**Praying Through This Week 15th August 2022**

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As we reflect this week, can we recall times we read about in the gospels when Jesus may have been happy…?

• Playing as a young boy in his home town…

• Walking along the shore with his disciples, the waves gently lapping against his feet…

• Spending time with close friends Mary, Martha, Lazarus…

• In the boat on the sea of Galilee, gazing into a starlit sky…

• Withdrawing from the crowds to spend time in prayer…

• … others that may be arising in you…?

Perhaps bring these moments into your prayer this week…and give thanks for Jesus, for his humanness, for the happiness he can bring us despite our earthly circumstances?

Gratefulness can lead to happiness…Psalm 103 reminds us of all God does and is for us. In reflecting on this, our hearts may be filled with thankfulness and praise … and happiness, … I wonder…?

**“Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits** -” Psalm 103:1-2

Rachel Cheffy

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