PRAYER TO CARRY TODAY

# LOOK UP.

## HIS FAVOUR SPANS YOUR WHOLE LIFE.

Lord, today ended under Your favour. Thank You for every promise You keep.

"For his anger is but for a moment. His favour is for a lifetime."

PSALMS 30:5 WEB

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PRAYER TO CARRY TODAY

# A PROMISE OVER THE WHOLE DAY

By evening, the day has added itself up. Some of it went the way you hoped. Some of it didn't, and you may still feel the sting of a conversation, a mistake, a moment that felt heavier than it should have.

Psalm 30 shows those moments at their true size. David knew what it was to feel God's displeasure, and he says it lasts a moment. His favour lasts a lifetime. The Bible drew that shape long before David sang it: after the flood, God set His rainbow in the cloud as a sign that His promise would outlast the storm. The hard part of today is real, but it isn't the whole sky.

## PRAYER TO CARRY TODAY

On your way home this evening, or from a window if you're already in, look up once. Then name three things from today that came from His favour, however small. Let those be the last things you count before the day closes.

PRAYER TO CARRY TODAY

SCRIPTURE

For his anger is but for a moment. His favour is for a lifetime.

PSALMS 30:5 (WEB)

A PRAYER FOR TODAY

Lord, I'm tired, and today had its hard parts. Stretch Your favour over all of it, and teach me to look up when the day is done.

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