

I Don't Feel Like It
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Have you ever really NOT wanted to do something, but you end up doing it anyway, and you end up really grateful that you did?

Sometimes going to the gym can be like that for me. I sometimes have to drag myself there, very reluctantly. But more often than not, once I'm there, it feels really good, and I'm really happy I went.

Is there anything like that for you?

Going to church for some can feel like that. Sometimes I can feel really busy and distracted and pulled in a thousand directions, and I don't always bring a great perspective to worship. But just like with going to the gym, something happens to me in these moments, and the Lord does great work on my mindset. Thanks be to God!

Can you identify?

Psalm 103 begins, and ends, with an imperative, a command: "*Praise the Lord, O my soul; all my inmost being praise His holy name*" (Psalm 103:1). Praise Him. Praise Him when things are going well, and you feel like it. And... praise Him when you're worried, angry, distracted, or when you just aren't feeling like it.

Why? I'm convinced these "I don't feel like it" moments are when God does some of His best work, because it's ALL His work. He overcomes us and how we're feeling, He meets us in these moments, and He draws us to Himself. And we are changed.

"Praise the Lord, O my soul; all my inmost being praise His holy name" (Psalm 103:1).