



***In the freshness of the morning and in the weariness of the evening***

Each of us greets a new day differently, depending upon how we feel or what we have on the agenda for that day. Will it be filled with stressful things? Will it be boring because nothing interesting is on the horizon? Will we have many personal contacts? If so what should we expect from each of them? Each day brings different things into our attention arena.

Stop for a moment and evaluate what is on your agenda for today. Then give it a positive twist, perceiving it as an opportunity for you to do something positive and provide you with the chance to grow in some capacity. Envision yourself as being blessed in some way because of the opportunity this day will provide for you to grow and learn. Then plan at the end of the day to reflect on what has happened to you and determine if you have maintained that positive twist on everything that came your way. It is always appropriate to give thanks for the day and for God's accompanying you through it. God's presence in our lives is always the gold nugget regardless of what else may come our way.