



Have you ever had one of those times where you hear a phrase or a quote and it just keeps popping into your head? You're doing the dishes, and it pops in your head. You're reading a book, it pops in your head. You're scrolling through Facebook or Instagram, and it pops into your head! Sometimes the constant reminder can be an annoyance (a commercial jingle just started playing in your head, didn't it?!) ...and sometimes it can be a comfort. Something to cling to. To learn from. To meditate on. This has been me this week!

On Sunday I had the opportunity to watch Sunday's service with my family via our Highland Facebook page and I am so thankful I did. I love the account of the two disciples on the Road to Emmaus (Luke 24) and the "Ah-ha" moment when their eyes are opened and they get it! That moment when they move from grieving over the cross to finding joy in the resurrection of our Risen Savior! This moment always makes my heart excited, brings a tear to my eye, and urges me to share with others so they too can have an "Ah-ha" moment. Surprisingly, this wasn't necessarily the moment that has been stuck in my head.

So here it is. The quote that caused me to verbally respond with "Yeeesss!" and has stuck with me all week. "Jesus did not help these two guys by fulfilling their expectations, He helped them by replacing their expectations with something better than they ever could have imagined. ...He replaced them with himself. (37:45 minute mark of the video)"

In a time of squashed expectations, let us abide in The One who gives us significant purpose, contagious joy, unending hope...The One who gives us Himself.

Take some time today to dwell on the person and character of Christ. To help you get started, here are a few passages to look up:

- John 1:1-18
- The "I Am" Statements: John 6:35; 8:12; 10:7; 10:11; 11:25; 14:6; 15:5
- Ephesians 2:1-10
- Philippians 2:5-11