

Hello Beautiful,

Happy you are here joining me. I want to say that when I wrote this, I want other women to be reminded of a few things that have helped me. Therefore, I'd like to share a few things with you that have made a difference in my day. Life gets so crazy and there are many things pulling us from our daily focus of career, family, kids, pets, or friends. I am starting to be very intentional about how I start my mornings. I believe a good start to your day will set you up in the right direction and allow you to pour into others that you may encounter throughout your day. I want to share a few tips that have helped me and I'm praying they can help you as well.

1. Start each day with a prayerful heart.

Each morning before my feet hit the floor running, I sit still for 5 minutes just to say thank you Lord. Thank you for health, my mind, strength, peace, joy, and protection and wisdom for what I may face for that day. Help me to sustain my eyes on you and help me not to forget whose I belong to. Be prayerful and really ask God for what's on your heart. He is already aware so talk to him like a personal friend. He is a great listener any time we need him. He's always available, never too busy, and he sees our pain. God has been an amazing friend and comforter, a way maker, my peace-keeper, guardian, and I can't say enough. Sister, I pray you know that you can also experience these things as well. Jesus is waiting with open arms for you. He loves you.

2. I am not forgotten.

I have faced some very hard seasons in my life lately. Just to name one, my husband was hospitalized with COVID and on a ventilator for 10 days. I am telling you, THAT, was the hardest season I have ever walked through. My life felt like the movie Matrix. Everything moved in slow motion and often felt like a blur or a dream. BUT, hear me when I say, God never left me nor was I ever forsaken. Even though that was the hardest season of my life, I felt the most at peace I have ever felt. You're probably asking how that's possible. Allow me to share a verse with you.

**And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7**

Transcends ALL understanding, not some, ALL. As a 45 yo woman, I have never experienced that type of peace. While he was in the hospital, I slept well, I worked out, cooked for the kids, grocery shopped, paid bills, like life went on. Not on as in oh well,

life must go on. However, I knew that I knew God was in control and I didn't feel the need to be. I let go of all control and let God. He had not forgotten about me.

3. Be Joyful no matter what you're going through.

I honestly believe it's not the lack of trials that makes us happy or joyful. It's even in the midst of them we have a savior that makes it possible to still experience Joy. I know this for a fact and have experienced this as well. Back to the example I used above regarding my husband, I had Joy. It wasn't easy and actually quite painful to be separated from my spouse for that long, but because I have Jesus, Joy was possible while walking in the storm. Let me share another verse:

**"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33**

If that doesn't give you comfort. He has already overcome the world! NO matter what you're facing, God was there, is there, and always will be there. He is in everything.

4. Do Not Compare Your Journey with Others

If you have social media, you already know that this is a losing game. You are feeling great, and then as soon as you open the app you see another's kitchen, kids, houses, or makeup looking nicer than your and it leaves you feeling not so great. Comparison will always be a losing battle. Ladies, God loves you. He wove you intricately for his liking. He knew what he was doing and therefore, loves you the way you are. If social media leaves you feeling heavier after than before, then delete the app, set a time limit to avoid over exposure, or avoid it all together. It is hard, and if you're like me, you've had a difficult time shutting it down, but I'm praying God will speak to your heart and heal those broken places longing for attention and acceptance.

Beloved, I hope these few examples will help start your day (or end your day) knowing you are loved, and God's grace is waiting to meet you right where you are. Days will not look perfect, but we do serve a perfect God. Remember you don't have to compete with others expectations, to-do lists, and your social media doesn't have to look like hers. You are perfectly loved and known by the heavenly father above and his love is enough.

Xo,  
Tyra

