

## 21T23 Bad Day

Hello my friends. Thanks for joining me @ the PUNLA coffee table today.

Have you ever just had one of those days? I know I do from time to time. Sometimes things just happen, and you can get this intense sense out of your head. It can only be explained as melancholy. Sad, frustrated, scared, oh did I say sad.

I have had times in my life when I had a lot of these days. Since I was in the hospital with COVID and then kidney stones, it had been different. Then midway through my day, bang it hit me. That feeling. That bad mood. That feeling of despair. I struggled to figure out what was sending me into the doldrums.

As I stewed about my mood, I realized too often all you see is smiles and laughs on the screen. The professionals on TV and online make you wonder, why can't I feel like that. Truth is every one of those people you watch have moments, days and even years. They have the same feelings you have. We are all human. Life is hard and sometimes we forget its hard for everyone. Even those we watch.

I'm here to tell you, I have those days too. When things don't go according to my plan. I get grumpy. I let something or someone steal my joy and I often steal others joy in return.

I could tell you; you are blessed by God. But when you don't feel it, you don't want to hear it either. So, what do we do?

My first suggestion is take it to God. "God I'm in a bad mood, about xyz" or "Father, this is really scaring me". Then sit and listen. Listen quietly. Maybe get outside for a moment and watch a bird or the clouds. Just take in God's creation. Then find at least ten things you are thankful to God for. 1) God thank you for hearing me, 2) thank you for my wife, 3) thank you for allowing me to have children, 4) Thank you for my family, my parents and siblings who support me. 5) Thank you for the food you made available for me and my family to eat today. 6) Thank you for the home you have made available for my family to live in. 7) thank you for the clothing you have giving me. 8) thank you for air conditioning, 9) thank you for my car, 10) and keep going as long as you can. Then turn your attention to Jesus. Thank you Lord for forgiving me for xxx and you can fill in the blanks, Thank you Lord for wanting a relationship with me. Thank you for making a way for me to be with you. Thank you for dying for me. Thank you for saving me. Thank you for hearing me.

Next remember who God is. Father God, I know you made all things. I know you know all things. I know you are in control of all things. I know you can do all things. And keep going. Remind yourself who God is.

Now you are ready to pray about your situation.

**Heavenly Father. I'm a mess today father. I've lost my focus on you and allowed the turmoil of life to take away my joy. Please Lord help me fix my gaze on you. Give me the words, thoughts, deeds to help me in my day. This day. Thank you for all you do for me Lord. I trust you and pray in your name Lord Jesus, Amen.**

The scripture that came to my mind was one that is dear to me. From Mark 9:24 *The father instantly cried out, "I do believe, but help me overcome my unbelief!"*

I think this is one of my most favorite scripture stories because I can relate. A man is brought to Jesus who has a demon possessed child. Through the course of the conversation Jesus says “if you believe” it is possible. The man spontaneously says, yes, I believe, then says something remarkable. “help me overcome my unbelief.” This is just how we need to be. I trust you Jesus, help me trust you Lord. I believe you Jesus, help my unbelief.

Today was one of those days for me. I can't be certain, but I was at the store buying some pipe. Two years ago, the pipe would have been about \$2 a piece, today it was nearly \$7. I was stunned. I had heard about the prices out of control, but I had been pretty sheltered. Suddenly, I saw this. 3.5 times. I thought I'm not paid 3.5 times what I was 2 years ago. In fact, I make a lot less than I did 2 years ago. My thoughts whirled for a moment as I thought about the reality of this. For me, for my family, for people I know and for our charity work. I let Satan whisper in my ear. You're not enough. You won't be able to pay your bills. You better give up and sell your house. Defeat, despair, defeat, despair, defeat, defeat. Fear, frustration, then despondency.

How pathetic am I. Like a little crying baby. But then I struggled and turned my attention back to Jesus. I'll be honest I did not succeed for a long while. I kept thinking about the promises of Jesus. “I'll provide for your needs.” But Lord, I like my luxuries. Jesus says, “I'll take care of your needs”. But Lord, what if I can't buy ice cream or soda pop. Jesus says, “I'll take care of you.” Deep sigh....Okay Lord. I believe you Lord Jesus, help me Lord to overcome my unbelief.

Thank you for joining me @ the PUNLA Coffee Table. You are not alone in your bad days, even when you seem so isolated. I'm right there with you in the next door isolation chamber. All we need to do is get up and open the door. Jesus is waiting. He's telling us; “I got this child.”

Take time today to read the poem “Footprints in the Sand” I'll include a link on the website. It will brighten your mood.

Hope, Joy, Peace and Assurance.  
See you next time @ the PUNLA Coffee Table.  
God's blessings my friends.

LINKS  
Footprints poem