



Kingdom Moments

I Felt Incredible Joy

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I had not shared with anyone that I had a nagging pain under my left foot, near the arch. The sharp nerve-like pain would come and go while walking and doing normal stuff for the last six months. Last Friday my foot even cramped up, was crazy disfigured-looking, and stuck in an uncomfortable position for maybe fifteen seconds. I thought about what kind of oil would help and I went ahead to put on some essential oils before bed.

On Saturday, the pain was more constant, and it peaked to a level eight as I walked. I have a high tolerance for pain and hardly complain, so I toughed it out.

While in praise and worship at church this past Sunday, **I felt the urge to sing in tongues and it helped me to focus on Jesus. Without any distractions, I forgot about the discomfort.** When Pastor Rob called out pain in the left foot, my hand went straight up! That is me!

I did not hesitate to go up for healing and as I stood in the Holy place, I felt incredible joy. I wanted to sprawl out on the carpet and swim around in this pool of healing, but I held back my excitement. (You are welcome.)

I always tell myself God knows my pain, my suffering, and fill in the blank. **GOD KNOWS!** The pain was gone, and my spirit lifted. I am grateful that **He knew of my pain when I kept silent. His acknowledgment was my blessing. He cares for you too!**

Thank you, Pastor Rob, for discerning and being sensitive to the ways the Lord wants to move and ultimately heal. I have had a few pangs of minor discomfort since Sunday, BUT God called it out into the light and **I am blessed He knows, cares, and heals.** Thank you, Abba!

The joy of the Lord is your strength.
(Nehemiah 8:10 NIV)