There is light at the end of the tunnel. Do you feel at times during the day that you are moving through a dark tunnel and you cannot see the way to get out? I am sure that we all have had days when these feeling have come over us.

Sometimes feelings of regret or doubt may appear. Other times you may have thoughts of disappointment or shame. These normal emotions may come every now and then.

When they approach us what are we to do? We can allow them time to settle in our thoughts or give ourselves time to deliberate on them longer than we should. The more time we give to them, the longer we remain in the tunnel of darkness.

There is light a little further down the road of life. It is waiting for us on the other side of our feelings of uncertainty. As we continue to go forward, we will see the light. Be patient. Goodness and mercy is right up the way. Compassion and forgiveness will follow us all the days of our life. So hang in there. We do get through the good days and the harder ones too.

God is good. He has given to us His grace to cover us as we go by the shadow of darkness. Grace brings to us peace and peace brings to us understanding and understanding brings to us goodness and so on and so on. These gifts of light are here for us. As we can continue on our journey, we can believe that we are protected.

“Fear not, for the hour of His judgment has come”. Find peace in His power and feel free to walk in the light.