

I'm sitting here trying to unwind from today. It is for very good reasons. It was a very sweet time of worship today. I've been listening to Gateway Worship's "Living For You" CD this week and have even woken up a few mornings singing 2 of the songs. "Come Thou Fount, Come Thy King" (The hymn with a worship chorus added) and "No Sweeter Name" and we sang both today. Scott Hahn brought the Word today. He shared about Paul and how Paul lived with the following question in his heart. "How can Christ be glorified in my body today?" It was a sweet word and a challenge. No matter how Paul felt or the circumstances he was going through, he desired to see the Lord receive glory and the Gospel go forth. I'm not there yet. I pray the Lord takes me to that place.

I came home still digesting the Word. I had some lunch and grabbed a nap. I relaxed for a little and watched a much better Nationals game. I called Mom & Dad. Dad was at work playing catch up on orders (it is his busy time of year). I got to talk with Mom. I heard about her chance to go up to the mountains (Laurel Ridge) and have some time with the Lord this week. I found out my Grandmother (Allred) was in the hospital a few days this week but is at home now. I got to hear about my cousin Cliff and his fiance working on wedding plans. It was sweet to catch up with family.

I then headed over to JL & Patt Williams for a "Tool Time" shower for Micah Fox. It was a neat time for many of the men in Micah's life to get together and encourage Micah. We had some good food, a fun game of "How Well Do You Know Micah" and to give him gifts and words of encouragement. I felt privileged to be a part.

I left from there and headed out the Ashley's house (a family in my church and home group). Our home group and the Cline family got together and had a surprise party for Mia Lungren. She was really surprised. We had a great time of fellowship, food, games and more. I have not laughed that hard in a long time. I even had a good conversation with John Cobb as we were walking to get our cars (we had parked down the road at a neighbors so Mia wouldn't see them).

I had some prayer time on the way home. Too often I let fear and insecurity rule my life. The Lord is teaching me to rest in him and walk out the verse that He has not "given me a spirit of fear, but of power, love and a sound mind." I dealt with some of that today, but He continually reminds me to step out and trust Him. When I do I'm so glad. I would not have traded the fun and sweet times with my family in the Lord today for the world. I'm so blessed to be around godly men and women, husbands and wives, and families. I am learning so much for being in their midst and I look forward to taking those lessons and waking them out with my family. The Lord has really poured into my heart and soul today. So much that I'm overflowing. I mentioned the other day about some CD's that I had found

on iTunes (Gateway's being one). I found lyrics for some on the songs on one. I leave you with this song.

For This My Body Was Made

Performed by: Poured Out Like Wine

Written by: Mike O'Brien

Your grace violates this world's reasoning
Your love has swallowed up a past of iniquity
Your mercy making clean these hands, tempting me
Your vast soaking up this offering? this song I sing

(chorus)

Born to worship
Born to breathe
In the life you've given
I give back to my King

Born to worship
Born to create
Expressions that please You

For this my body was made
For this my body was made

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