

## One of Those Days?

### Description

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1 John 4:1-16

Are you having one of those days? If so, let's begin with a benediction: "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be the glory . . ." (Eph. 3:20-21a). That ought to change your outlook. He is able to do! Who? The One who *lives in us*. Paul prayed, "that Christ may dwell in your hearts through faith . . . that you may be filled to the measure of all the fullness of God" (Eph. 3:17, 19). Imagine the kind of day the Ephesians must have been having. And the words still ring true today.

Are you having one of those days? The power is working in you. The power comes from God. The power is not in your position, performance, or pedigree. The power is our Hope: Christ in you!

Are you having one of those days? Just remember that "the one who is in you is greater than whatever you are facing today."

### Date Created

07/02/2011