

Give us this day . . .

By Dave & Kim Lauzau

The daily bread that Jesus speaks of in the Lord's Prayer does not just refer to sustenance for our physical selves, but also for our intellectual selves, our emotional selves and our spiritual selves. To remain healthy and to grow in all of these different areas daily, we need good, wholesome, nutritious food for our bodies and good, wholesome, nutritious *food for thought*, daily.

Increasing attention has been given to nutritious food over the years, but where can we go to get a good, wholesome daily dose of food for thought?

Praying at Perpetual Adoration at our church on the day of our 24th anniversary, God called us to help with this need and inspired us in how to go about it. That very night, October 16, 2006, after celebrating our anniversary, we started ***Daily Reflections for Married Couples***, something that had never even crossed our minds until that moment in adoration just a few short hours earlier! A clear testament that when God calls and you say "yes," things you never dreamed of can happen nearly instantly and just as naturally as you could imagine.

So what is ***Daily Reflections for Married Couples***? Daily Reflections is a daily e-mail which gives brief reflections on marriage, family, parenting, love, friendship, spirituality and character. That is, Daily Reflections provides some of the daily food for thought you can use to help you keep your spirit healthy, vibrant and growing.

The reflections are brief, typically just a line or two. Nearly all of them are quotes in which people have compressed incredible amounts of wisdom into a handful of words. They are truly gems through which you can shine your own life experiences and see them transformed into spectrums of new insights.

Also of importance, the reflections are daily. Wisdom and insight cannot be gulped down. The reflections are set up to be contemplated and to take root one at a time.

Daily Reflections for Married Couples uses an e-newsletter service made available by Yahoo, so it is easy to sign up, and should it not be to your liking/expectations, it is also easy to unsubscribe. With it being so easy to subscribe/unsubscribe, why not give it a try? There is really no downside to trying, only a blessed upside. Why not sign up now? It literally only takes about a half dozen clicks!

To begin receiving ***Daily Reflections for Married Couples***, go to <http://WWMEColumbus.org> and click on "Daily Reflections." Then follow the simple instructions from there. (For most people, just two more clicks). It's that easy!

We have seen God's hand at work in ***Daily Reflections for Married Couples***. We hope that you will check it out and see if it can't provide you with some of the "daily bread" your spirit could use.

God bless you!
Dave & Kim Lauzau