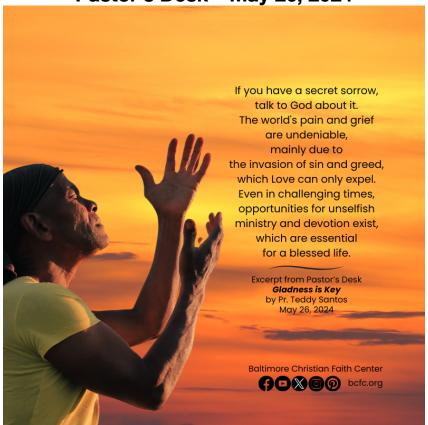
GLADNESS IS KEY Pastor's Desk – May 26, 2024



Nehemiah 8:12 "And all the people went their way to eat and drink, to send portions and rejoice greatly, because they understood the words that were declared to them."

Nehemiah 8:17 "So the whole assembly of those who had returned from the captivity made booths and sat under the booths; for since the days of Joshua the son of Nun until that day the children of Israel had not done so. And there was very great gladness."

Gladness is equal to health. Encouraging sick people to focus on the positive can significantly improve their well-being. Whenever we are optimistic and joyful, we are looking at things from a divine perspective and embracing some of God's eternal joy. Nehemiah 8:10: "Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for *this* day *is* holy to our Lord. Do not sorrow, for the joy of the LORD is your strength."

If you have a secret sorrow, talk to God about it. The world's pain and grief are undeniable, mainly due to the invasion of sin and greed, which Love can only expel. Even in challenging times, opportunities for unselfish ministry and devotion exist, which are essential for a blessed life.

God's Word is not just a book but a source of transformation and comfort. As we delve into its teachings, we will find that it brings new meaning to our lives, even during leisure time. It is like having the Son of Man walking beside us, applying its teachings until our hearts burn within us with understanding. In this light, all sadness and worry fade away!

At His service, Pr. Teddy Santos