



St. Mary & St. Joseph Coptic Orthodox Church
11308 Yonge St, Richmond Hill, ON L4S 1K9

Daily Meditations • June 12, 2020

THE ROCK

THE LORD IS MY ROCK.
- PSALM 18:2



Reflection on (James 5:13)

"Is anyone among you suffering? Let him pray. Is anyone among you cheerful? Let him sing psalms."

Many times in life we experience tribulations, we go through hardships, and we feel helpless. There are also many times in life where we feel joyful, happy, things are going how we want them to, and we couldn't ask for more.





Between these two, we share so many emotions, in fact we are filled with them, whether of sadness or joy, we feel it all, from the cores of our hearts. One huge difference that is very prevalent is that when we feel like all else failed, we run to God, pray, ask, seek, because we are just suffering so much. However, when everything seems to be going our way, we forgot that all the joy we're feeling, is because of God. We tend to remember Him with the bad and forget Him in the good. But God wants to be there, He wants to share everything with you, from your most insignificant events to the most important aspects of your life. So in this verse God is telling us to lean on Him in the bad and rejoice in Him in the good, because above all, He is there through everything.



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