
PRAYER TO CARRY TODAY
RUNNING ON EMPTY?
HIS HAND IS OPEN.
Lord, I am hungry for more than food. Help me receive from Your hand.
"The eyes of all wait for you. You give them their food in due season. You open your hand, and satisfy the desire of every living thing."
PSALMS 145:15-16 WEB
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PRAYER TO CARRY TODAY

AN OPEN HAND AT NOON

Midday has a way of emptying you out. The morning's energy is spent, the afternoon is still ahead, and you're running on coffee and whatever is left. It's easy to eat at your desk without tasting anything and keep going.

Psalm 145 pictures every living thing looking toward God at once, and Him answering not with a careful ration but with an open hand: “You open your hand, and satisfy the desire of every living thing” (Psalm 145:16). That takes in the sparrows, and it takes in you, halfway through a long day. His hand doesn't open once and close again. It stays open.

Take your lunch away from the screen today, even for ten minutes. Before the first bite, thank Him for it, and ask Him to fill whatever else is running low.

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SCRIPTURE

The eyes of all wait for you. You give them their food in due season. You open your hand, and satisfy the desire of every living thing.

PSALMS 145:15-16 (WEB)

A PRAYER FOR TODAY

Lord, I'm spent and the day isn't over. Like the sparrows, I'm looking to Your open hand. Satisfy what I can't refill.

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