

NAOMI - RUTH CONNECTION

LESSON THIRTY-FOUR COMMENTS

Dear Loved Ones,

Do you ever have days in which everything seems to hit your emotions a little harder than usual?

In today's lesson, Ruth was filled with emotions as she **"fell on her face and bowed herself to the ground, and said unto him, Why have I found grace in thine eyes, that thou shouldest take knowledge of me, seeing I am a stranger?"** The words that came to my mind when I reviewed this phrase were intense humility and gratefulness. In a world in which entitlement seems to be a more common attitude, this is not a typical behavior of our times. Most of us have not had to beg for food or felt like outcasts, yet some have felt some of these feelings of unacceptance for some reason. We each have a choice to make in how we respond. We are each presented with the offer of redemption and a renewed life or to stay in our comfortable place of despair with an attitude of wanting to do everything on our own.

Jesus, our redeemer, came to give grace, mercy, life abundantly on earth, and even eternal life. We don't deserve it, yet God, who owns the world, still reaches out to us to offer His unlimited resources.

It is our choice. Do we want to continue to dwell in emotional poverty, and maybe accept feelings of being victims or depression? Or do we acknowledge that even though we don't deserve everything that God wants to give us, we can and accept His offer and bow before Him in gratitude as we accept His offer to redeem us and give us hope?

By submitting to God's wonderful plan, we can also daily choose to praise God for His many blessings or choose to live by them or not. It is our great privilege to reach out to Him with a humble attitude and gratefulness to accept His constant love and care.

Sandy provided a perfect verse to concentrate on:

"I will sing of the mercies of the Lord forever: with my mouth will I make known thy faithfulness to all generations." Psalm 89:1

Let's make today and everyday a day of praise. It is hard to feel depressed while you are offering sincere praise. It is also hard to hold onto anger, unforgiveness and pity while we are praying for someone or praising God in the midst of our circumstances as He requires. (*Ephesians 5:20-In everything give thanks to God the Father in the name of our Lord Jesus Christ.*)

I know that it is not always easy, but the more we practice this attitude, the more we open doors for God's blessings and give God a chance to heal our hearts and sometimes even change our circumstances. Either way, we don't have to remain in the feelings of depressions or the feelings of being victims no matter what we are facing. God wants to not only meet our needs, but also use our circumstances for our good and His glory. (*Romans 5:28- "And we know that Gods causes everything to work together for the good of those who love God and are called according to His purpose."*)

Before God led me to give it to someone with cancer, I kept a cherished cup at my work desk to be my reminder in my times of stress. It said, that I should give my cares to Him because he cares. He's got this. He will not need my help. I don't have the exact words, but I really appreciated that reminder. I just needed to remember to give those cares to Him. (1 Peter 5:7. "Casting all your cares on Him, for He cares for you.")

I am also still learning and daily trying to get better at casting those cares on Him. I hope we can each grow closer to Him as we learn to humbly and sincerely become more grateful each day.

Have a very joy-filled blessed day being grateful for your redeemer and provider.

Love and prayers,

Sandy Yates