

THOUGHT FOR THE DAY: Thursday 19th January 2023

By Revd Kit Gunasekera

Joy Bringers

Early yesterday morning, as I sat down for my prayer time, with the window open (!) I paused to listen to the beautiful bird songs from outside. A little while later, when I fed our cats, I paused to watch them eat, which brought me such joy. Later, as I went out of the house, I paused to admire the skill of a builder who is doing some work to our drive way, admiring the smoothness of his work. Later as I staggered breathlessly around the common, on my 'run', I was kept going by the skill and passion of some inspiring musicians blaring through my headphones!

I often think about when Jesus said, that he had come to bring life and life in all its fullness. I think He is talking about this life, as much as the life to come. Those things that lift our spirits, our hearts, inspire us and bring joy. They can be big things, of course, a new birth, a new job, a new relationship...but often, its found in the every day things, and the people we are with, not announced with any fanfare, but still surrounding us, and can go unnoticed, if the mind is not tuned in to appreciate them.

May we be alert, 'in the moment', to those 'messengers of joy', today. I find it helpful, when I pray in the morning, to review the day before, and to write down all that brought me joy.

BIBLE VERSE:

Jesus said "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." - JOHN 10:10