

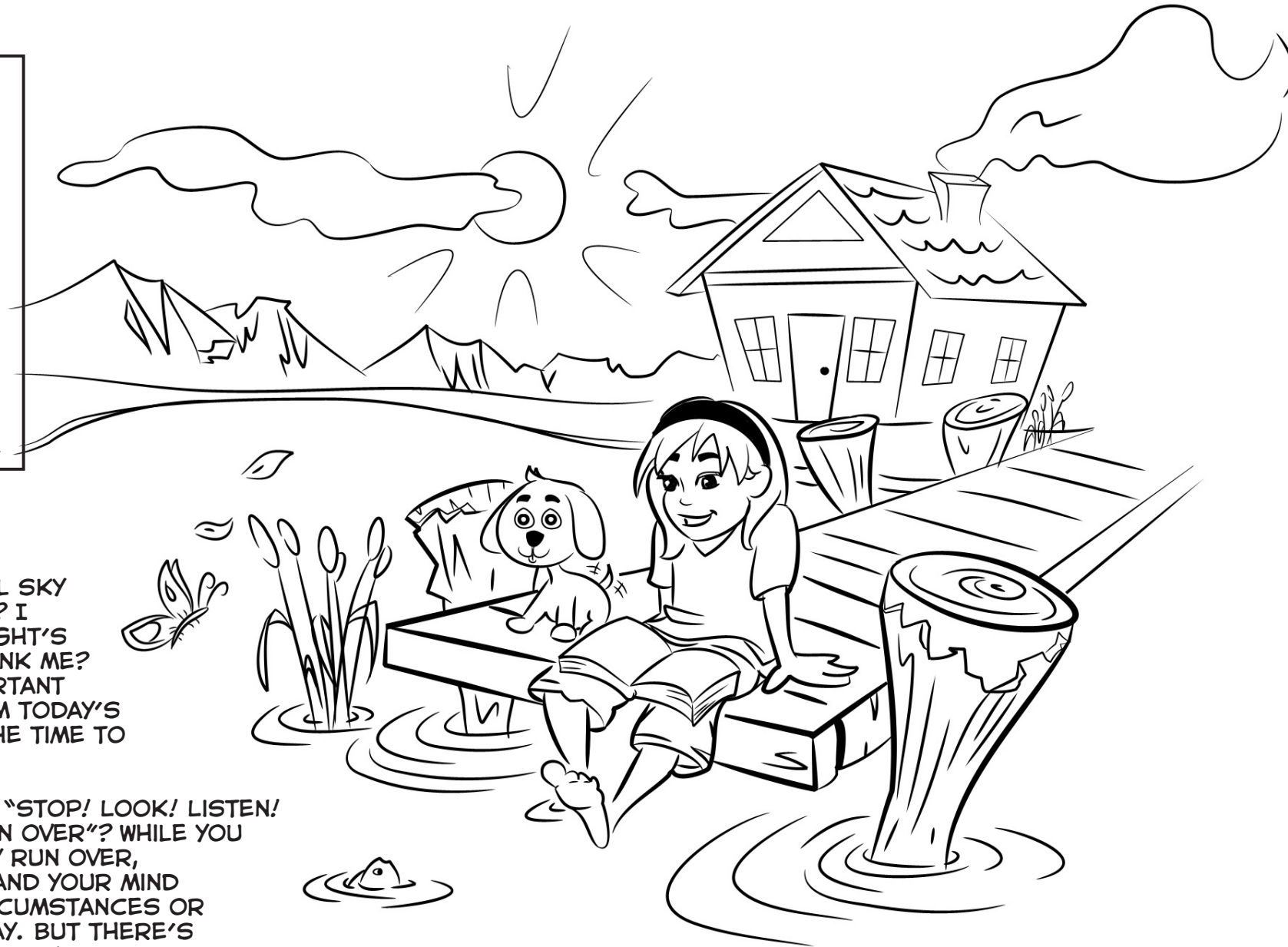
STOP! LOOK! LISTEN!—MEDITATE!

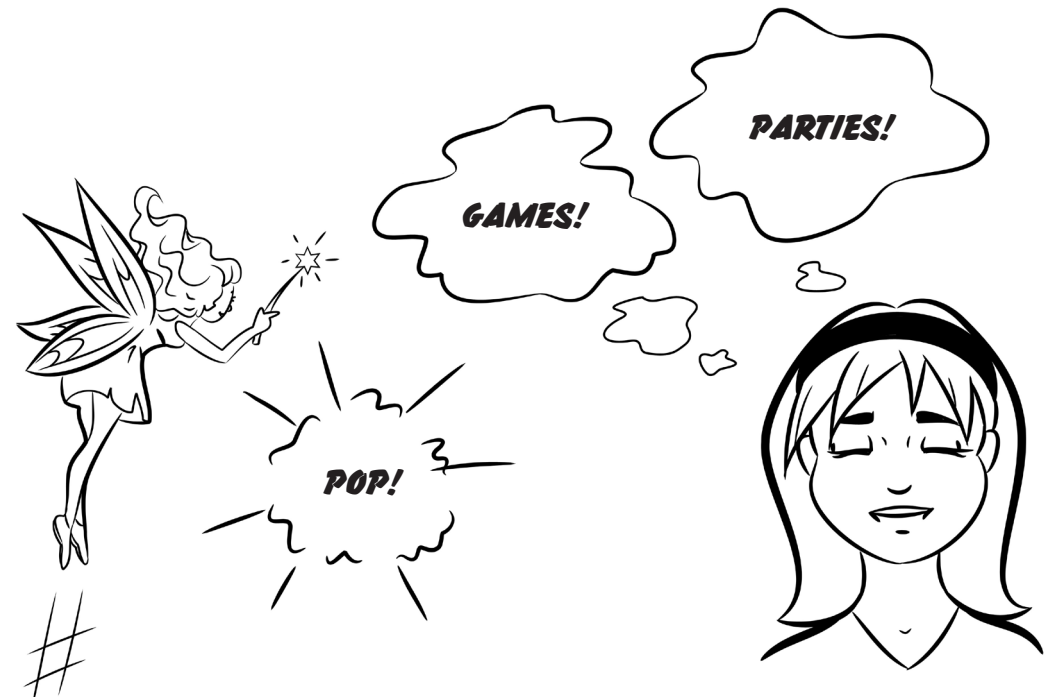
A MESSAGE FROM JESUS



I PAINTED A BEAUTIFUL SKY TODAY. DID YOU NOTICE? I HELPED YOU HAVE A GOOD NIGHT'S REST. DID YOU STOP AND THANK ME? THERE WAS SOMETHING IMPORTANT I WANTED YOU TO LEARN FROM TODAY'S DEVOTIONAL. DID YOU TAKE THE TIME TO THINK ABOUT IT?

HAVE YOU HEARD THE SAYING, "STOP! LOOK! LISTEN! OR YOU'RE GOING TO GET RUN OVER"? WHILE YOU LIKELY WON'T GET PHYSICALLY RUN OVER, SOMETIMES YOUR EMOTIONS AND YOUR MIND MIGHT FEEL RUN OVER BY CIRCUMSTANCES OR THE DIFFICULTIES OF YOUR DAY. BUT THERE'S SOMETHING YOU CAN DO ABOUT THAT.





BY TAKING TIME TO MEDITATE ON ME~TO THINK ABOUT ME AND MY PROMISES TO YOU AS WRITTEN IN THE BIBLE~YOU GIVE ME THE OPPORTUNITY TO FILL YOU WITH MY THOUGHTS OF FAITH AND PEACE.

I KNOW IT MIGHT SEEM HARD TO FOCUS ON ME FOR A FEW MINUTES. BUT I PROMISE YOU IT WILL BE WORTHWHILE.



SOMETIMES I'LL SPEAK TO YOU AND ANSWER A QUESTION ON YOUR HEART. OTHER TIMES I WILL SIMPLY GIVE YOU A BIG HUG AND TELL YOU HOW MUCH I LOVE YOU.





GET QUIET AND PICTURE ME
SITTING NEXT TO YOU, AND I'LL
BE RIGHT THERE BY YOUR SIDE.

STOP, LOOK, LISTEN, AND
MEDITATE!

