

M&M Monday 7,10,2017
*Meditation and Motivation
through Bible verse and prayer
to help you get through your Monday!*

Ephesians 5:8-10 - for at one time you were darkness, but now you are light in the Lord. Walk as children of light⁹ (for the fruit of light is found in all that is good and right and true),¹⁰ and try to discern what is pleasing to the Lord.

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So this week, I pray that each of us continue forward in the fruit of light that is found in what is good and right and true. I also pray that we take each day discerning what is pleasing and walking away from temptations as much as we turn towards Him, He provides the answers.

**Father God, You know us. You alone hold the key to our hearts and You can know our thoughts and help us through this week to move in goodness, in righteousness, and truth. We ask for Jesus to be seen in us as much as possible and Holy Spirit, we lean on You for discernment when we wake up - each morning You give us breath. We love you - in Jesus name, Amen.**