

Moments of Beauty

Week 3 - Beauty in Sports & Our Bodies

Monday, September 21



Games with Aria Kaka & Andrew Guthrie. Photo credits: Aaron & Sarah Kaka & Heather Guthrie

"Then Nehemiah the governor, Ezra the priest and scribe, and the Levites who were instructing the people said to them all, 'This day is sacred to the Lord your God. Do not mourn or weep.' For all the people had been weeping as they listened to the words of the Law. Nehemiah said, 'Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength.'" Nehemiah 8:9-10

When we go through difficult and discouraging times, we often lose the joy in life. It is natural. But enjoying life is part of the beauty of life. We need to reclaim, or allow others to help us reclaim joyful activities. God created our bodies to move so that we could run and jump, laugh and engage with others in holistic ways. *Do something that you love today.* Remember that the "joy of the Lord is your strength." And God wants you to experience joy in your life. It is beautiful.