

**New Spirit Radio - Playlist - 04-21-24 - Sadness**

**Our Word of the Week**

**Matthew 11:28** - Come to me, all you who are weary and burdened, and I will give you rest.

**1 Corinthians 10:13** - No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

**Ecclesiastes 1:18** - For with much wisdom comes much sorrow; the more knowledge, the more grief.

**Super Blessed Music Set**

Anne Nesby & Jasper Street Company - Praisin' His Name

Deep Zone, Ceybil Jefferies, DJ Spen - Praise Him (Lift Your Hands Up) (DJ Spen Retroactive Extended Remix)

Louie Vega, Bucie - Angels Are Watching Me (Album Mix)

Mpho Masilo, Dirty Harry, Harry St. Clare - Open My Heart (Dirty Harry Classic House Vocal Mix)

Fred Hammond - Keep on Praising (Junior White Remix)

Ada Ehi - Notice

MoreSoul, Dav Risen, Nani Experience - Jesus Is Love (Original Mix)

Tasha Cobbs, Supremetheremixer - Break Every Chain (Up Lifting Mix)

Thommy Davis, Aaron K. Gray, Tasha LaRae, Kenny Carpenter - For Every Mountain (Kenny Carpenter Remix)

Seychelle Elise Folson, Derrick Ricky Nelson - Mary Did You Know (Soulistic Vocal Mix- Derrick Ricky Nelson).mp3

Kem, Muzikman Edition - Jesus (Muzikman Edition Blood Of Jesus Remix)

James Fortune Zacardi Cortez Shawn Mclemore, Supreme - I Believe (God's Mix)

God's Property - Stomp (Booker T Spiritual Mix) (1997)

The Wayouts - Surrounded (Honeycomb Vocal Mix)

**AI's Affirmations**

- I am so much more than my struggle.

- I give myself permission to fully experience these emotions.

- I will be kind to myself today.

- I will make time for what brings me joy.

**Let Us Pray - Sadness**

Lord Jesus, we ask you to give us all around peace in our mind, body, soul and spirit. We want you to heal and remove everything that is causing stress, grief, and sorrow in our lives.

Please guide our path through life and make our enemies be at peace with us, and enable us to find peace within ourselves. Let your peace reign in our family, at our place of work, businesses and everything we lay our hands on.

Let your angels of peace go ahead of us when we go out and stay by our side when we return.

In Jesus' name.