

In Touch

STRESSED OUT

Dear Friend:

I said it a few weeks ago and it is more true now than then: “We are living in strange times” Let me add another statement today: “We are living in stressful times”, but you already knew that! Prior to COVID19 Americans were already stressed. 1 in 6 adults are taking an anti-anxiety drug. There are 7 million children who take at least one anti-anxiety prescription med every day, for some it is more than one. Even though our numbers are high in America, we don’t even rate in the top 10 in the world per capita! Interestingly, 5 out of the top 10 countries are cold weather countries. Iceland has the most with 118 persons per 1,000 who take at least one daily anti-anxiety drug. (Remind me NOT to move to Iceland!).

What can we do in these stressful times? May I suggest we all read and meditate on Psalm 37:1-9? In these 9 verses we find 5 stress reducing tablets. First: TRUST IN THE LORD (v.3). How’s your trust in the Lord right now? Remember, worry doesn’t empty tomorrow of it’s sorrows, it empties today of it’s strength. Second: DELIGHT IN THE LORD (v.4). How do you delight in the Lord? Delight means: “To do something you take joy in”. The more time you spend focusing on God the more joy you will have. Three: COMMIT YOUR WAY TO THE LORD (v.5). The word “way” is a metaphor meaning: your style of life. Be sure your style of life demonstrates a commitment to the Lord. Fourth: BE STILL BEFORE THE LORD AND WAIT PATIENTLY FOR HIM. This may be the hardest of all tablets to take. The difficulty in doing this is that it is contrary to our nature. Fifth: HOPE IN THE LORD (v. 9). Right now we’re putting our hope in a lot of places: social distancing, stay at home orders, hospital capacity, surgical masks and gloves, the government. These are all vital and we should do them but most vital of all is: PLACE YOUR HOPE IN THE LORD!

In Christ’s Love, Pastor Mike

Prayer List: Joy Fugate (2nd surgery on an arm infection, tomorrow), Stan Eller (Ruth Eller’s brother, dialysis difficulty), Steve Mead (father-in-law to Michelle Hennebert’s sister. Steve has very advanced stage cancer)

STILL NEEDED: Persons who can make cloth surgical masks. We have a place or two where they will be delivered. Please call or email Ruth Eller. 614-203-8539 or ruthaeller@yahoo.com

Sunday Prayer Gathering, Still A Great Way To Go To Church: WE ARE SWITCHING THE START TIME TO 9:00 a.m. Due to some technical difficulty we are trying 9 a.m. to see if it works better. STILL use: 605-313-5846, when prompted push 881885. Hope to talk to you Sunday!