



# FEED YOUR SOUL

What can be more important than where we are today? Well what about where we go next after this life! Unless you are at peace with your Maker, you will never live a truly restful or relaxed life.

Sometimes, all it takes is a simple daily devotional or meditation, but either way we have to feed our soul if we wish to feel satisfied in our supernatural being.

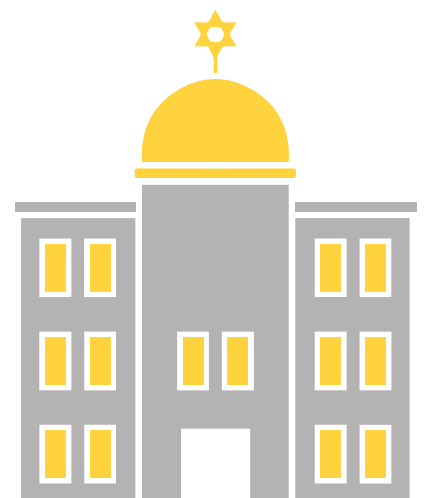
As we age and get closer to the end of life, naturally we are curious by instinct. If you aren't a person of faith, what's next? Is there a heaven? Is there a God? If so, why do bad things happen?

God's word says we are as fleeting as the grass in the field. Life is short. It seems every week, it's time to take the trash out again. And the older we get, the faster time goes. As we get closer to the end of our journey, know it doesn't stop here. The best is yet to come. Get to know Him, His word, and the hope of heaven.

**A MOMENT IN TIME:**

**LET'S LEARN, LAUGH, PLAY AND PRAY!**

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## TALK TO GOD (ALSO KNOWN AS PRAYER)

Your heavenly Father knows every hair on your head (chemically dependent or natural), cell in your body and worry or concern in your heart. He loves you more than you know and wants to hear from you. Think how happy you are when your adult son or daughter calls you to say hello. It is the same with God.

When you pray, God silences the heavens to hear you. Nothing sounds sweeter to him than your voice. Every word is heard by the Lord.

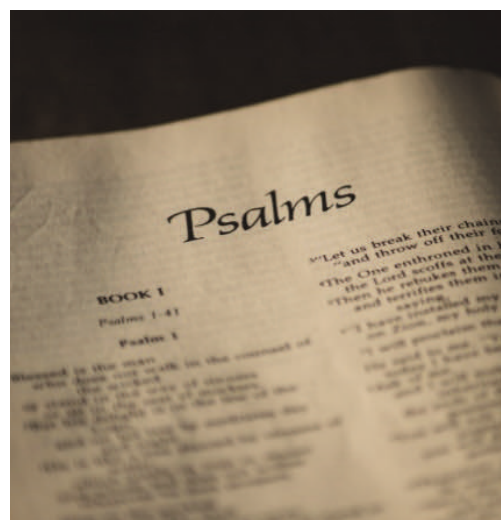
Start your day with some time spent with the Lord. Share your praise, thanksgiving, and prayer requests. Tell Him what's troubling your heart...your suffering, travails, problems, and pain. While Almighty God already knows what's going on in your life, when we are still and spend time with Him, He blesses us with His presence and there you will find love, joy and peace. Put your cares into His capable hands for He cares for you and see what He does! We have a God who will do exceedingly and abundantly above all we can ask or imagine. And He loves you with an everlasting love.



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## READ THE PSALMS

There are 150 psalms (over 70 written by David) which express the heart and soul of humanity - every human emotion experienced - struggles, mistakes, doubts and fears, cries for help, repentance, praise, thanksgiving, joy and ultimate victory. Did you know the psalms are really songs? Know the psalms can also guide you into a deeper relationship with God. Pick one a day and be blessed.



## READ A DEVOTIONAL

There are so many devotionals out there today. They can help you start the day with inspiration and purpose. And most probably, it will be exactly just what you personally need. That's how thoughtful and awesome God is! He divinely lines it all up just for you!

## ATTEND A RELIGIOUS SERVICE

If you can still get out to attend your church or temple, that's wonderful. If you've belonged to your house of worship for years, it's like seeing family. The fellowship is important for maintaining relationships and encouragement. For those of you not able to do so, many services are available on TV and online.





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## SING A HYMN OR PRAISE AND WORSHIP SONG

There are probably many song and hymn titles you will remember singing as a child. With the help of your caregiver, google a few titles with lyrics and sing along. He who sings, prays twice!



## ENJOY GOD'S CREATION

Take the time to really see the sunrise or sunset, hear the birds sing, taste the sweet cantaloupe, touch the puppy, and of course smell the roses and see God. He is the creator of all and what magnificent work He does!

