**Daily Prayer & Reflection – Tuesday 5th January**

Philippians 4: 11-13

*“…I have learned to be content whatever the circumstances.****12****I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.****13****I can do all this through him who gives me strength.”*

It’s day 5 of 2021 – how are you doing? At the time of writing I don’t know whether we are in another lockdown but whatever circumstances we are in, we can hold onto the wonderful promise that is ours through Jesus, expressed in this scripture.

Paul has found the secret to contentment – he has experienced having plenty and being empty and knows contentment in either state, and every state in between! This is absolutely mind-blowing to me. God doesn’t promise us that we won’t experience hardship and want but he does promise to “give us strength” so that we can find contentment “through him”. It is only when we come to God in total surrender that we discover the blessedness of being completely vulnerable but also completely loved. By keeping our eyes on Jesus and ensuring he is on the thrones of our hearts, we can cultivate an attitude of gratitude, giving thanks to God in all circumstances and drawing on his limitless strength. What a comfort it is to know that whatever our situation, God has promised to never leave us or forsake us. I pray that today you will experience a fresh revelation of God’s love for you and a deep assurance that you can do all things through him who gives you strength, in accordance with His will.

Blessings and love

Tracey Nicholls

