

## **How are you today?**

*By Cindy Meehan-Patton*

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Do you hunger for acceptance or long for a sense of satisfaction today?

I am the bread of life. He who comes to Me shall never hunger, and he who believes in me shall never thirst. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh; which I shall give for the life of the world. Jesus Christ, John 6:35, 51

Are you confused because things do not make sense to you today? Do you feel hopeless or sad today?

I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life. As long as I am in the world, I am the light of the world. Jesus Christ, John 8:12; 9:5

Do you feel unprotected or insecure today?

Most assuredly, I say to you, I am the door of the sheep. I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. Jesus Christ, John 10:7,9

Do you need guidance and comfort today?

I am the good shepherd. The good shepherd gives His life for the sheep. I am the good shepherd; and I know My sheep and am known by My own. Jesus Christ, John 10: 11,14

Does all seem lost to you today? Are you or a loved one suffering from a terminal illness? Has a loved one died?

I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this? Jesus Christ, John 11:25, 26

Are you feeling powerless and / or disconnected from life today?

I am the true vine, and My Father is the vinedresser. I am the vine, you are the branches. He who abides in me, and I in him, bears much fruit; for without Me you can do nothing. Jesus Christ, John 15:1, 5

Are you feeling like you are being deceived, lied to, or misguided today?

Jesus says to us, "I am the way, the truth, and the life. No one comes to the Father (God) except through Me." John 14:6

Do you need a strong foundation for the direction of your life today? One that secures you and gives you a sense of comfort regardless of what happens in this world?

I am the Alpha and the Omega, the Beginning and the End (of all things) says the Lord, who is and who was and who is to come, the Almighty. And when I saw Him, I fell at His feet as dead. But He laid His right hand on me, saying to me, do not be afraid; I am the First and the Last. Jesus Christ, Revelation 1:8, 17

*Jesus, the I AM, is able to meet your deepest longings and can quench the unending thirst you have for more. Remember that the thief comes only to steal, to kill and to destroy. Jesus has come that we may have life*

*and that we may have it more abundantly. Receive Him into your heart today.*

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