

DAILY HOPE

LANTERNS FOR THE PATH



When You Feel Scattered: Finding Clarity

Scripture

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.” — Matthew 6:22

The Shadow

Your thoughts scatter in every direction. You jump from task to task but finish the day unfocused and tired. Scattered light blinds more than it guides.

The Light

Clarity comes through alignment — when your heart, mind, and spirit focus together. Focus is spiritual warfare: the gathered flame lights farther than a thousand sparks.

Daily Practice

- **Body:** Clear one surface in your space. Order in your hands clears fog in your mind.
- **Mind:** Write your top three priorities. Cross out two. Keep one.
- **Spirit:** Pray: *“Lord, align my heart to Your light.”* Then take one step in that single direction.

Closing Thunder

Scattered light blinds. Focused light leads.