

Good morning, Church. Daily Reading, Proverbs 16.

Psalm 34:1-3 "I will bless the Lord at all times;

his praise shall continually be in my mouth.

My soul makes its boast in the Lord;

let the humble hear and be glad.

Oh, magnify the Lord with me,

and let us exalt his name together!" (ESV)

Praise #2. From Donna Mc. Here's my story about how God

helped me through a terrible crisis. I had finally, after much worry and prayer, decided to have knee replacement surgery. As a retired nurse with over 40 years of experience, I thought I was very prepared & ready for this. I forgot that taking care of a surgical patient was much different from being a surgical patient. As I was getting ready and waiting to go to the operating room, I prayed and felt great about the whole thing. I was doing pretty well until I was in the actual surgical suite. Lying on the table, paralyzed from the waist down due to the spinal anesthesia,

I felt terror and panic. It became a "What was I thinking" moment. As I was contemplating how to get out of there, I realized the only thing that could help me was to pray. In my prayer, I asked God to please relieve my anxiety and bring me peace. As I did this, I could almost feel the healing hand of God on me. I felt His love and compassion

surrounding me, and suddenly I realized that He had been there all of the time. All I needed to do was keep my mind and heart centered on God. The surgery was a big success. Even the surgeon was impressed with how well I did during and after the procedure. Remembering to turn to God accomplished two things that day. Not only did His presence help me through a most difficult time, but it

reminded me that in any moment when I really needed Him, He was already there... always and forever. All I had to do was reach out to Him.

I hope my story will be of some use to you and others.

