

## *Good News Daily*

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### **Sunday, February 14**

Psalm 63 *I cling to you, your strong right hand holds me securely.* (v.8 NLT)

Anyone who has sailed knows that it isn't uncommon for a storm to seem to appear from out of nowhere. One second, you are racing under a partly cloudy sky and the next the rain is pelting you in sheets. If the angry wind catches you unaware it can flip your boat in an instant.

Needless to say, trying to desperately cling to a capsized boat in stormy weather can be quite difficult. However, you know that cling you must. Because getting separated from the boat leaves you open to the storm's fury without any form of protection.

The same can be said about the storms of life. We can be cruising along in everyday life when suddenly we are capsized by an unexpected storm (e.g. a scary diagnosis, the death of a loved one, the loss of a job). Thankfully, we can cling to the Lord's hand during these stormy times. He is our protection in the midst of the storm's fury. He holds us securely in His strong hands.

Daniel 9:3-10; Psalm 98; Hebrews 2:10-18; John 22:44-50

ANGLICAN CYCLE: PRAY for The Church of the Province of Central Africa [The Most Revd Albert Chama](#) Archbishop of Central Africa & Bishop of Northern Zambia

DIOCESAN CYCLE: The Church of the Holy Trinity, Danville; Sikonge Parish: The Rev. Denis Lawrence, Tabora, Tanzania; The Mission of St. Mary The Virgin, Villa Maria del Triunfo, Lima, Peru & supported missions, The Rev. Aurelio Rodriguez, Priest in Charge.

ST. MATTHEW'S: The birthdays of Julaine Ingersoll, Abby Larson, and Jarod Roberson

### **Monday, February 15**

Psalm 52 *Your tongue cuts like a sharp razor; you're an expert at telling lies. You love evil more than good and lies more than truth. You love to destroy others with your words, you liar!* (vv.2b-4)

Our words can be weapons or gifts.

I will never forget when an adult I trusted called me "Thunder Thighs." I was devastated. I took the words as truth believing that I had fat thighs. That lie planted itself in my mind where it grew deep roots of low self-esteem. I went from thinking that I had fat thighs to thinking I was fat and ugly in the space of a heartbeat. That lie eventually blossomed into a full blown eating disorder.

It wasn't until I went for healing prayer at the Glennon House that I was able to break free from the lies that had kept me weighed down in low self-esteem for years. I slowly began to see that the Lord believed that I was wonderfully and marvelously made (Psalm 139). I had to learn to listen to what the Lord had to say about me in His Word instead of listening to words of that adult all those years ago.

The Lord's words are truth. The Lord's words are gifts.

Genesis 37:1-11; Psalm 41; 1 Corinthians 1:1-19; Mark 1:1-13

ANGLICAN CYCLE: Asante-Mampong – (Ghana, West Africa) [The Rt Rev Dr Cyril Ben-Smith](#)

DIOCESAN CYCLE: Birthday of Nada, wife of The Rev Gregory Tournoux, Springfield.

ST. MATTHEW'S: Open the eyes of our faith, that we may behold him in all his redeeming work.

## **Tuesday, February 16**

1 Corinthians 1:20-31 *Remember, dear brothers and sisters, that few of you were wise in the world's eyes or powerful or wealthy when God called you. (v.26)*

Have you ever done something that people thought was absolutely crazy?

I only had two semesters until I finished my Masters in Social Work when I decided to quit. Needless to say, my teachers, family, and many of my friends thought I'd lost my mind! But I knew in my heart that God was calling me to do something else. For the first time in my life, I had complete peace about a decision.

When I walked away from the Masters program, I was told that it wasn't a *wise* decision to make. It made no sense whatsoever when viewed through worldly eyes. I mean, who quits school with only two semesters left?

That was over eleven years ago. I have been blessed to work for the Healing Ministry since that day. In that time, I've seen miracles. I've witnessed transformed lives. I've watched the Lord heal families.

It might not have appeared to be a *wise* decision, but it was definitely the right decision. And God has shown me that every day since then.

Genesis 37:12-24; Psalm 45; Mark 1:14-28

ANGLICAN CYCLE: Athabasca – (Rupert's Land, Canada) [The Rt Revd Fraser Lawton](#)

DIOCESAN CYCLE: Lord Jesus Christ, you are the Way, the Truth and the Life.

ST. MATTHEW'S: Do not leave us comfortless, but send us your Holy Spirit.

## **Wednesday, February 17**

Mark 1:29-45 *A man with leprosy came and knelt in front of Jesus, begging to be healed. "If you are willing, you can heal me and make me clean," he said. Moved with compassion, Jesus reached out and touched him. "I am willing," he said. "Be healed!" (vv.40-41)*

According to Jewish law, this man should have been calling out "Impure, Impure" and remained outside of the gathered group. In coming to Jesus, in the midst of the crowd, he risked being stoned to death. Yet, there he knelt in front of Jesus begging to be healed.

This man was willing to be a participant in his healing by doing whatever it took to ask Jesus to heal him. Jesus not only listened, but he reached out and touched this "impure" man. The man asked for healing and Jesus healed him.

Asking for healing can be a scary and humbling experience. I know it was scary for me when I went to the Healing Service for the first time to ask for prayer. I didn't want to have to ask for anyone's help—much less ask them for prayer. I had to become vulnerable before them as I told them my prayer needs.

The act of asking was the first step in my healing journey.

Genesis 37:25-36; Psalms 119:49-72; 1 Corinthians 2:1-13

ANGLICAN CYCLE: Atlanta – (Province IV, The Episcopal Church) [The Rt Rev Robert C Wright](#)

DIOCESAN CYCLE: Jesus, Bread of Life, help us to walk in your ways.

ST. MATTHEW'S: Come quickly to help us who are assaulted by many temptations.

## **Thursday, February 18**

Psalm 50 *Make thankfulness your sacrifice to God... But giving thanks is a sacrifice that truly honors me.* (vv.14a, 23a)

I will never forget the young woman who stood up at the Healing Services to sing praises to the Lord. There she stood as frail as can be, her body being destroyed by cancer, saying thank you to the Lord for a small miracle that had happened. Instead of focusing on the disease attacking her body, she chose to keep her eyes on the things in her life that she could thank the Lord about.

Her sacrifice of thanksgiving touched my heart and made me believe that a person can truly find joy in the Lord even in the midst of horrific circumstances.

Her example taught me how to find a way to be thankful during the dark hours of my life. Sometimes the only thing I could utter was, “Lord, thank You for this very second of being pain free.” I might not know what the next second would bring, but in that very moment I could give thanks.

I’m grateful for the young woman who taught me how to find thankfulness in the midst of life’s storms.

Genesis 39:1-23; 1 Corinthians 2:14—3:15; Mark 2:1-12

ANGLICAN CYCLE: Attooch – (Sudan) [The Rt Rev Moses Anur Ayom](#)

DIOCESAN CYCLE: Wedding anniversary of The Rt. Rev. Donald M. and Ann Hultstrand, Greenville, SC.

ST. MATTHEW’S: The birthday of Marisa Owens and the anniversary of Kathy & James LeBreton

## **Friday, February 19**

Mark 2:13-22 *When Jesus heard this, he told them, “Healthy people don’t need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners.”* (v.17)

For years, my excuse for not having a relationship with the Lord was because I hadn’t “gotten my life together yet.” I had decided that I couldn’t even consider looking to the Lord until I had gotten my act together.

What I didn’t realize was that God didn’t need me to get my act together to be in relationship with Him. He simply wanted me to seek Him out even while I was still a mess (sick). The Lord didn’t need me to fix myself up; He just needed me to show up.

The great thing about the Lord is that He will meet us where we are—at any given time. It doesn’t matter if it’s a good, bad, or ugly time in our lives; He will meet us there. Our role is to simply show up to meet Him. He will do the rest.

Genesis 40:1-23; Psalms 40, 54; 1 Corinthians 3:16-23

ANGLICAN CYCLE: Auckland – (Aotearoa NZ & Polynesia) [The Rt Rev Ross Bay](#)

DIOCESAN CYCLE: Lord, keep us in your power.

ST. MATTHEW’S: The birthday of Kenneth Barling

## **Saturday, February 20**

Psalm 55 *Give your burdens to the LORD, and He will take care of you.* (v.22a)

I once had a dream where I entered a tent. In the middle of the tent was the Lord’s altar. I walked up to the altar and placed my heavy bag of burdens on it. I then turned around and left the tent.

Unfortunately, in my dream, a couple of hours later I snuck back into the tent to snatch my burdens off of the altar. Instead of trusting that the Lord would take my burdens and care for me, I had begun to worry about the burdens. My worry is what sent me scurrying back to the tent.

When I woke up, I realized that I had been doing the exact same thing in my real life. I'd give my burdens to the Lord in prayer then I'd take them back as I worried some more about them. I needed to learn to trust that the Lord would take care of me when I gave Him those burdens. I had to leave them with Him once and for all—no more sneaking in and snatching them back!

Genesis 41:1-13; 1 Corinthians 4:1-7; Mark 2:23—3:6

ANGLICAN CYCLE: Aweil – (Sudan) [The Rt Rev Abraham Yel Nhial](#)

DIOCESAN CYCLE: Almighty God, to truly know you is everlasting life.

ST. MATTHEW'S: The birthdays of Laura Clark and Matthew Nadakavukaren

*by Kirsten Aufhammer*

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