guard our heart and mind with your Peace. In the Matchless Name of Jesus, Amen.

