

{ Day 214 }

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls. **—1 Peter 1:8-9**

You may have discovered in this life that you don't have the power to change your emotions directly. You can't say, "Joy!" and elicit joy from your soul. You can't demand, "Gladness, rise up within me now!" It will never happen. You might get a jolt of adrenaline, but long-lasting emotions are not awakened by determination. That's God's part of the division of labor, and it's a supernatural work of the Spirit in us. But here's the good news: all our emotions are linked to thoughts or ideas. Correct thoughts about God bring wonderful emotions. This is why the truth sets us free (John 8:32). You can indirectly change your emotions by flooding your thoughts with the truth about God.

{ PRAYER STARTER }

I choose to think about Your truth, O God. I choose to harness my mind and focus it on Your grace and goodness to me. Complete Your work in me through Your Holy Spirit.

**Beholding God's emotions is something only you can
do in your own secret life in God.**