

A Note from Pastor Wendy 18
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Many of us have had extremely trying times this week for many different reasons. When these things happen in our lives it is not always easy to keep up with all the demands placed upon us by our jobs, families and other obligations in our lives. Sometimes we have to be reminded by others that it is important to step back and make time for ourselves. This time is important not only to catch a breath here or there, but to remain healthy physically and spiritually.

My mother-in-law was taken to the hospital because she was having trouble breathing and having pains in her chest. She is 96 years old and lives by herself. When she called asking to be taken to the emergency room, she said, "I am sorry to bother you, but..." She never wants to inconvenience anyone. When I was visiting her yesterday in the hospital, she told me that she has been thinking about how she had said bad things about people in the past and she needed to be a better person. "I am still blessed because I have a loving family who cares for me." This is a person who has been the kindest person to everyone. She has always opened her home to anyone who showed up at her doorstep, hosted visitors from all over the world during World Conferences for years, she has provided meals every week for church members and anyone who came unannounced. There isn't an unkind bone in her body, so to speak.

As her health has been failing over the past few years, she makes sure she walks on her treadmill and eats healthy. When you ask her how she is doing, she will tell you that for her age she is doing well because there are so many people in the world worse off that she is, so she feels blessed.

What I want to share about today is that it is a matter of your heart and your attitude. We may have a lot going on in our lives that give us pain and anxiety. How we respond to it is life is going to make the difference in our attitude. We can still be happy and have a good outlook on life. There is a scripture in Psalm 73:26, "God is the strength of my HEART and my portion forever."

If we remember that God gives us strength every day of our lives to complete the tasks we have to complete, it will be easier to do it with a smile and renewed hope and energy.

God bless you this week and you move out with God's strength in your heart.

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