

HURRIED SICK

Dear Friends:

Let the holiday season begin! By the looks of things at Target, Home Depot, etc., the holiday season began in October. However, according to the calendar the holiday season is still considered Thanksgiving to New Year. The holidays can stress us all, but the Bible has a great stress reliever, it is called Psalm 37. In Psalm 37:1-9 I find 4 "de-stress" tablets, take them like medicine if you want to avoid being hurried sick.

Written a lot like Proverbs, Psalm 37 follows a pattern of: "If you do this...this will result".
First tablet: Trust In The Lord. Trust in the Lord and you will enjoy safe pasture. You do not have to be a farmer to get this benefit. It is a benefit for all, and it means you will feel safe if you trust in the Lord. Second tablet: Delight In The Lord. The result is he will give you the desires of your heart. Delight in the Lord means to find your pleasure in Him (not the world), and he will give you your desires which should come from the Holy Spirit. Third tablet: Be Still Before The Lord. Now, that's a radical idea this time of year. It is probably the hardest pill to swallow. However, take some quiet time (wait patiently) and even when bad things are happening around you, you will experience peace. Fourth tablet: Hope in the Lord (v.9). Those who hope in the Lord will inherit the land. Are we talking about farming again? No. Inheriting the land meant your daily provisions will be provided by God. Take the four tablets of Psalm 37 this holiday season and you will avoid becoming hurried sick!

In Christ's Love,

Pastor Mike

Prayer: Midge Gathers Family, Margaret Jewett (shut-in of the month), Bonnie Boone (rehab Villages of Westerville)