



## CHRONIC JOY® DEVOTIONAL

### BATHROOM MIRROR MESSAGES

By Kara Plett

Have you ever found a scripture so powerful or rich that you read it every day? Several scriptures have been like this for me over the years, but I wanted to share one that has especially encouraged me during these past six months. I hope it will speak to you too.

*Let me hear in the morning of your steadfast love,  
for in you I trust.*

*Make me know the way I should go,  
for to you I lift up my soul.*

(Psalm 143:8)

#### FRESH EACH DAY

God has something new for me each day when I read this psalm. I know it by heart, but I still wanted to read it with fresh eyes each morning. So, I wrote it on a card and put the card on my bathroom mirror where I would see it as I got ready for each day. It joined a few other scripture cards that were already there.

Sometimes going through chronic health struggles can feel very isolating. We wonder if others see us. This Scripture reminds me that *God* sees me and extends His steadfast love to me every morning.

Steadfast! I love that word and its synonyms: loyal, faithful, constant, steady, firm, resolute...

That's the kind of love God has for me (and you) every single day. Starting my day with this assurance has made such a difference in whether I feel loved by anyone else; I *know* God (the maker of everything) loves me. Wow!



Chronic Joy

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.

### A DAILY REMINDER TO TRUST IN GOD

The second line of verse 8 (*...for in you, I trust*) has stood out on some mornings. It reminds me that I have a role to play in all of this. God loves me, but I must trust Him. Some days I need to stop and talk with Him about this. How am I *not* trusting Him?

My illnesses have changed much about my days and purpose, so I need the next part of this verse: *Make me know the way I should go*. I can get distracted by so many things I wish I *could* do, but the Spirit prompts me to lift up my soul and focus on things I *can* do that lead to hope and purpose as I look to Him.

- I need this verse every day.
- I want to lean into it,
- to press into it.
- I'm so thankful for it!

Do you have a verse you are leaning into these days? Maybe you could share it with a friend or loved one.

How I pray that God will meet you right where you are today and every day!

#### TO PONDER

- How does Psalm 143:8 speak to you today?
- How does knowing God's steadfast love impact your day?
- Is there a scripture you feel led to write out and focus on each day? Write it here (and on a Post-it or card for your mirror).

#### PRAYER

Father, thank You for Your Word. Thank You that it speaks to us in fresh ways each time we read it. Help us to lean into it and talk with You each day. Thank You for Your steadfast love and Your desire to guide our steps. In Jesus' Name, amen.



Chronic Joy

[chronic-joy.org/devotionals](http://chronic-joy.org/devotionals)