



A light to my path. Psalm 119:105

Trust is Nourishment for Your Spirit

In the Friday Blessing, “Healthy or Unhealthy Spirit,” I encouraged you to focus on the health of your spirit instead of the health of your body and mind. Through today’s Friday Blessing, I want to walk beside you in whatever situation you may experience to encourage you. God walked with the Israelites on their wilderness journey. The bread that nourished their bodies ran out. God heard their cry for bread and gave them his heavenly bread (Exodus 16:3-8, NKJV). While eating it, God told the Israelites, as he tells us today, not to live by bread alone (Deuteronomy 8:3, Matthew 4:4). They were to live trusting God as we are to trust him in our living. Jesus is our heavenly bread of life (John 6:35).

Beloved, Jesus walked with me through four years of interstitial cystitis, a severely painful inflammation of the bladder lining. I asked a fellow believer to pray with me for healing. The day after, I stopped taking the medicine that was to be a lifelong ritual, costing several hundred dollars each month. Healing did not come instantly. When excruciating pain came, I talked with Jesus, believing he had healed me and trusting to see it. Sometimes, my focus was on my condition and the location of the restrooms. But I believed and trusted in Jesus. In 2012, I had a healed bladder. There was no pain, no focus on restrooms, and no medicine. My healing remains with me today. As Jesus walked with me, he will walk with you. He is waiting for you to ask him. Ask and you shall receive (Luke 11:9-10).

Shalom

Love Life Ministry, Inc.

Touching People with the Healing Power of God’s Love®

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