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Food for thought June 2026

Let's rejoice: the Lord wishes to be among us. The Lord is a master of love, a master of consolation, a master of understanding.

Sometimes we think: "Nobody understands me anyway. My life is such a mess that no one can make sense of it any longer. Not even God—if indeed there is a God—can understand them."

God is among us, and He is a master of understanding. He knows your situation, and He knows mine. He wants to say this and plant it deep within our hearts: "I am with you, I understand you, and I know exactly how you feel. As I stand here, may a new joy descend from heaven and rest upon you."

This is what I wish for you, dear sister, dear brother, that a new joy may arise in your heart. A joy that comes from somewhere else entirely, a joy that you cannot create, that I cannot create, that we cannot create. A joy that comes from heaven and settles upon your heart and makes it peaceful.

Food for thought from a divine service by the Chief Apostle