



DAY 1 | May 1, 2020

Scripture

“Worship the Lord your God, and His blessing will be on your food and water. He will take away sickness from among you.” — **EXODUS 23:25**

Insight

As we begin this next leg of our journey, we'll start with a blessing I've noticed growing all around us: **the fact that people, in their quarantine, are finding their lives focusing on their faith more than ever.** With time on their hands and worry in their hearts, we're finding ourselves trying to make sense of it all, recognizing that the only answers that make any sense come from a God who loves us. When the world is moving fast and when things are going well, our tendency is to focus on ourselves, our success, our “next thing.” This verse in Exodus reminds us of God's great love — as we turn to him (a blessing in our lives), he turns around and blesses us; He even promises to “take away sickness from among you.” That could have been written just for us, just for now. What a blessing!

Prayer

HEAVENLY FATHER, while we remain challenged with all that is going on around us, we want to thank you for drawing us close to you. Lives have slowed down, in many cases, causing us to find time to find you. Lives have sped up to a frantic pace for those on the front lines, causing us to reach out to you for all we need. In either case, **we're blessed by refocusing our eyes and hearts on you. And while we're blessed by that in our lives and in the lives of those we care about, we're doubly blessed by your promise to bless us as we draw close to you.** Once again, your amazing love for us comes through. Thank you. **AMEN.**