

JANUARY 2



RELAX IN MY HEALING PRESENCE. As you spend time with Me, your thoughts tend to jump ahead to today's plans and problems. Bring your mind back to Me for refreshment and renewal. Let the Light of My Presence soak into you as you focus your thoughts on Me. Thus I equip you to face whatever the day brings. This sacrifice of time pleases Me and strengthens you. Do not skimp on our time together. Resist the clamor of tasks waiting to be done. *You have chosen what is better, and it will not be taken away from you.*

Blessed are those who have learned to acclaim you, who walk in the light of your presence, O LORD. —PSALM 89:15

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

She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." —LUKE 10:39–42