

A man with a beard, wearing a grey robe and a light-colored shawl, sits on a rock in a desert landscape. He is holding a small, dark object in his right hand. In the foreground, another person wearing a grey robe and shawl is sitting on a rock, facing away from the camera. The background shows a dry, hilly desert with sparse vegetation and a clear blue sky. The text "How to Have a Perfect Day!" is overlaid in the center of the image.

How to Have a Perfect Day!



**“But he said unto them, ‘I have meat to eat
that ye know not of.’”
(John 4:32)**



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Thumbnail: Photo by [Liza Summer](#) from [Pexels](#)

Music in the background: "Epic Cinematic" by Scott Holmes Music,
https://freemusicarchive.org/music/Scott_Holmes#contact-artist