

# Good News Daily

April 24-30, 2016

## Sunday, April 24

Hebrews 12:1-14 *Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness.* (v.10 NIV)

I've been discouraged lately, as things have not been going well for me. After two difficult sieges of influenza, I was extremely weak, discouraged, and—to top things off—anemic! I often cried out to the Lord for his mercy and healing, but my prayers seemed in vain.

I started having trouble with pain in my knees after a hard fall a year and a half ago. This additional trial had me grumbling and feeling very sorry for myself.

Today's Scripture from Hebrews encouraged me: "Therefore, strengthen your feeble arms and weak knees. Make level paths for your feet so that the lame may not be disabled, but rather healed" (vv.12-13). Aha! Now I am beginning to understand just what the Lord is trying to get across to me! Instead of moping around, grumbling, and feeling sorry for myself, I must get up and move, trusting that God will take care of my issues! He has blessed me with renewed enthusiasm and strength.

Leviticus 8:1-13, 30-36; Psalms 24, 29; Luke 4:16-30

**Birthdays:** Rosemarie Demmons, Tiann Jaide Harris, Wanda Kitchens, Florence Russell, Farah Tippenhauer/Khan and Kevin Walford

**Anniversaries:** None

## Monday, April 25

Psalms 57 *Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.* (v.1)

This Scripture has been one that has given me great comfort and assurance! As I allow the Lord to strengthen and heal my body and soul, I am blessed beyond my understanding.

How amazing it is for me to rest in the Lord, take refuge in Him, and saturate my soul with His presence! It truly brings me to a fullness of joy, and suddenly I feel stronger. Instead of grumbling about my condition, I rest in Him, and allow my body to receive His peace, comfort, healing and strength.

As I continue to rest in Him, my once depleted energy returns, as joy and thanksgiving fill my thankful heart! Thank You, dear Lord, for Your mercy and faithfulness.

Leviticus 16:1-19; Psalms 56, 58; 1 Thessalonians 4:13-18; Matthew 6:1-6, 16-18

**Birthdays:** John Howe and Norma Townsend

**Anniversaries:** Mr. & Mrs. John Howe

## Tuesday, April 26

Psalms 62 *My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.* (vv.1-2)

Serious illness in a family or one's self can shake an individual to the core! It caused me to grumble and to cry out, "Where are you, God? Why have you deserted and forsaken me?"

Like a spoiled child, I whine and complain about my circumstances! I have learned that I must not look at the way things *seem* to be. I have to deliberately turn off my mind to those circumstances, and find a quiet place to be with the Lord. In silence, I can rest in the Lord's presence, and deliberately allow praise to well up within me.

Within minutes, my mind is quieted and my body relaxes. Peace soon encompasses my entire being, and praise comes forth from my lips. A calming presence descends upon me, as I rest in His love and strength. I am saturated in His holy presence! Then I am able to easily let go of my burdens.

Leviticus 16:20-34; Psalm 61; 1 Thessalonians 5:1-11; Matthew 6:7-15

**Birthdays:** Ronald Carey and John Quinn

**Anniversaries:** None

## Wednesday, April 27

1 Thessalonians 5:12-28 *Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.* (v.16)

I don't know about you, but it is difficult, if not humanly impossible for me to give thanks in *all* situations. My tendency is to grumble and declare, "Woe is me! Poor, pitiful me!" The grumbling and self-pity only seem to further agitate me.

God calls us to forget the drama and the wallowing in self-pity, and to focus on Him. I must allow Him to work out my problems, open up to Him so that He can flood me with His presence and peace. By resting in His presence, I am then truly able to "let go and let God," as the saying goes. I must continually remember and rehearse, "The one who calls you is faithful, and he will do it!" (1 Thessalonians 5:24).

Leviticus 19:1-18; Psalm 72; Matthew 6:19-24

**Birthdays:** Norma Belgrave, Gabriel Belnavis, Jason Hopper and Winnifred Howell

**Anniversaries:** None

### **Thursday, April 28**

Matthew 6:25-34 *"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?"*(vv.26-27)

I can become a worrywart if I allow myself the freedom to fret. My mind runs away with oodles of "what ifs," and, before I realize it, I am wallowing in self-pity, which soon can turn into fear. I can't allow fear to dominate my life. If I do, then I have thrown faith and trust in Jesus out the door.

The Lord desires that I let go of the anxiety and not allow my mind to give room to fear of the future. I must keep my mind focused on Him, and allow His Spirit to permeate my mind and heart. As I rest in Him, I can trust that all will be well. As I delve into His Word, it soothes my soul and ministers to my troubled spirit.

Leviticus 19:26-37; Psalms 70, 71; 2 Thessalonians 1:1-12; Matthew 6:25-34

**Birthdays:** Sharon Lacey, Raphael Parris, Simeon Roach, Raymond Russell and Lucy Whitelocke

**Anniversaries:** None

### **Friday, April 29**

Psalm 106:1-18 *He rebuked the Red Sea, and it dried up; he led them through the depths as through a desert. He saved them from the hand of the foe; from the hand of the enemy he redeemed them.* (vv.9-10)

We are in a battle. The enemy desires to defeat us—to make our bodies ill, to overcome our faith, and to stamp out our love for Jesus! The enemy is relentless in his pursuit of and attack on us. We must rebuke the enemy and not waver in our trust in God!

Sometimes it is difficult to maintain our faith, when we are assaulted on all fronts and our body is weak. We must remember that God is faithful, and will not desert us in our time of need—no, never! He is our beloved Lord, who loves us.

Leviticus 23:1-22; 2 Thessalonians 2:1-17; Matthew 7:1-12

**Birthdays:** Errol Champagne, Rev. Albert Cutie', Carolyn Muehl, Linda Spillers, Gloria Sprung and Andrea Trotman

**Anniversaries:** None

### **Saturday, April 30**

Psalm 75 *You say, "I choose the appointed time; it is I who judge uprightly. When the earth and all its people quake, it is I who hold its pillars firm."*(vv.2-3)

It has been amazing and alarming to me to watch and read about the news of extreme weather conditions in various parts of the country. Surely it is unsettling to all of us, and gets me wondering, "Is God exhibiting His anger and wrath through the violent weather patterns we have been seeing?" Are there things going on in our country that would cause God's anger and outrage? Certainly there have been those who defy God and His Word. For example, things like forcing the removal of the Ten Commandments in a certain state, rampant promiscuity, areas where the sanctity of marriage is ignored, alternate lifestyles and unions promoted, and proliferation of drug use, to name a few.

Could these things be enough to warrant God's wrath and punishment? I truly don't know. However, the signs indicate that we should humble ourselves and pray fervently for healing and revival in our land.

Leviticus 23:23-44; Psalm 76; 2 Thessalonians 3:1-18; Matthew 7:13-21

**Birthdays:** Ava Comissiong, William Kiefhaber, Chrostopher McGowan and Winston Plummer

**Anniversaries:** None

*by Carolyn Petersen*

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