

Happy Day and welcome to Day 2 of our 30-Day Journey.

I hope you had a successful first day. If not, no worries. You can begin again today, because God's Mercies are "new every morning, and Great is His Faithfulness."
(Lamentations 3:22-23)

Morning Thought:

"Sometimes you think you need faith for the whole journey, when all you need is faith for the next step."

Let's continue this journey step by step. My Day-2 Reflection is attached.
I pray that you each will hear God today. Enjoy your Sunday service.
Pray for me, as I pray for you,



Thirty Day Journey

Day 2

Verse of the Day:

“So whether you eat or drink, or whatever you do, do it all for the Glory of God.” (1 Corinthians 10:31 NIV)

Reflection:

Today’s verse reminds us, that anything and everything that we attempt to do, should all be done for the Glory of God. WOW! Now that’s something to think about. Have you embarked upon this 30-Day Journey for the “Glory of God?” Are you expecting life changing results; and/or major spiritual and emotional breakthroughs? Is your focus on vain reasons, such as primarily losing weight to fit into that fantastic new outfit; or are you expecting a mind shift in what you choose to feed your body, which will result in a lifetime of health and energy? Remember, God knows and searches our hearts. What’s the beat of your heart today?

As you spend time with our Lord today, lovingly dedicate your body to God; for it is the “Temple of the Holy Ghost”. Give to God, everything that you choose to eat and drink, so that your body will respond in vibrant health and energy in order for you to bring our Lord Glory. Submit your body before God, as a “living sacrifice.” Remember, you are a beloved child of God; and God our Father, lovingly takes care of you now and forevermore.

Prayer:

Lord, help us to remember that our bodies are the “Temple of the Holy Ghost.” Help us to be mindful, that “we are not our own,” and that “we have been bought with a price.” We present our bodies before you as living sacrifices. Help us to be mindful of what we feed not only our bodies; but also our spirits, souls, and minds. Help us to glorify You, in all that we do today, and forevermore. In Jesus’ Name, Amen.

