## Table Talk DCCVI - I am a Loving and Capable Person!

"In the Old Testament are two sorts of sacrifices; the first was called the early morning sacrifice; thereby is shown that we first should offer unto Christ, not oxen or cattle, but ourselves, acknowledging God's gifts, corporal and spiritual, temporal and eternal, and giving him thanks for them. Secondly, the evening sacrifice; whereby is signified that a Christian should offer a broken, humble and a contrite heart, consider his necessities, and dangers, both corporal and spiritual, and call upon God for help."

## Commentary:

We should start our day mindful of God's gift to us as a loving and gifted person. Unfortunately, as we go through the day we experience challenges that chip away at our positive sense of self. This is why we pray for God to forgive our sins as we forgive the sins of others, stop us from temptation, and deliver us from all that is evil in The Lord's Prayer! Yes, God knows what He is doing!

**Question:** Do you only call God for 9-1-1 emergencies or do you have personal conversations with God as frequently as you text and email friends and colleagues?