



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

Daily Meditations • June 21, 2020

THE ROCK

THE LORD IS MY ROCK.
- PSALM 18:2

Daily Meditation





Reflection on (Proverbs 16:9)

A man's heart plans his way, But the Lord directs his steps.

We always try to plan things out, whether what we're doing tomorrow, next month, or even five years into the future. We can try to systematically organize everything in our lives and try to follow this strict timeline and pray to God that it goes the way we planned. But through it all we tend to forget that God may have a different plan for us. Not only does He know what the future holds but He holds the future in His hands. So what we can do is use our rational thought and our God-given free will to plan wisely and to the best of our abilities while keeping in mind that God may permit our plans, advance it further, or just change it altogether. And we need to recognize that while changes in our plan can be frustrating and make us anxious because we feel the world has been turned upside down, we






need to recognize that while God gave us the gift of free will, that we should feel comforted for knowing that He will direct our path for our best interest.



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