

Wednesday 2<sup>nd</sup> February 2022

*Ephesians 3:14*; NIV. "For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name".

What happens when life gets really hectic and time just runs away from us?

We often forget the good things we have in life; blessings we have been given by God. It's these very blessings i.e. our children which are often the cause of our lives being so hectic taken them to meetings and clubs up hill and down dale, often leaving very little time for ourselves. Maybe that is when all feelings of being blessed go out the window. That really is when we are letting the stress get the better of us, and we do not take time to remember the little things in life which are far more important.

Just saying thank you to someone or taking the time to stop and pray to God to relieve the stress; we just need to take the time to open up communication with God. He will hear us He will be listening for our prayers, it is a two - way system when praying, we can speak and God will listen or we can listen for his word, to assist us when life is running us not us running our lives. There are no set ways to pray, we can pray at any time or anywhere, short or long prayers it does not matter. We just know we are communicating with our Lord and God and in doing so we will be blessed through God's Holy Spirit renewing us to remember that the gifts we are given either big or small are very much our blessings. We must take the time to really appreciate all that we have and the blessings we can give to others through the love of Jesus Christ. After all that is his one commandment to love one another as he loved us. Let us remember to take time out and just feel the blessings flowing free to each one of us and to thank our God for all his love to us.

Loving Father, we pray for time to appreciate all the blessings which abound throughout our lives. We give you our grateful thanks for the good gifts you have given us and we pray we may pass to others the love of your Son Jesus Christ. Amen.