

## MEDITATION FOR THE DAY

Years ago, my father was given a book that contained three suggestions for each day. Now, that valued book is mine. The suggestions were; The Thought for the Day, Meditation for the Day, and Prayer for the Day. I would like to share with you one of the Meditation's for the day, as I believe it's one that we could build our days around in the New Year 2015. It goes.....

Build your life on the firm foundation of true gratitude to God for all His blessings, and true humility because of your unworthiness of these blessings. Build the frame of your life out of self-discipline, never let yourself get selfish, or lazy, or contented with yourself. Build the walls of your life out of service to your fellow men, helping others to find a way to live. Build the roof of your life out of prayer, and quiet times, waiting for God's guidance from above. Build a garden around your life, out of peace of mind, and serenity, and a sure faith. (Hazelden publishing)

Deacon Len