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RENEWED EVERY MORNING

I have been told that our bodies renew themselves while we sleep. We need rest every night for this to take place. I have noticed that there is loss of weight also through respiration. You might say that God "renews" us every night as we sleep. How He does that is beyond my comprehension, but since He is the master designer of our bodies, I am sure that it is done with great preciseness. He knows exactly what we need. Sleep relieves stress and respiration allows us to get rid of toxins that build up.

In the English Standard Version of the Bible in Lamentations 3:22-23 it says, ***"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."*** God renews his mercy to us every morning. Each day is a fresh new start for us if we let go of yesterdays disappointments, victories and even failures. Every day we are renewed spiritually just like our bodies are renewed physically. Oh, what an awesome God we serve.

If you are in a place of despair, remember you don't have to stay there! God wants to bring renewal to you daily, physically, and spiritually. There are so many promises for the believer in the bible, but it is up to us to receive them by faith. I am thankful he renews me every day and I pray that he does the same for you too!