

# THOSE DAYS

Sometimes we have what I refer to as one of "those days!" These are the kinds of days when it seems we are feeling:

- unlucky rather than lucky,
- discouraged rather than encouraged,
- weak rather than strong,
- fearful and anxious rather than at peace,
- unhappy rather than happy.

We all have "those days." When we do we think nothing is going to change our feelings or outlook. On one of "those days" recently God found a creative way to make me feel better. A few weeks ago, while I was greeting people at the door after the church service a person handed me a piece of paper upon which was written a passage of Scripture. I looked at the note at the time and thanked the person for doing this. I put it in the pocket of my shirt and forgot all about it. On one of "those days" recently I reached for that shirt and rediscovered the passage that had been given to me. I read it more closely this time and realized God meant for me to find this note when I did in order to encourage me. The passage that had been given to me was from Joshua 1:9:

**Have I not commanded you, be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God is with you wherever you go.**

This passage is a favourite of mine and God realized I needed to be reminded about its assurances on one of "those days" I was experiencing. My frown quickly turned to a smile and my discouragement changed into encouragement seeing God's presence and love being shown at a much-needed moment.

My experience on one of "those days" recently is a reminder how God is watching over us and fully aware of what we are going through on any given day. It is easy on "those days" to think God has forgotten about us or turned His glance from us. The best thing we can do in these moments is to pray and let Him remind us He is with us wherever we go.

A woman named Hannah took this approach in 1 Samuel 1. A priest named Eli happened to notice Hannah while she was praying on one of "those days." She shared with Eli what prompted her to pray: **But I am very discouraged, and I was pouring out my heart to the Lord. For I have been praying out of great anguish and sorrow. (1 Samuel 1:15,16)** After spending time in prayer, and arranging for her to have this conversation with Eli, God helped Hannah to no longer be sad. One of "those days" quickly turned into a better day for Hannah because the Lord her God was with her. We can count on God to do the same for us on "those days." A piece of paper rediscovered in a shirt pocket was God's way of doing that for me.

Keep safe and God bless,

Pastor Dean