

To function to the best of our ability, some of us must have our daily dose of medication.

For some of us, the daily dose starts with caffeine; coffee or a soft drink.

For others the daily dose may be chocolate, a smoke or Judge Judy.

For Christians, our daily dose must start with prayer and God's hold word. It **rejuvenates** us, reminds us that we are His own and He loves us like no one else. And no matter how busy the devil is that day, we can hold on to God's promises.

Today, if you are feeling a little neglected, if you are feeling a little lost, if feeling a little unloved, just get down on your knee and call on Jesus; He is the right daily dose.

Proverbs 18:10

The name of the Lord is a strong tower.

Written by Sister Beulah M. Williams

