

## MID-WEEK MINDFULNESS

April 1st, 2020

Psalm 77: 11

No doubt about it. This has been a most unusual month. We've all had more time to ponder, more time to be locked in than we've ever wanted. Maybe even, more time to be frustrated and possibly even depressed. This has been a challenging time. If you're in need of someone to talk to, someone who will listen to what's going on inside you, please feel free to give me a call. I've got some extra time on my hands.

Going back to time to ponder and reflect I've found myself gravitating to one special word and idea over and over. It seems to pop up in some interesting ways and at some unusual times. What's that ONE WORD you ask?

## REMEMBER

It's a great faith-filled word and source of perspective. It's the word I want you to remember always.

*"I will remember the deeds of the Lord: yes, I will remember your miracles of long ago."  
(Psalm 77:11)*

*Or*

*"But recall those earlier days...when you endured a hard struggle... (Hebrews 10:32)*

*Or*

*"Do this in remembrance of me." (Luke 22: 19)*

There is great wisdom and strength in remembering and yet often we forget. We forget when life gets tough; when the odds seem to be stacked against; when we get distracted or caught up in just ourselves, we often forget. What we forget most often is that God is on our side...that God is seeking to protect and strengthen us...that God has blessings for us even when we don't feel blessed.

## **THIS WEEK REMEMBER:**

**Make a list of the most significant people who've entered your life  
- remember them.**

**Call up a past experience that brought you great joy - remember it and how it felt.**

**REMEMBER that God Loves You and there is nothing you can do about it.  
Share that with someone this week.**

For your listening pleasure check out [this song by Lauren Daigle](#).  
It will help you ***remember***.