

Jesus Calling by Sarah Young

Enjoying Peace in His Presence

February 2, 2017

Tidbit from Rachael:[I was talking about this very thing on Tuesday, allowing ourselves to get so caught up with the cares of this world that we can become unstable and hear me... I know we all have lives and we have to keep on keepin' on - to make ends meet and we have families and goals, and agendas and appointments. I'm all too familiar with being busy – it's why I looked to the devotional from *Sarah Young* for Thursdays **Cup of J.O.E.**! I pray this devotional blesses us all for there will be times when we need to lean on others to carry us through.]

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I AM RENEWING YOUR MIND.

When your thoughts flow freely, they tend to move toward problems. Your focus gets snagged on a given problem, circling round and round it in attempts to gain mastery.

Your energy is drained away from other matters through this negative focus. Worst of all, you lose sight of Me.

A renewed mind is Presence-focused. Train your mind to seek Me in every moment, every situation. Sometimes you can find Me in your surroundings: a lilting birdsong, a loved one's smile, golden sunlight.

At other times, you must draw inward to find Me. I am always present in your spirit. Seek My Face, speak to Me, and I will light up your mind.

**ROMANS 12 : 2 - Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**

**PSALM 105 : 4 - Look to the LORD and his strength; seek his face always.**

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Devotional taken from "Jesus Calling" - Enjoying Peace in His Presence by Sarah Young