

## Praying Through This Week 19<sup>th</sup> September 2021



**“...Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength.”** Nehemiah 8:10

Whatever we may be grieving ...the loss of a loved one, missed opportunities, good health, times past... we can take heart – for the joy of the Lord is our strength.

Nehemiah encouraged the people to celebrate, feast and worship God and to include others by sharing with them. In giving of ourselves to others and praising God in worship, we can open ourselves up to God filling us with His joy.

Joy is everlasting; we can carry it with us. It can come from an internal delight in knowing and enjoying a relationship with Jesus...a sense of the overflowing of awe and wonder of His goodness and love, whatever our circumstances.

- Pray, perhaps, for the ability to keep God at the centre of our being, the purpose of who and what we live for and the values by which we live by?
- Can we keep our eyes fixed on Jesus knowing that there will be troubles and sad times, sure in the knowledge that **“...weeping may remain for a night, but rejoicing comes in the morning.”** Psalm 30:5?

**“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,”** Psalm 30:11

Rachel Cheffy

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