



LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

November 9, 2019

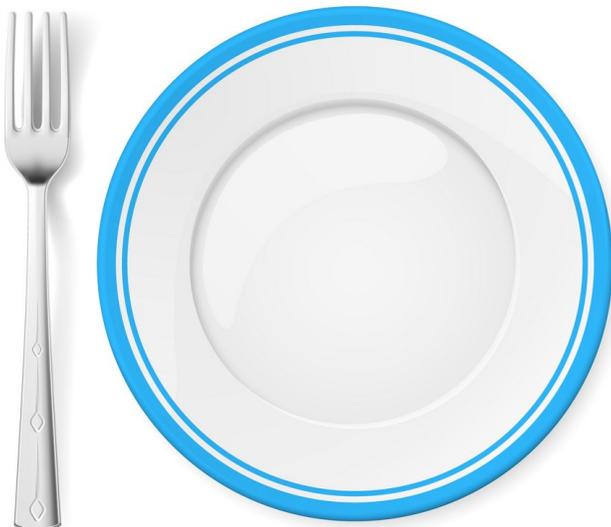


This week we look at ways to overcome depression.

1. **Get some sleep.** Adequate rest will replenish and revitalize the body.
2. **Take Action.** Any form of movement is better than none.
3. **Eat Well.** Having balanced meals enhances our mood and the ability to process information clearly.
4. **Clean Home.** A clean atmosphere helps to ease the mind.
5. **Look Professional.** Even if you don't have plans, it should not be a deterrent to looking good. I had just finished a meeting and entered a store for a snack. As I exited the store and walked over to my car, a gentleman in a luxury SUV walked over to me. He said, "Sir, I know you may be in your career, by the way you are dressed; however, I can tell there is something special about you. I want to offer you a position in my company." I said, "Sir, I have the best boss ever, and I'm not thinking about a change in careers. There are however others I know who could possibly be good candidates." He handed me his card and took my information. I began to think: "this all happened because of the way I was dressed!" There are days that we may feel tired and emotionally drained; however, we should consider dressing up and going out "just because" we can. In fact, you never know what blessings God may have waiting for you, that will change the trajectory of your life.

KIDS CORNER

On the plate below, draw the foods you think would make a healthy dinner.



Fill in the blanks, putting these words where they go: carrots, eyes, germs, healthy, oranges, and vitamins.

Fruits and vegetables are fantastic because they help to keep us _____.

Fruits and vegetables have lots of different _____ that our bodies need. Fruits such as _____ give us lots of vitamin C. Vitamin C helps our bodies to fight _____.

Vegetables like _____ give us lots of vitamin A. Vitamin A helps our _____ to see well. It is good to eat a variety of fruits and vegetables so that we get lots of different vitamins!





We were a little anxious about going to Tom and Kathy's house for Sabbath lunch. The last time we'd gone, Kathy had just been diagnosed with breast cancer and they were eating only raw organic vegetables. No protein, no dressings or condiments — just an odd assortment of raw vegetables.

This time, we arrived to find a table laden with a variety of cooked entrees, cooked vegetables and homemade rolls. Yum! I asked Tom, "Why the change?" He replied that the cancer news had scared both of them and they'd made drastic changes in their eating habits — but then their health started to decline in different areas because of the lack of protein and other essential nutrients. They decided to pray about it. The answer they feel they received, was to eat a more balanced selection of foods and say a prayer before each meal asking that God bless the food that they were eating.

I didn't see how that was different from what most Christians do, we say grace before eating. Tom explained that it was deeper than that. They weren't just praising God and thanking him for their bountiful pantry, they were specifically asking Him to make the foods that they were eating healthy and nutritious for their bodies. They were doing their part in selecting foods they felt were wholesome, then they left it up to God to ensure it met their nutritional needs to keep them healthy.

Until that moment, I prayed for each meal out of habit — and usually said the same prayer. "Dear Heavenly Father, thank you for this food, bless the hands that prepared it and may it nourish our bodies. Amen" It was rote. Instead, I realized that we shouldn't pray flippantly or out of mindless habit. To have a meal to eat so that we can continue to live for God's glory is a beautiful thing — if it is received in faith. "For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer." (1 Timothy 4:4-5)

The whole point to a mealtime prayer is to receive the blessing of God's provision with thanksgiving. This may not seem as important to those of us who live in prosperous regions of the world and have never known food scarcity or haven't had to eat foods that are over-ripe or partially damaged. It's the dark side of abundance: a lack of awe. We sinners tend to grow blind to glory when there's a lot of it. We also tend to make poor eating choices because we're lazy.

Receiving strength by eating food is itself an astonishing concept. But God made eating more than pragmatic; through smell, taste, and texture he made it enjoyable for us! And he made it even more enjoyable when we share the experience with others. He also made the preparation of food to be an art as well as an act of servant-hearted love. Strength. Joy. Community. Service.

God made everything. Whatever we have, God gave us. When we sit down to eat, it's not only to give our bodies the fuel it needs or a celebration of wealth — it's a recognition that God will sustain us and a celebration of God's generosity. He alone deserves the credit for it all. By Tom and Kathy offering their praises to God and asking for his blessings on the food they eat, their leaving their health worries in God's hands and trusting in His plan for their lives.

As we draw nearer to Thanksgiving, a day when many sit around the table with friends and family and pray earnestly — think how your life and attitude might be changed if you prayed with that same earnestness 365 days a year? Don't let your mealtime prayer become boring and mechanical. Instead find a fresh way to thank God every time you sit down for a meal; identify one or two unusual things to thank God for. Remember, if we're doing our part by making good food choices, God will do His part to ensure it's healthy and beneficial for us. Tom and Kathy can definitely attest to this. Kathy's cancer has been in remission for 10+ years and they are both enjoying a life full of God's benevolence.

Sources: Jann Stowe. Why We Pray for Our Meals. February 1, 2016. www.desiringgod.org.

Three Reasons We Pray Before Meals. www.newspring.cc

URGENT prayer

- Marjorie Stowe, injury recovery
- Paulette Weber, recovery
- Mazell Rudder, surgery recovery
- Ruth Collier, health

FAITH
is like Wi-Fi, 

it's invisible but
it has the power
to connect you to
what you need.