

## **SPIRITUAL TASK – THINK OF THE LORD** (Psalm 16)

*by the Rev. Martie Johnson*

**Story** “I am always thinking of the Lord; and because he is so near, I never need to stumble or to fall. Heart, body, and soul are filled with joy.”

**Meaning** The Lord wants us to be happy from the inside out. We have nothing to worry about in this life when we live our lives in the happiness that the world offers when we are mindful of being guided by the Lord's way for us. Our hearts, minds and bodies are free in this world to partake of this world, just remember that when we indulge the pleasures without regard to anything or anyone, we can be carried away by that pleasure and end up serving it and ourselves.

**Task** So, Don't Worry, Be Happy! This week, remember that the Lord loves us and He told us in John that He came that we may have life and have it more abundantly. The Lord said "These things I have spoken to you that my joy may remain in you and that your joy may be full". Do something joyful this week for just you or pick up the phone and call a friend and do it together. Look at your life and enjoy it. Stop and smell the roses! You are a child of God, make a choice this week to enjoy that fact!