

DAY 19: MENTAL WHOLENESS

READ:

3 JOHN 2 (ESV)

2 BELOVED, I PRAY THAT ALL MAY GO WELL WITH YOU AND THAT YOU MAY BE IN GOOD HEALTH, AS IT GOES WELL WITH YOUR SOUL.

REFLECT:

THE HYMN "IT IS WELL" WAS WRITTEN IN THE MIDST OF HEARTBREAK. HAROTIO SPAFFORD LOST HIS 4 YEAR OLD SON TO AN INCURABLE FEVER. IN AN EFFORT TO HEAL FROM IT, HE SENT HIS WIFE AND FOUR DAUGHTERS ON A SHIP TO ENGLAND. HE WAS SET TO JOIN THEM THE NEXT WEEK.

AS THE SHIP CROSSED THE ATLANTIC OCEAN, IT WAS INVOLVED IN A COLLISION AND SUNK. HE IMMEDIATELY SET SAIL AND WHEN ARRIVING AT THE SPOT WHERE TRAGEDY HIT; THE WORDS FLOWED FROM HIS SOUL, "WHEN PEACE LIKE A RIVER ATTENDETH MY WAY, WHEN SORROW'S LIKE SEA BILLOWS ROLL. WHATEVER, MY LOT THOU HAS TAUGHT ME TO SAY, IT IS WELL. IT IS WELL, WITH MY SOUL."

NO MATTER THE LOT YOU FACE,
GOD CAN KEEP YOU WHOLE.

PRAY:

DEAR LORD, MY SOUL FINDS HOPE IN YOU. WHEN STORMS RAGE, KEEP MY CONFESSION TRUE TO YOUR WORD. IT IS WELL. IN JESUS NAME, AMEN.