

Daily Devotion For December 1, 2022

The beginning of the good news about Jesus the Messiah, the Son of God, ² as it is written in Isaiah the prophet "I will send my messenger ahead of you, who will **prepare** your way"³ "a voice of one calling in the wilderness, '**Prepare** the way for the Lord, make straight paths for him.'" Mark 1:1-3

When I wrote in my previous devotions about preparing our hearts this Advent Season, I had no idea that part of that preparation would be ending up in CHOMP. Yesterday I had an echocardiogram and today they will give me a series of tests to see if I might have coronary blockage.

For the past few months, I have had low blood pressure, lightheadedness and for the past few week's shortness of breath. I have been to my primary care physician several times in the past few months to try to diagnose what was going on with my body. Blood lab worked showed that there may be some heart issues and so after a rough few days, on Tuesday, Dr. Mary Ichiuji encouraged me to go to ER as my blood saturation level was low. I'm glad for Dr. Mary's encouragement where I am now getting some medical test to determine what is going on in my heart.

In Mark 1:1-3, Mark quoted the prophet Isaiah from Isaiah 40:3 about preparing the way for Jesus the Messiah. This was 600 years before Christ was born. Advent is a season that can test what is going on in our hearts spiritually? We are prepared for **Christmas** not when we have purchased all of our **Christmas** gifts, decorated our **Christmas** tree, mailed out our **Christmas** cards and baked our **Christmas** cookies, but we are prepared for Christmas when we are ready to give our **hearts to Christ**.

Thought For Today: Take time to examine your heart. What is the condition of your heart as we turn the calendar to December and the next 25 days? Are you being spiritually prepared?

Today's Prayer Focus: Pray that God will help you prepare your heart for Christmas. Deo Volente