



Surviving and Thriving

Read Psalm 23.

“You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows” (Psalm 23:5).

Have you ever had one of those days when nothing seems to go your way? I know I do! I can’t find the things I’m looking for. I just set it down but can’t find it. Where is it?

As if that isn’t frustrating enough, there are the times when I can’t find the right words to say. My brain thinks one word, but my mouth speaks another. How can I communicate with someone when I can’t even communicate within myself? Why doesn’t God step in and help me say the right words?

I’d say I’m barely making it, just getting by. I am just surviving. The day finally comes to an end, and maybe I have found the lost items, maybe not. Maybe I have found the correct words to say, maybe not. Even so, I thank the Lord I survived.

Not finding the lost item or not speaking correctly can be very frustrating. Was my frustration greater because I didn’t ask the Lord for help? Did I not seek His guidance during the day to help me? I see I was trying to do this all on my own.

Why don’t I go to the Lord daily in prayer? Doesn’t He promise to take care of me? King David says, **“...my cup overflows.”** God always gives me more than I ask or seek. Jesus said: **“And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you” (Luke 11:9).** Jesus tells me to seek Him before I do anything.

Have you ever noticed that when you seek the Lord throughout the day, things just seem to work out? God’s cup overflows upon me. His love and mercy, they forgive my sin, focus my eyes upon Jesus, and teach me to include Him daily. My resources of body and mind go further through the day when I’m leaning on Jesus instead of myself. Help arrives when Jesus takes over and leads me. He gets me over or around any obstacle that appears too large to overcome. With His help, nothing is impossible.



When we seek the Lord, He gives us more than we ask for and more than we need. He anointed our heads in Holy Baptism; therefore, our cup overflows. His forgiveness doesn't run out or come to an end. I do more than just survive each day: I thrive, growing into the child God wants me to be.