

## **120. NO SOCKS DAY - FRIDAY - MAY 8, 2026**

Good morning, Grace Harbor – it's Dan. Happy Friday, and happy No Socks Day! Today is the day when everyone is encouraged to ditch our shoes and socks and go barefoot.

Obviously, you might need to keep them on through work or the school day to be sure you're in dress code, but once you're home again, let those piggies breathe!

Funny coincidence – tomorrow is National Lost Sock Memorial Day when we take a moment to remember all the socks we've lost over the last year. So, when you toss your socks this afternoon, maybe put them directly into your hamper or laundry basket so they don't become a part of tomorrow's special day as well.

Speaking of tomorrow being a special day, as I told you earlier this week, Saturday is the day of Ms. Carolyn and her husband's big 50<sup>th</sup> wedding anniversary celebration. We'd been planning for it to be at the Village Green, since they originally got married outside in a garden.

Unfortunately, we're having to change plans and move the celebration inside because there's a 100% chance of rain tomorrow. We kind of knew this would be a possibility when we saw the forecast at the beginning of the week, but things change when it comes to the weather, so we were really hoping the rain would shift a day later, but it hasn't.

When I called Ms. Carolyn yesterday afternoon to confirm

the change of location, I mentioned that she must be really disappointed.

She said, "You know, I thought I would be, but I'm not. It's actually the perfect way to remember and celebrate 50 years of being married."

I asked her how so, and she told me that there are plenty of sunny days in life – days when everything is going your way and you look good and you feel good and you and your partner are getting along. It's easy to love each other on days like that.

What makes relationships last – whether it's a marriage like theirs or a relationship you might have with a really good friend; what makes them last is if you can still love and celebrate each other on the stormy days. The days when you're not getting along, when you don't feel great, when you're tired and cranky.

So, choosing to focus on things like love and joy and peace, even when it's wet and gloomy outside, is the perfect way of highlighting why it's all such a big deal.

And, of course, those have been the three Fruits that we've focused on this week. As we wrap up the week, why don't we take some time to reflect on them.

If you have time to do that now, great! If you need more time or you want to come back to them tonight or this weekend, feel free to pause the podcast. I'll be right here when you get back.

We started the week by introducing the idea of the Fruit of the Spirit. They're the good things that God wants to grow in our lives. There are nine of them in total, and you know what? Some of them are going to come easier and some of them might take longer to grow. And that's ok!

This week, we focused on the first three, and so for our first reflection question let's ask: which of these Fruits of the Spirit – love, joy, or peace – do you feel like comes easiest for you? When you have your answer, go ahead and share it with your family.

[PAUSE]

This was a tough one for me because they're all really good, and I feel like I have a good bit of all three. But I'm going to say that love comes easiest.

Ok, for question number two, let's think back to our discussion about joy on Wednesday. We said that when we're not really feeling joyful, especially if we're focusing on challenges we might be facing, a way to find some joy is by looking for things to be grateful for. Some examples include your family and friends, a favorite treat, something exciting coming up that you're looking forward to, or something you love about yourself. Go ahead and share something you're grateful for.

[PAUSE]

This week, I am so grateful to be back with you after

taking some time off. I love getting to spend this time together. I love hearing from you when you send messages. I love picturing you and your family listening together and praying together. It's a lot of work to do this every day, and I do need to take time off occasionally, but being back with you this week has brought me a lot of joy.

Ok, our last question for this week is rooted in the idea that the Fruit of the Spirit is good stuff God grows in our lives, but it's not just for us to enjoy. All of them – especially love, joy, and peace – are meant to be shared with others. They're meant to inspire you to put them into action. So, what's one thing you could do this weekend to share love, joy, or peace with someone else? Once you've got an idea, you can share it with each other.

[PAUSE]

When I was making dinner last night, I noticed we had a tube of cinnamon rolls that seems to have been forgotten in the back of the refrigerator. Maybe tomorrow morning, when I finish my quiet time, I'll pop them in the oven, so my family can wake up to the sweet smell and have a special Saturday morning breakfast! That lets me show them love and hopefully inspires some joy.

Ok, let's close out the week with prayer. If you want to, you can close your eyes and fold your hands.

Dear God, we thank you for love, joy, and peace. These aren't just things you want to share with us, but they're things you want to grow in us. That means they're always

with us, no matter what's going on around us. It also means we always have some to share. Amen.

Ok, Grace Harbor, have a great weekend. After the rain clears Sunday, I'll be sure to go check on Mrs. Quackerson and give you an update on how she's doing next week. Talk to you then!

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