

Healing

Sunday, January 2, 2022

Day One

Read Joshua 1:1-2

Key Verses:

“After the death of Moses the servant of the LORD, it came to pass that the LORD spoke to Joshua the son of Nun, Moses’ assistant, saying: ² “Moses My servant is dead. Now therefore, arise, go over this Jordan, you and all this people, to the land which I am giving to them—the children of Israel.” – Joshua 1:1-2 (NKJV).

Key Reflection:

After the death of Moses, there is a void in Israel. For over 40 years, Moses was the only leader Israel knew. Israel mourned and wept for Moses for 30 days (Deuteronomy 34:5-8). Additionally, the generation inheriting the promised land enters this promise without the previous generation (parents, grandparents, uncle, and aunts). There is healing that God provides when we take the time to grieve, even as we approach new horizons.

Thought:

A new year signals a transition. Yet with every change, there is a move from something prior. Take time to grieve as you seek the Lord during our fast. 2021 was the first full year in the COVID-19 pandemic. Many of our loved ones transitioned in 2021. As we enter into a new season, please take time to grieve so that God can begin and continue the healing process in you. New possibilities are among us, but we can receive them better with a healed heart.

Prayer:

Lord God, you are the God of all comfort and the Father of compassion. Heal my heart and help me embrace the new life you have for me. Fill the empty space that my loved ones left and bring me to a place of peace in this new year with you. This is my prayer in the name of Jesus, Amen.

Questions:

1. Have you taken time to grieve the transition of someone you love? If not, allow God to strengthen you in this time as you seek His face.
2. Have you asked the Lord to help heal your heart? What can you do differently this year to help you heal? A W.H.O.L.E. you is the best you.