

Dear Friends

This month we are looking at the topic of joy. The bible contains many encouragements for us to be joyful and to rejoice. However, that can seem very difficult in troubling times, when we consider our own circumstances and look at problems in the world. We are understandably saddened by our own physical circumstances and those of our families and friends. But the bible reminds us that there are many things for which we can be thankful, and we can rejoice knowing God's love and care for us. As the old song said 'Count your blessings, name them on by one, and it will surprise you what the Lord has done'. Being joyful in the Lord is a spiritual discipline and is a fruit of the Spirit.



So this month, when we are hopefully enjoying the summer warmth, we are focusing on Christian Joy. This is much more than mere happiness, but comes from the deep inner contentment that we have from faith in Jesus Christ

*With love and blessings
From the Caraway team*



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