



DAY 12 | May 12, 2020

Scripture

“Praise be to the Lord, for He has heard my cry for mercy. The Lord is my strength and shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise Him.” — **PSALM 28: 6-7**

Inspiration

The Psalm's of David often start in despair and lead to joy. They often start with this shepherd-turned-king just pouring out his heart full of troubles and even darkness, but often end in acknowledgement of **God's provision and blessings**. These days, it seems like we, too, can go back and forth between pessimism and optimism, despair and happiness — a weird emotional roller coaster that we wish could just stop. But like David, we always end up with the recognition that we trust God as our **“strength and shield.”** And when we get there, we find unexpected joy! God does that for us time and again — so trust and celebrate all that God does for us!

Prayer

HEAVENLY FATHER, we go from despair to happiness, from fear to joy these days like a child on a swing — back and forth we go. Thank you for reminding us that **we can trust in you, and that your strength is always there for us when we need it**, wiping away our tears and filling us with joy! Thank you for anticipating those times and needs in our lives, and lovingly providing the gifts and blessings we need in advance. Help us to be agents of the joy you give us, knowing that the world around us so badly needs it, too! **AMEN.**

Real Blessings

“A couple of weeks after getting a puppy (in February – before the stay home order), we were regretting it with all the work and responsibility! But since then, we've found this puppy is adding love and joy to our home when we really needed it! I'm thankful that God knew before we did that this puppy would be what we needed during this time.”

— **MICHAEL MARIE BENTLEY**
HR Benefits Manager