

"Eat, Pray, Love" - by Lorelei Pepe

A few years ago a movie came out with Julia Roberts starring in "Eat, Pray Love." It was the story of a disillusioned woman coming from a bad marital breakup who needed to rediscover herself. So, she traveled to Italy to eat, and then to a Tibetan monastery to find herself. She was forced to be still and meditate and go deep within. After rediscovering herself she did find love once again.

So, this made me think who do we seek to console us when we are brokenhearted or lost. It is other people, or places that give us comfort? I think the only real peace we receive is when we turn our hearts to God.

Jesus was all about Love! He preached about it all through the Gospels of the Bible and did everything with love. He is most famous for saying "Love one another as I have loved you." So simple, but yet so true. Sometimes we forget how easy it is to just turn to God in the moment and talk with him. He can console us like no others. Jesus made the biggest sacrifice of his life when he gave it to us by dying on the cross and taking away our sins. As believers, we must trust in his promises and keep them close to our hearts. It is so easy to be deterred by sin in this crazy world. Evil and temptation lurk around every corner in every day. If we don't keep him first on our radar, we are prone to do the wrong thing.

God does not keep an account of our wrongdoings. If we come to him earnestly in prayer and repentance he will restore us. He is our rock and salvation if we let him be. It takes time to let go and let God handle life. I think praying and talking to him everyday is a good start, not only in the bad times but in the good. Just opening the Bible to a verse and remembering it also is a good way of connecting with him. Rereading the ten commandments in Exodus is a good guide in how to live life too.

I think when we truly put ourselves in the hands of God, we will receive an incredible peace and calmness to help us daily. It takes work and faith. He waits with open arms for us as he loves us unconditionally and without judgement. Who else can do that?

John 14:21 - He who has MY commandments and keeps them, it is he who loves ME. And he who loves ME will be loved by my Father and I will love him and manifest Myself to him.