

## Thursday - March 21

*From the fullness of his grace we have all received one blessing after another.*

*John 1:16*

It seems I am hardwired to have a negative outlook, to react from a place of fatalism and fear. I don't really want to be this way, to be that person. My family has an incredibly strong history of depression and anxiety, this is our family disease. At times it is as inescapable as my brown eyes or large feet add to this genetic predisposition. A life that has at times been quite trying and you get a perfect storm of pessimism and anxiety.

At the same time, I have always been a Christian. I come from a long line of preachers. It can be very hard to accept my inborn mental health issues with a true belief in the power of God's grace. So many see God's grace as an all or nothing proposition, if you believe well enough, you will be delivered from your negativity and fear. I have not found this to be the case. That is a difficult realization considering my love for and belief in God.

Thankfully, through God's grace and His everlasting patience, I have learned to look for the small blessings. He is constantly putting in my path. The well-timed call on a hard day, the peace of a walk through the woods, my church family, the opportunity to look outside myself and serve others. God has not promised us an easy or pain free life, but He has promised to be with us through whatever comes, to never let us be alone in our sorrow. Grace indeed!

Mickey

**Prayer:** Dear Heavenly Father, thank you for never letting me be alone, thank you for always providing the strength to preserve, because I know I have that strength only through your grace. In Jesus' name. Amen.