

## **5-Jan-2021\_zest and inspiration**

(Spirit helper speaking: ) Praise will get you through today like fuel does the train. Feeling sluggish? Fill up with enough fuel, by praising. Feeling you can't make it up the hill you face? Toss in some more coal of praise to get the fire raging hot, and let the steamy love of Jesus take you higher, up and over any incline.

(Praise: ) I delight to know You and Your mind, dear Lover of my soul. I can't think of anything more I desire than taking a dip in the clear, refreshing, waters of the Mind and Heart of my Redeemer. Water's fresh to swim in; enough to buoy me up; powerful to make me whole and fill me with zest and inspiration. I want to swim in the Living Water. You don't mind if I am dirty to begin with, still You beckon me to come, to enter and to be made whole. Oh, it feels so good, this water of Your thoughts and Your Spirit that can surround me, wash me, refresh me, travel through me, and remove all that soils. I love it how You join me in this clear and amazing water. You hold me, smile at me, and make me feel loved, like You are so glad that I came and that You love to be with me. Your thoughts can be all around me, as I swim in them, and Your arms can be around me here too. You are with me in so many ways, and all at once. There is not a corner of my mind or body that You can't see and touch and help in some way. Thank You! I love being here with You, My wonderful Redeemer.