

The patriarch Abraham was sitting in the doorway of his tent, when three strangers approached. Jumping up, he offered them water and a "morsel of bread" to refresh their hearts. The Lord does the same for us. In the heat of every day's pressures, He provides fresh nourishment from His Word - daily morsels to refresh our hearts. Psalm 19:7 says: "The law of the Lord is perfect, refreshing the soul."

When we immerse ourselves in the Word of God, it can be more restorative than an afternoon nap, a strong broth, or a hot cup of tea / coffee. It will delight us. Digging into Scripture will help us understand who we are as children of God, and, even more, we will better know the God who restores our souls. Do you need a daily refreshment? Restoration? Come to His Word and seek Him out. Open it today, and every day, and find a morsel of bread to refresh your heart.

Genesis 18:5 "I will bring a morsel of bread, that you may refresh your hearts."