



One of my favorite things to do is sit on the porch while watching the birds come to the feeder. When the weather is nice, my preferred place for my morning quiet time is on the porch with my open Bible and a very large cup of coffee. Something that often appears when I am not paying close attention are sneaky squirrels. One will climb to the top of the tree and then jump onto the feeder to claim some of the food for its own. As the bird feeder sways, the entire contents fall to the ground below. A full bird feeder is now left empty. The squirrel has absolutely no fear of me as I try to send him away. He still lunges as though I can't see him and will only scramble to leave when I get very close. That sneaky squirrel is awfully persistent. He will leave, however, as soon as he thinks I am not watching again will reappear doing the same thing again and again.

As I was watching this transpire one morning, The Lord impressed upon my heart that just like those sneaky squirrels there are many distractors in our life that can sneak up on us and leave us feeling empty and depleted. They strike close to home. If we are not careful during this time of quarantine, Satan will strive to accomplish something similar in our homes. This week I have found myself really just wanting things to go back to the way they were. As each event has gotten removed from my calendar, I have felt as though I was becoming a little more defeated and depleted. Our three kids are all struggling and wrestling with this, each in their own way. At times, I am not sure how to even help them. However, I am so thankful I know the one who is in complete control of everything.

Four quick things the Lord showed me this past week that were so helpful:

Satan	The Lord
Seeks to destroy	Wants us to shelter in HIS strength
Provides noisy distraction	Speaks when we are silent and still
Squanders resources	Secures your future
Stays for a short time, inflicting damage where he can	Stays eternal- hope in Him is long-lasting, forever!

John 10:10, "The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full." In another version of the Bible the word "abundantly" is used.

An abundant and full life - That seems like a challenge right now doesn't it? Amidst the fear, anxiety, and stress of Covid-19, doesn't it seem so easy to allow Satan to deplete our spiritual supply of joy, peace, and hope?

Each time the squirrel squanders my bird food, I have to refill the feeder for the birds to feast on again. It is an active choice to not leave that feeder empty - one I have to make time and time again. We have to make this same choice today, tomorrow, and the day after by refilling our spiritual supply with God's Word. We have to be intentional about dwelling with Him and resting in Him alone.

God led me to Psalm 104 on that morning as I was berating that squirrel. It challenged me to continue to seek Him and claim His promises during this storm and my prayer is that it might be a blessing to your family as well. Simply take these verses and personalize them to you and/or your family as below:

Claiming Psalm 104 as a family, *"Let all that The Cannon family does praise You Lord. O Lord my God how great you are (verse 1). We rejoice that you placed the world on its foundation so that it would never be moved. (verse 5) and at your command the water fled; at the sound of your thunder, it hurried away (verse 7). **We know that have the same control TODAY.** "O Lord, what a variety of things you have made! (v. 24) and we are so thankful for every one of them.*

Lord- Stephen, Julie, Natalie, Tyler and Ruthie will sing to you as long as we live. May we praise you until our last breath. May all of our thoughts be pleasing to you, for we rejoice in YOU (verses 33-34).

My prayer for your family and mine is that during this storm we will not allow our Enemy to steal our joy and deplete our spiritual supply little by little, but rather allow Our Risen Savior to fill us with His peace and joy.