



Dear Reader,

Happy New Year!

New beginnings bring to mind a sense of renewal and hope for what is to come. For many, this is a time of making New Year's resolutions. I haven't done that for years, but I do find it helpful to jot down a few items in my "Thanks Book" every day. This practice helps me look for and find little treasures that brighten my day—beautiful birdsongs, a cardinal in flight, a "coincidence" that highlights God's involvement in the details of my life. Sometimes I write down more momentous blessings—answered prayers and eternal gifts such as salvation *by grace through faith*. Taking time to express gratitude to God helps me trust that His plans for me are good—giving me hope about the future.

I want to share an excerpt from *Jesus Always*; it's written as if Jesus is speaking to you:

As you begin a fresh year, rejoice that I am continually working newness into your life. Search for signs of my loving Presence as you journey along *the path of Life*. Look for the little pleasures I have strewn alongside your pathway—sometimes in surprising places—and thank me for each one. Your thankfulness will keep you close to Me and help you find Joy in Your journey.

I pray that you will approach each new day as a precious gift from God—remembering that Jesus is with you always and He loves you immeasurably more than you can imagine!

Bountiful blessings!
Sarah Young


January



Rejoice greatly, beloved, because
you are Mine forever!

Nothing in all creation can
separate you fr. ^{Me} My Love.

My children have every reason
to be joyful - at all times
& in all circumstances.



Come to Me with a teachable spirit, eager to be changed. A close walk with Me is a life of continual newness. Do not cling to old ways as you step into a new year. Instead, seek My Face with an open mind, knowing that your journey with Me involves being *transformed by the renewing of your mind*. As you focus your thoughts on Me, be aware that I am fully attentive to you. I see you with a steady eye because My attention span is infinite. I know and understand you completely; My thoughts embrace you in everlasting Love. *I also know the plans I have for you: plans to prosper you and not to harm you, plans to give you hope and a future*. Give yourself fully to this adventure of increasing attentiveness to My Presence.

You have said, “Seek my face.” My heart says to you,
“Your face, LORD, do I seek.”—Psalm 27:8 ESV

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.—Romans 12:2

“For I know the plans I have for you,” declares the LORD,
“plans to prosper you and not to harm you, plans to
give you hope and a future.”—Jeremiah 29:11



Relax in My healing Presence. As you spend time with Me, your thoughts tend to jump ahead to today’s plans and problems. Bring your mind back to Me for refreshment and renewal. Let the Light of My Presence soak into you as you focus your thoughts on Me. Thus I equip you to face whatever the day brings. This sacrifice of time pleases Me and strengthens you. Do not skimp on our time together. Resist the clamor of tasks waiting to be done. *You have chosen what is better, and it will not be taken away from you.*

Blessed are those who have learned to acclaim you, who walk
in the light of your presence, O LORD.—Psalm 89:15

Look to the LORD and his strength; seek his face always.—Psalm 105:4

She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.”—Luke 10:39–42



Refresh yourself in the Peace of My Presence. This Peace can be your portion at all times and in all circumstances. Learn to *hide in the secret of My Presence*, even as you carry out your duties in the world. I am both with you and within you. I go before you to open up the way, and I also walk alongside you. There could never be another companion as devoted as I am.

Because I am your constant Companion, there should be a lightness to your step that is observable to others. Do not be weighed down with problems and unresolved issues, for I am your burden-bearer. In the world you have trials and distress, but don't let them get you down. *I have conquered the world and deprived it of power to harm you.* In Me you may have confident Peace.

How great is Your goodness, which You have stored up for those who fear You, which You have wrought for those who take refuge in You, before the sons of men! You hide them in the secret place of Your presence from the conspiracies of man; You keep them secretly in a shelter from the strife of tongues.—PSALM 31:19–20 NASB

“I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]”—JOHN 16:33 AMP



Come to Me & rest in My Presence

I want you to learn a new habit. Try saying, “I trust You, Jesus,” in response to whatever happens to you. If there is time, think about who I AM in all My Power and Glory; ponder also the depth and breadth of My Love for you.

This simple practice will help you see Me in every situation, acknowledging My sovereign control over the universe. When you view events from this perspective—through the Light of My universal Presence—fear loses its grip on you. Adverse circumstances become growth opportunities when you affirm your trust in Me no matter what. You receive blessings gratefully, realizing they flow directly from My hand of grace. Your continual assertion of trusting Me will strengthen our relationship and keep you close to Me.

I have seen you in the sanctuary and beheld your power and your glory.—PSALM 63:2

See, the Sovereign LORD comes with power, and his arm rules for him. See, his reward is with him, and his recompense accompanies him. He tends his flock like a shepherd: he gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.—ISAIAH 40:10–11

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.—PSALM 139:7–10



I am the living One

You can achieve the victorious life through living in deep dependence on Me. People usually associate victory with success: not falling or stumbling, not making mistakes. But those who are successful in their own strength tend to go their own way, forgetting about Me. It is through problems and failure, weakness and neediness, that you learn to rely on Me.

True dependence is not simply asking Me to bless what you have decided to do. It is coming to Me with an open mind and heart, inviting Me to plant My desires within you. I may infuse within you a dream that seems far beyond your reach. You know that in yourself you cannot achieve such a goal. Thus begins your journey of profound reliance on Me. It is a faith-walk, taken one step at a time, leaning on Me as much as you need. This is not a path of continual success but of multiple failures. However, each failure is followed by a growth spurt, nourished by increased reliance on Me. Enjoy the blessedness of a victorious life through deepening your dependence on Me.

The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit.—PSALM 34:17–18

For we walk by faith, not by sight.—2 CORINTHIANS 5:7 NKJV



I am able to do far beyond all that you ask or imagine. Come to Me with positive expectations, knowing that there is no limit to what I can accomplish. Ask My Spirit to control your mind so that you can think great thoughts of Me. Do not be discouraged by the fact that many of your prayers are yet unanswered. Time is a trainer, teaching you to wait upon Me, to trust Me in the dark. The more extreme your circumstances, the more likely you are to see *My Power and Glory* at work in the situation. Instead of letting difficulties draw you into worrying, try to view them as setting the scene for My glorious intervention. Keep your eyes and your mind wide open to all that I am doing in your life.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.—EPHESIANS 3:20–21

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.—ROMANS 8:6

Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.—ISAIAH 40:30–31 NKJV

Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, singing: “To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!”—REVELATION 5:13

