

A MORNING WATCH FOR ALL

for the week of May 9, 2021

GOT THE BLUES?

(BE GLAD! - NOT SAD!)

I think y'all know that all the morning watches and also theme songs are just insights sent to me (Janny) --and if I realize that you can benefit from them, too, I pass them on! Such is the case today:

Actually, this insight came to me a couple of days ago, and I've been urged since then to pass it on.

Since I was a child, I have been subject to spells of "The Blues" (not really depression, but surely not my usual positive self!) Now I surely know the difference between actual depression and my "Blues". Actual depression often needs professional help and it's wise to realize it if you do need this! -- But I'm just talking about "Janny Blues.". In my case, I have noticed that they come on when my "In Charge" attitude is stifled by a seemingly impossible situation. If I'm unable to see a solution, FEAR SETS IN!, leaving a clear lane for the blues to sneak in. Now after a lifetime of dealing with The Blues--THIS WEEK! I was sent this insight, "BE Glad--not Sad" They are a gift from God! However, like all of His Gifts, we must implement them---act on them. The insight that was sent to me was, during the time of the blues, God shows us that it is not we who are in charge--He IS! and with this realization we take the time to ask for His guidance! We need to stop the comfortable wallowing around in grief, and realize this time as an OPPORTUNITY, and since God is involved AN UNLIMITED OPPORTUNITY! WOW! Well, I'm gonna try to pay attention to this insight the next time I feel the Blues coming on. I hope you will, too! Thank you, God! (Sorry it too so long to realize that my down times are a present from You!) Will You please try to help me remember that?

DON'T BE SAD

BE GLAD! DON'T CRY -- TRY!!