**Sustained**  
  
We would get bundled up and head out for another walk to Thomas Park. On the way, I would unashamedly sing every word I could remember of  "Amazing Grace" as my little one sat in the stroller or swung in the baby swing. It became a regular occurrence and something we both desperately needed. He needed the fresh air and I needed the time to worship.   
  
During those days of crisis, there was so many answers I needed. It was as if I was starving and needed to hear the next thing from the Lord to survive. I was surviving minute by minute and clung to everything I was getting from the Lord through prayer and reading scripture. He was so faithful and never left me hanging! He would point me to words like hope, deliverance, help, shield and unfailing love. Those words sustained me because they were His words. If you are in those days, or just need to be encouraged today, listen to Psalm 33:18-22 and let them resonate in your heart as well,  
  
18But the eyes of the Lord are on those who fear him,  
    on those whose hope is in his unfailing love,  
19to deliver them from death  
    and keep them alive in famine.  
20We wait in hope for the Lord;  
    he is our help and our shield.  
21In him our hearts rejoice,  
    for we trust in his holy name.  
22May your unfailing love be with us, Lord,  
    even as we put our hope in you.

If we haven't met, I want you to know that when I walked into this church alone with a 5 year old daughter and a 2 month old son that I didn't know if this church was ready for me. But do you know what happened? This church embraced me and walked through the biggest trial of my life. But even bigger than that, the Gospel and what God did in my life changed this girl forever! And I know He will do the same for you like He did for me! He will!

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