

Everyone would agree that a hopeful attitude is a good thing. But what exactly is hope? Can it be learned? Centuries of folk wisdom and religious teaching have taught the benefits of a hopeful attitude. These days,

researchers believe that hope may be associated with good health and greater success, both personally and professionally.

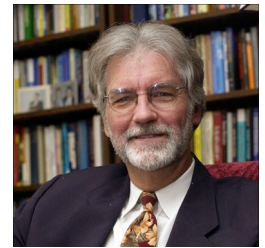
But what exactly is hope? According to Dr. Rick Snyder, distinguished psychology professor and pioneer in the positive-psychology movement at the University of Kansas, hope is a practical, goal-oriented attitude - a stance people assume in the face of difficulty. Hope combines a goal-directed determination with the ability to generate the means of reaching the goals.

Dr. Snyder developed a test to measure hopefulness, and he found that college students who scored high in hope also turned in the best academic performance, regardless of high school grades or SAT scores. Folks who are injured or seriously ill do better when they have high hopes, as well. Actor Christopher Reeve had every intention of walking again, and had he lived, none of us would have been surprised to see him do so. Hope was a very large part of his being.

The research also suggested that - all other things being equal - a hopeful attitude helps people overcome obstacles like poverty, lack of education and even lack of social support. It is those people with hope, who can express that hope, who will best weather their circumstances. Hope seems to bolster the will to survive, and without hope, the will to continue fades away.

Can you learn to be hopeful? Of course! Start by seeing "failure" as an opportunity to learn rather than a flaw in your character, and make a habit of remembering your past successes. Break down your long-term goals into short-term sub-goals, and reward yourself for reaching them. Visualize a positive outcome for every situation, affirm yourself for all your good qualities, and no matter what happens, hang on to your hope.

And while hope may not be a strategy in the face of encroaching external disasters, it is a vital component to internal resilience. Cultivate it.



Dr. Rick Snyder



This refreshing **Watermelon Feta Salad with Mint** is perfect for summer. It's a sweet-and-salty combination that looks just beautiful on the table for a backyard cookout, a potluck, or even a Sunday brunch!

- 12 cups of cubed, seedless watermelon (approx. an 8lb watermelon)
- 1/4 cup olive oil
- 3 whole limes, juiced
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- 1 cup fresh mint leaves, chopped
- 1 1/2 cups crumbled feta cheese

This salad is best made one hour or less before serving. Cut rind from the watermelon, then chop into 1 inch chunks. Place chunks in a colander to drain as you chop. In small bowl, vigorously whisk together olive oil, lime juice, salt and black pepper to create a dressing.

Place watermelon in a large salad bowl, pour dressing and mint over the watermelon and toss to coat. Add crumbled feta to the salad and stir gently. Enjoy.

www.toriavey.com/toris-kitchen, 6/29/11



LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

July 13, 2019



“So you think you're special!”

Job is the oldest book in the Bible. In it God presented a question to Satan. Have you considered my servant Job? (Job 1:8). One of the main themes of the book is the idea of trust. Will Job trust God in his suffering. Job lost all his children in one day. He lost his money and then his health. When we find him, he is homeless by the roadside using pottery to scratch his wounds.

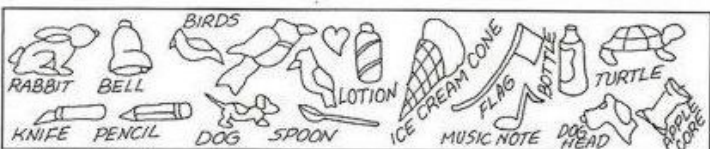
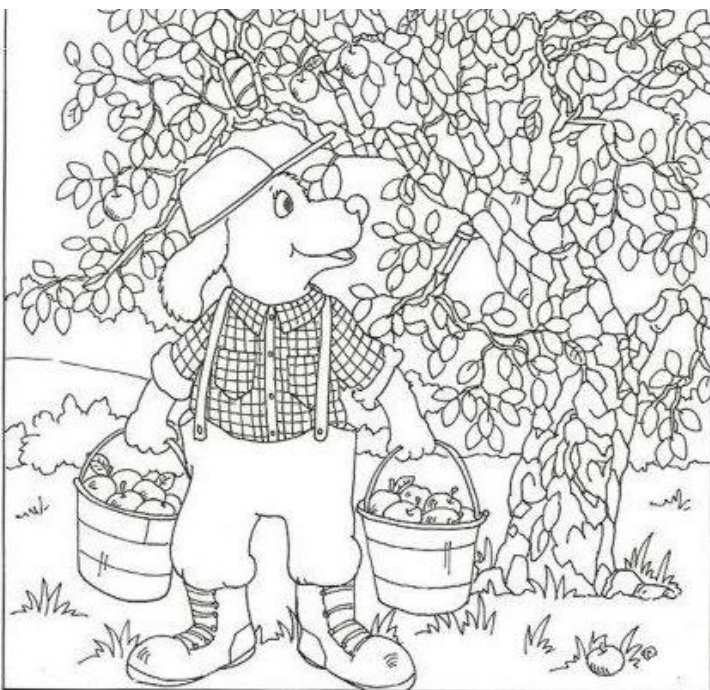
Scholars note that Job was not in the covenant line. He doesn't present the story of the exodus, and his name is not found among notable Jewish Biblical patriots.

He is a gentile who loves the Lord and his faith is boasted about by God. He was special in the eyes of God. Yet we see him suffering. It doesn't seem fair for something so atrocious to happen to him. However, This narrative teaches us many lessons.

Firstly, we can deduct from the story that God has His people in and out of the church.

Secondly, its a call to trust God even when we hurt, grieve or endure sickness. We are assured through this narrative that we are special to God and our situation is only temporary. Job received everything he lost and more at the end of the story. Whatever we endure now, we are called to remember that we will receive more at the end when Jesus returns.

KIDS CORNER



SCHOOL SUPPLIES NEEDED

Please donate school supplies for the Backpack Giveaway on Sunday, July 28th. A container will be in the foyer to collect donations, here are a few suggestions:

- Pens
- Lined paper
- Rulers
- Small scissors
- Glue sticks
- Crayons
- Mech Pencils
- Highlighters

Thank you,
The Education Ministry Team