PRAYER TO CARRY TODAY

THE JOY IS HIS.
THE STRENGTH IS YOURS.

Lord, fill my plate with Your joy. Give me enough to share.

"...the joy of the LORD is your strength."

NEHEMIAH 8:10 WEB

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PRAYER TO CARRY TODAY

JOY THAT HOLDS YOU UP

It's the middle of the day and you're running flat. Not sad exactly, just low, like there's nothing left in the tank to give anyone else.

When Israel first heard God's law read aloud, they wept. Nehemiah didn't tell them to pretend. He told them to eat, drink something sweet and send food to anyone who had nothing ready, because the day belonged to God. Then, in Nehemiah 8:10, he gives the reason: “the joy of the LORD is your strength.” That joy isn't a feeling you have to work up. It's His. It doesn't run out by lunchtime, and it holds you up when you can't hold yourself.

So do what they did. Before this afternoon ends, share a meal or a coffee with someone, or send something to a person who has nothing prepared today. Joy grows in the giving.



PRAYER TO CARRY TODAY

SCRIPTURE

...the joy of the LORD is your strength.

NEHEMIAH 8:10 (WEB)

A PRAYER FOR TODAY

Lord, I'm running flat. Your joy is my strength, so fill me up. Show me whose table is empty, and help me fill it.

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