

AMAZING FACTS

INSIDE REPORT

WINTER 2018

WORRYING ABOUT STUFF





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From the Mail Bag



After a recurrence of stage IV cancer, my husband recently passed away. Although my husband did not regularly attend church, a pastor came to visit and asked him if he was willing to accept Jesus as his Lord and Savior. When

he looked up at the pastor and said yes, I felt such a burden being lifted from my heart. When my husband was too weak to communicate and was feeling restless, I was inspired to read Joe Crews' book *Heaven: Is It for Real?* When I was halfway through the book, he finally began to relax. And when I read the last word of the last sentence, he took his last breath. ... I bless Joe Crews for writing this inspiring book, and I shall cherish it and share it with many others for as long as God allows me to remain here on earth. If you are anything like me, it will make you homesick for heaven! *Jacquelyn, California*



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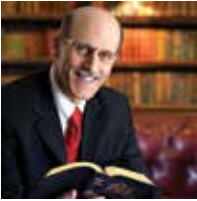
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Amazing Facts, a nonprofit ministry, shares the saving truths of Jesus Christ around the world through literature, radio, television, the Internet, public evangelism, and more. For operation, we depend on the gifts and prayers of caring Christians who believe in our mission.

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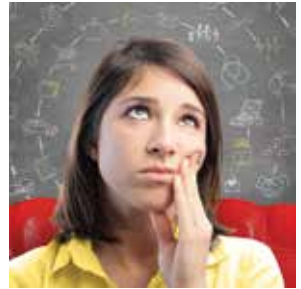
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PASTOR DOUG BATCHELOR

While visiting Haleakalā National Park, Karen and I saw an extraordinary plant called the Haleakalā silversword. Found only on the Hawaiian island of Maui at elevations above 6,900 feet, the silversword grows on dry volcanic rock. Not only must it endure freezing temperatures and high winds, this rare, threatened species must also draw the moisture it needs from the moon-like dry climate.

What is most stunning about the silversword is its lifecycle. For about fifty years, the plant grows sword-like succulent leaves covered in silver hairs. Then in one grand spectacle, it produces a tall stalk of beautiful maroon flowers for a few weeks—and then the entire plant dies.


The Haleakalā silversword reminds me of Jesus' words: "Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these" (Luke 12:27). Flowers do not

worry. They don't get stressed out about what to wear or how to pay the bills. Even after fifty years, the silversword, in one impressive display of beauty, glorifies God by flowering for just a few weeks.

Worry is dangerous to our health. Nearly half of all adults suffer from illnesses due to stress. One study suggests that up to 75 percent of all visits to primary care physicians are stress related.

King David had a boatload of things to worry about, yet he could still write: "I have been young, and now am old; yet I have not seen the righteous forsaken, nor his descendants begging bread" (Psalm 37:25).

When the Israelites wandered in the hot, arid desert for forty years, God not only provided them with food and water, but He even preserved their garments (Deuteronomy 8:4).

In this issue of *Inside Report*, we'll look at the problem of worry and God's solution to stress. When you're wearing yourself out with anxiety, remember to stop and enjoy the flowers. They are God's reminders that we can bloom for His glory in even the most desolate places and difficult circumstances. 



TELEVISION AND RADIO

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Daystar Network	Wednesday, 6:00 PM ET
Hope Channel	Sunday, 7:00 PM; Friday, 12:30 PM PT
Inspiration Network	Sunday, 9:00 AM ET
Lifetime Network	Sunday, 8:00 AM (All Time Zones)
Safe TV	Monday, 10:00 AM; Wednesday, 9:00 AM CT
TBN	Thursday, 10:00 PM PT
The Word Network	Sunday, 1:00 PM ET
3ABN	Wednesday, 7:00 AM & 9:00 PM CT

SABBATH SCHOOL STUDY HOUR

Hope Channel	Friday, 6:00 AM PT
Safe TV	Friday, 9:00 PM; Saturday, 6:00 AM & 8:00 AM CT
3ABN	Thursday, 7:00 PM; Friday, 5:00 AM; Saturday, 2:00 PM CT



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WORRYING ABOUT STUFF

by Pastor Doug Batchelor

An Amazing Fact

Worry is a "silent killer" that can lead to heart disease, high blood pressure, chest pain, and an irregular heartbeat. Some of the most stressful jobs in the United States include being a surgeon, commercial airline pilot, photojournalist, or a real estate agent. The top-three most stressful cities in which to live in America are Chicago, Los Angeles, and New York.

Two friends were enjoying lunch together when one of them asked, "How are things going in your life these days?"

The other replied, "Well, my house is in foreclosure, I lost my job, my medical insurance has been cancelled, and my credit cards are maxed out."

"Wow!" the first said with great concern. "How are you coping?"

"I'm not worried," the friend smiled. "I've hired a professional worrier to worry for me."

"What's that costing you?"

"He charges \$50,000 a year."

The first gasped, "Where in the world are you going to come up with that kind of cash?"

"I don't worry about it," the friend laughed. "That's his job!"

But, seriously, have you ever been overwhelmed with worry? There is no limit to the things we can fret over—our kids, our health, our finances, our relationships, our material possessions, and even our salvation. Wouldn't it be nice if we could have someone do all our worrying for us? In a sense, we can, and the good news is it's free. The apostle Peter tells us to "[cast] all your care upon Him, for He cares for you" (1 Peter 5:7).

Indeed, Jesus commanded us *not* to worry—but don't let that worry

you! Christ teaches us how not to worry by providing some inspiring lessons from nature. Let's look at how listening to Jesus will help us better manage our anxiety about, well, all kinds of "stuff."

A Choke Collar

Christ understands our temptation to worry. In the Sermon on the Mount, He addressed this pervasive anxious attitude:

I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? (Matthew 6:25–27).



Some worry so much about stuff that they burn up an excessive amount of time and energy agonizing about how to have a fulfilling life. The problem is that the joyful life they want slips right through their fingers as they spend all that time brooding over how to live. They are sinking while they are thinking. Few workaholics lying on their deathbeds wish they had spent more time at the office solving problems; instead, they regret not spending more quality time with their families. Jesus told us that there is more

to life than accumulating wealth, wearing the latest fashions, or obsessing over your physique.

Worry has been defined as feeling anxious about things that *might* happen. The word "worry" comes from an old Anglo-Saxon word "wyrgan," which means to choke or strangle. Worry reminds me of choke collars used on dogs—the harder you pull, the more your dog fights for breath.

Yet worry gets you nowhere fast. Studies show that 85 percent of what people worry about never happens. And of the 15 percent that did happen, most people said they handled things just fine. Jesus reinforced the uselessness of worry in a rather amusing way by asking, "Can worrying actually make you taller?" (Matthew 6:27). The obvious answer is no.

Take Your Cue from Nature

Jesus draws our attention to the birds to illustrate an attitude of trust that will help us soar in life. He said, "Look at the birds of the air." The first time I read that verse, I thought,

"Lord, I've got so many problems that I don't have time to look at birds! Birds don't have problems like mine."

Have you ever seen a bird carrying a briefcase to work or hoarding food? Of course not. (Except for maybe hummingbirds.) Birds usually begin their day by singing. A little rain doesn't bother these carefree creatures who must trust in their Creator to feed them. There's nothing wrong with gathering your produce in barns or planning ahead. The bottom line is that, no matter what circumstances on this earth bring, we live by faith in the knowledge that we have a loving heavenly Father who cares for us.

Our Savior once explained how God's care for even the small things in our world is so broad that He is aware when a little sparrow falls to the ground. Christ added, "Do not fear therefore; you are of more value than many sparrows" (Matthew 10:31). Worry melts away when we truly believe that we are safe in God's compassionate hands.

To help us not worry, Christ also said to look at the flowers.





So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? (Matthew 6:28–30).

Jesus points our eyes to the bright and cheerful. Beautiful lilies don't have fretful looks while laboring over what they will wear. Back in the time of Christ, clothing was much harder to come by and people had to spend lots of time literally spinning and weaving their one set of clothes.

Few people in America today sew their own garments, yet many spend hours and hours shopping for the latest trends. Jesus is asking you, "Does all that time and money spent trying to buy happiness really work?"

Observe the matchless beauty of a delicate lily. Breathe in the incomparable fragrance of a rose. The Creator's attention to the fine detail of an orchid, a tulip, or even the common daisy does not surpass the deep love He has for each of His children.

If God cares so much about flowers and birds that quickly perish, how much more does he love and care about people made in His image for whom His Son died to redeem for eternity?

One Thing Needed

One day while Jesus visited in the home of His friends, Christ addressed a woman who struggled with worry.

Now it happened as they went that He entered a certain village; and a certain woman named Martha

Continued on page 26.



BIBLE ANSWERS

WITH DOUG BATCHELOR



Q How can I live with more confidence as a Christian?

A The Bible says, “There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. We love Him because He first loved us” (1 John 4:18, 19). Indeed, the phrase “fear not” or “be not afraid” appears more than one hundred times in the King James Bible.

It seems, then, that it is not God’s plan for you to live in constant fear. Anxiety can paralyze you from making good, proactive choices when faced with difficult circumstances. It robs you of the


joy and peace Christ desires for you. Of course, most Christians will fret, feeling worry at some point in their lives. Not all fear is bad, of course. It

can alert us to possible danger. The Lord created us with a “fight or flight” response

to help keep us safer in this sinful world. The problem with fear is when it becomes unmanageable or unreasonable.

One of God’s most courageous men in the Bible expressed fear. King David faced many giants in his life. He once wrote, “Whenever I am afraid, I will trust in You. In God ... I have put my trust; I will not fear. What can flesh do to me?” (Psalm 56:3, 4). David’s key to coping with fear was trust. He put his fears in perspective by remembering the power of God to protect him.

Nothing can melt our fears quite like keeping God’s love in our minds. The Bible teaches us that when love abides in the heart, fear is cast out. Solomon wrote, “When you lie down, you will not be afraid; yes, you will lie down and your sleep will be sweet. Do not be afraid of sudden terror, nor of trouble from the wicked when it comes; for the LORD will be your confidence” (Proverbs 3:24–26).

When your fears seem overwhelming, stop and pray, asking God to surround you with His love. Write down and memorize key Bible verses about fear—such Psalm 23:4. Trust God’s Word when you’re challenged most as a Christian. 

Tune in to ***Bible Answers Live***, Amazing Facts’ live, nationwide call-in radio program, and listen to Pastor Doug give biblical, straightforward answers to difficult Bible questions. To get times and stations in your area, or to listen to answers online, visit www.amazingfacts.org.

NEWS to NOTE

Amazing Disciples

Amazing Facts is now working on a new online Amazing Facts Center of Evangelism course for 2018, called *Amazing Disciples*. It will be an incredible, convenient, and cost-effective way for individuals and church groups to become better witnesses for Christ. Students will be able to log on from anywhere in the world and get dynamic, expert Bible training on their own time. Get more details as they are available by visiting www.amazingdisciples.org and signing up for email updates.

Updated BibleProphecyTruth.com



Our stellar website on Bible prophecy has been recently updated with fresh graphics, new content, and a mobile-friendly format. It's packed with prophecy resources that will inform and inspire in these last days. It's also perfect for sharing with your friends and family. Check it out today!

India for Christ

This March, Pastor Doug and our Amazing Facts media team will spend a few weeks in the Land of the Tiger. Over a year ago, while attending the National Religious Broadcaster's convention, Pastor Doug met Satish Kumar, pastor of the world's largest

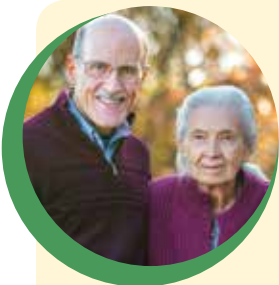


Christian church, located in Hyderabad, India. Pastor Kumar recently invited Pastor Doug to speak at his church. While in India, Pastor Doug will also

meet with our India AFCOE team, speak at local churches, and explore ways to increase our media impact in Asia. Pray for doors to open wide for the gospel to be preached in a land where Christians are often persecuted.

Study Guides Now Audio

Did you know the *Amazing Facts Bible Study Guides* will soon be available in audio? The first 14 Introductory Lessons have been recorded with dynamic production and professional voices and are now completed. We are now working to finish the Advanced Lessons. Watch for news of their soon release!

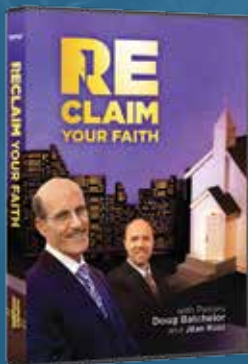


Pastor Doug Visits Lu Ann Crews

While Pastor Doug was conducting the *Foundations of Faith* series last fall in Maryland, he took a little time to drive up to Fredrick and visit with Lu Ann Crews, the wife of Amazing Facts' first speaker, Joe Crews. She is 93 years old and faring quite well! Pastor Doug says, "We had a delightful visit reminiscing, and Luann sends her love to the Amazing Facts family."

BIBLE STUDY

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NEW!**



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Few Old Testament characters have had as much impact on Christian faith as David, the shepherd-king of Israel. And today, his story still has amazing power to inform and transform. That's why you'll love Pastor Doug's in-depth exploration of David's life, reign, and death that will teach you practical, contemporary lessons in faith—ultimately leading you to Jesus, the ultimate Shepherd-King.

DV-SK ... \$29.95



**HOT
OFF THE
PRESS**

Should Christians Keep the Jewish Feasts?

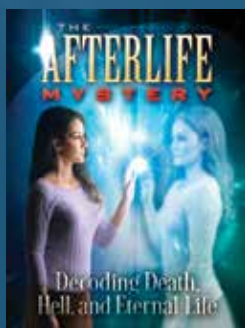
Doug Batchelor. Growing numbers of sincere believers are asking whether Christians today should be keeping the feasts and festivals commanded in the Old Testament. In an easy-to-read and engaging style, Pastor Doug unfolds Bible answers that will help you know God's will for you.
BK-SCKF ... \$7.95

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Unravel the complex mysteries of death, hell, spiritualism, the soul, reincarnation, heaven, and eternal life with this fascinating new sharing magazine from Amazing Facts! Packed with breathtaking, full-color graphics, this captivating, easy-to-read 32-page magazine dispels the darkness of confusion with the light of God's Word. A perfect sharing resource!
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BK-AFBMB ... \$29.95

HEALTH



Secrets to Better Health

These tracts provide a perfect and convenient way to share health principles from God's Word that help to prevent illness and promote a healthier mind, body, and spirit. Great for sharing with friends and family, leaving in offices, restaurants, and waiting rooms, or giving out wherever you go! Pack of 100.

BK-SBH ... \$8.95



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MS-PMJ ... \$29.98



Most Important Questions

This powerful, life-changing set addresses the big, core questions that most teens struggle with—in a way that brings encouragement and hope! Ten engaging presentations with Pastor Doug Batchelor focus on a wide variety of topics, from the basics of morality to social media and beyond. Includes DVD set plus a 126-page, full-color workbook!
DV-MIQ ... ~~\$54.95~~ **SALE PRICE: \$49.85**



Illustrated Evangelism Set

Attractive to kids and adults, these inspiring, illustrated books cover critical Bible doctrines on death, the Sabbath, creation, God's law and grace, last-day prophecies, the Godhead, the dangers of drugs, and the second coming of Christ with biblical accuracy! *"Easy, clear and accurate answers to the most asked questions."* —Customer Review
BK-JPSET ... ~~\$54.95~~ **SALE PRICE: \$21.85**

Shipping Information: Please add 15% of sales value or \$5.50 (whichever is higher) for shipping & handling.

California residents, please add 8.25% sales tax. For orders shipped outside the U.S. and Canada, add 25% or \$10 (whichever is higher) for foreign postage. Some items may require additional shipping costs and delivery time due to weight.

Feasting on the Truth

Benjamin had questions—God led him to some amazing answers.

As a child living on a farm in Canada, Benjamin loved to study the things of nature. “I saw that something or Someone greater than myself created what I saw,” he says. Though his parents didn’t attend church, he grew up with a Christian background. Born with a physical abnormality, he longed to be whole and perfect like the animals he observed. It led him to desire to become a biologist someday.

When he was twelve, Benjamin received a Bible at school. He began to read about Christ healing the sick, and he wanted to also bring healing to others as a doctor. But the challenges of being a Christian while attending public high school left him miserable and lonely. “I began to think that God didn’t really care about me and preferred that I struggle on my own.” His motive for being a doctor changed from wanting to help people to making a large income.



Struggling Toward Truth

While in high school, Benjamin got involved in an unhealthy relationship. When he started university, he moved in with his girlfriend, but the situation went downhill quickly. He knew he needed to break up with her, but it would not be easy. Benjamin’s health suffered as he tried to study and do part-time shift work. He gained weight, lived off energy drinks, and slept poorly.

After a major blow-up with his girlfriend, Benjamin broke off the relationship and turned to God for help. As he began reading his Bible and other spiritual books, he was convicted that “if one worships God, then one must obey Him. I was struggling to keep the commandments of God, and I decided to re-examine all ten of them.” He was also convinced that he needed to attend church but didn’t know which one to join.



Searching for Answers

Benjamin eventually studied the fourth commandment, the seventh-day Sabbath. He wanted to find more information, so he searched on the Internet—and one of the top results of his search was the Amazing Facts website. He recalls, “I began feasting on Amazing Facts sermons and articles.” He learned that most churches claimed the Sabbath was changed from Saturday to Sunday, but without biblical support. “I then discovered many other things through the study of the Scriptures with the help of Amazing Facts.”

How did Benjamin know that God was behind the messages he was hearing? He explains, “When I applied the biblical teaching I heard from Doug Batchelor to my life, I began overcoming sin. I knew that God’s will was my sanctification, so I knew the power behind the messages had to be from God.” Other ministries had not helped him in this way.


Benjamin sought out a Sabbath-keeping church to attend and soon found one. He prayed for “study buddies and likeminded believers” and was approached by a family who offered to study the

Bible with him. During their studies, they went through the Bible using the *Amazing Facts Bible Study Guides*. He eventually gave his heart to Christ and was baptized.

A Transformed Life

Many things changed in Benjamin’s life when he gave himself over to God. He quit listening to metal and rap music, he stopped watching violent movies and television, and he became more open to sharing his faith with others. He even changed his diet and lost 75 pounds. “Most important, my mind is far clearer and my relationship with God is far stronger.”

Due in part to Amazing Facts, Benjamin now has a desire to keep people out of hospitals and to work in public health to bring lifesaving beliefs to people in need. He’s currently working on a second college degree and is vice president of Mustard Seeds Advent Ministries at Ryerson University in Toronto. His desire is to see Christ’s love continue to transform his life as well as the lives of his fellow Canadians.

Thank you for helping us to reach Benjamin with life-changing truth! 

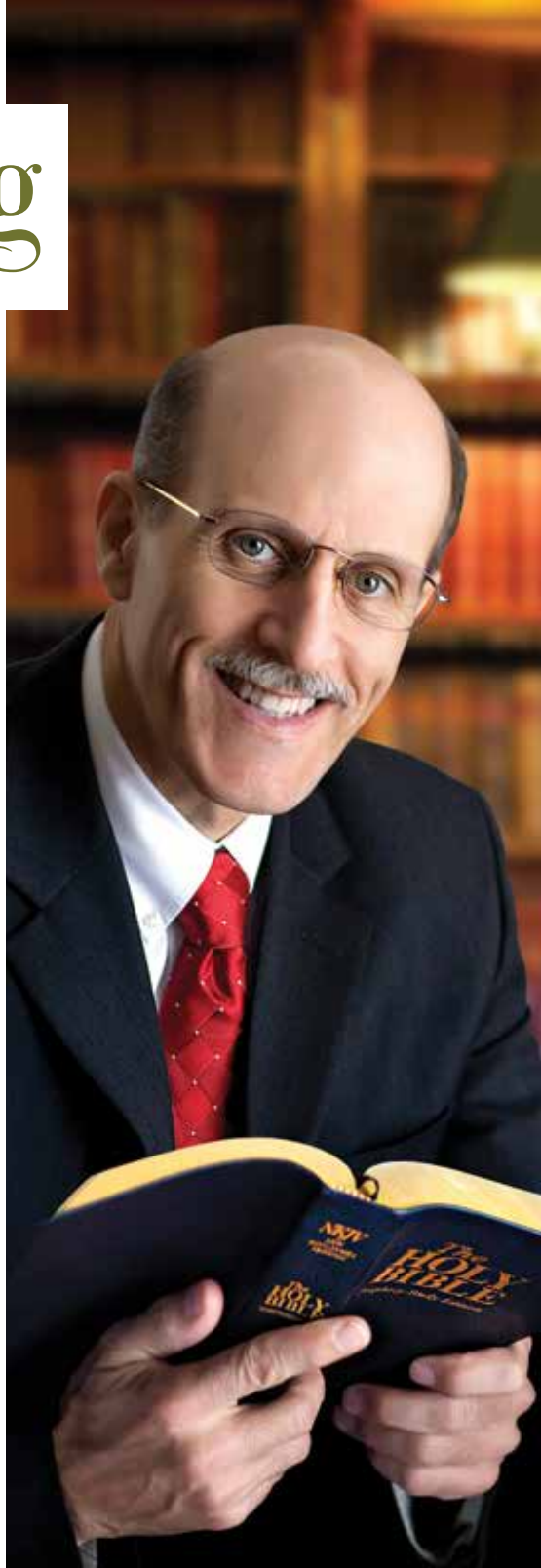


Studying the Bible

An Interview
with Pastor Doug

Many of us feel overstressed and overworked, drowning in so much information overload that we sometimes have little time or appetite for spiritual devotions. New gadgets that promise to simplify our lives often seem to *accelerate* the treadmill, until we're totally distracted from one of the most refreshing activities on earth: reading the Bible.

You might think that Pastor Doug Batchelor, president of Amazing Facts, spends all his time in Bible study and sermon preparation. But like most of us, he's also very busy—running the Amazing Facts ministry, pastoring a large church, writing, and preparing for speaking events. Like anyone else, he must proactively plan to spend personal time with God, a skill he first learned while living in a cave. So how does he do it? We sat down with Pastor Doug to discuss his passion for the Scriptures and to learn how he prepares to study the Word during his personal devotions.



Question. When did reading the Bible become a life-changing experience for you?

Pastor Doug. If it was not for my own personal study of the Bible, I am sure I would be lost, or mesmerized by the teachings of some New Age religion. It was the message of the Bible that lifted the fog and turned me into a Christian, which is a miracle considering that I came from a family filled with cynicism toward Christianity. I'd been taught evolution and believed that the Bible was full of fantasy and fables. Yet in a cave, all alone, I picked up the Bible and this dynamic, powerful book transformed my life.

Isn't it necessary to have special training to understand the Bible?

Some think the Bible is locked—a mysterious book filled with hidden codes. Some wonder if they need a degree to decipher its meanings. The answer is an emphatic “no!” And I say that because I'm living proof that you don't need to be a theology major to comprehend the essence of the Word.

When I first started reading the Bible, I was a high school dropout grappling with the King James. Nevertheless, I was able to understand it. God was able to speak to me through His Word, even though I didn't understand everything

the first time. (I still don't understand everything.) Over time, it became increasingly clear. Even today, after many years of studying, I am still blessed with new light when I read my Bible.

How do you begin your Bible study?

Before I read the Scriptures, I pray. This is vital. A short, simple, sincere prayer about being open to what God wants to teach you that day is more effective than a long meandering prayer about everything



One of the biggest keys to understanding God's message is having the willingness to accept and act on what you read.



under the sun. The Bible is a divine book requiring divine guidance to understand it. Jesus said, “The words that I speak to you are spirit, and they are life.” God's Spirit inspired the writing; God's Spirit needs to inspire the reading.

We're also told that spiritual things are “spiritually discerned.” That might be common sense, but many try to interpret the Bible through the lens of their own feelings. The Bible says, “The natural man does not receive the things of the Spirit

of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.”

How can we know if we are correctly understanding the Bible?

Jesus said, “If anyone wills to do His will, he shall know concerning the doctrine, whether it is from God or whether I speak on My own authority.” One of the biggest keys to understanding God’s message is having the willingness to accept and act on what you read. Our carnal natures are in rebellion against God, and we might not be that eager to surrender to what the Word tells us. It is important to have an attitude of obedience. Approaching God with a cynical curiosity will most likely lead to confusion and frustration.



How much time do you spend in study and when do you start?


I don’t like to tell people how long they should study. For instance, someone just starting out, someone easily distracted by worldly matters, often finds it difficult to focus on the Word for long. Some



seasoned Christians can spend hours. So I would just say, whatever time you give, give it earnestly to the Lord. You will be richly repaid. For some, that might last just twenty minutes, but stick to it and over time, He’ll lead you to the right balance.

I have a set time for personal devotions—the first thing in the morning before I get busy with work and other matters of life. I try to put the Lord first and let what I read and learn carry with me throughout the day. When you begin to see changes in your life as a result, you’ll be more eager to go back to the Source of Truth that made it possible.

What other suggestions do you have for studying the Bible?

With maybe a couple of exceptions, the Bible is not a series of isolated one-liners. Some people “study” by jumping from one verse to another with an agenda in mind, opening them up to some flawed doctrinal conclusions. So when you read a verse, you should also read a few verses before it and a few verses after. Sometimes that’s all you need to do, but you might also have to read the entire chapter. Occasionally, to get the complete context, you’ll need to read the whole book. Trust me, it’s worth the investment. 



Witnessing CORNER

Women in the Word

A 31-Day Devotional

■ by Michelle Kiss

Amazing Facts' upcoming release, *Women in the Word*, is a thought-provoking, in-depth devotional created especially for women—it's even written, designed, and edited by the women of Amazing Facts! And it's available this spring at the Amazing Facts Bookstore.


This faith-inspiring book delves into the lives of 31 remarkable, God-fearing women in the Bible, bringing to life the stories of matriarchs like Sarah and Rebecca; Naomi and Ruth; Mary, the mother of Jesus; Deborah, the first woman judge in Israel; Rahab, the prostitute; and more—revealing how these women exercised their faith amid incredibly trying circumstances.

Each devotional includes a focus text, a question to think about, and gripping stories showing how these women's experiences shaped them, helped strengthen their faith, and how you can apply the lessons learned in your life today. *Women in the Word* is a great way to start or end your day and will encourage, uplift, and

strengthen your walk with Christ and your relationships with others.

You'll find faith-moving encouragement on every page, as each story shows how even in our weaknesses, God can take us through the most difficult situations and lead us on the path to victory. So wherever you are in life, whatever your circumstances, this book is sure to bless you like no other.

Says Pastor Doug, "My prayer is that *Women in the Word* will inspire you to delve into a deeper study of Scripture and to pursue a life of prayer, praise, and love for Christ. However you choose to use this book, you can know that you will be encouraged and blessed!" It's perfect for your personal devotions, women's study group, or as a heartfelt gift for a family member or friend looking for life-changing words to live by.

Women in the Word will be sold individually or as part of a box set titled *Amazing Facts Treasures of Faith*—which includes an Amazing Facts bookmark, recipe cards, and other resources that will make it a wonderful sharing resource for the women in your life! 

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Hyderabad, India

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June 22, 23

Michigan Camp Meeting
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September 21 – 29

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Weatherford, Oklahoma

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Times and locations
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Continued from page 11.

welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus' feet and heard His word (Luke 10:38, 39).

Can you imagine Christ visiting in your home? Jesus enjoyed the fellowship of friends, and one of His favorite places to relax was in the home of Mary, Martha, and Lazarus. During this particular visit, Mary peacefully enjoyed sitting at the feet of Jesus, listening to His words of wisdom. But in this story, one person was not relaxed. She was worried.

"Martha was distracted with much serving, and she approached Him and said, 'Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me'" (v. 40).

Have you ever felt "distracted with much serving"? Maybe you've felt like Martha, who was worried over getting dinner ready for a house full of guests. She was bustling around the kitchen peeling potatoes, chopping up salad, setting the table, and working up a sweat. It was no small affair to feed thirteen hungry men.

As Martha rushed around, she noticed out of the corner of her eye her sister "sitting wistfully" in the living room engrossed by the presence of Jesus. Her worry over getting the meal ready led to resentment in her heart toward Mary. She even felt Jesus was an accessory to her sister's "irresponsible" behavior and asked Christ to "tell her to help me." Maybe you know exactly how Martha felt.




Study closely how Jesus responded, for He is speaking to you and me here as well.

"Jesus answered and said to her, 'Martha, Martha, you are worried and troubled about many things. But one thing is needed, and

Mary has chosen that good part, which will not be taken away from her'" (vv. 41, 42). Christ spoke gently to His hostess and reminded her that many things can cause

us to worry, but the antidote for worry is worship—keeping your eyes fixed on Jesus and your ears open to the Word of God.

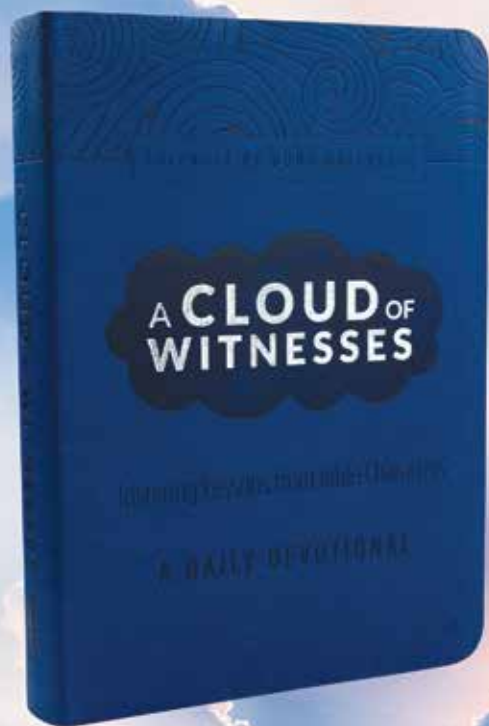
Do you burn up a lot of time and energy in worry? Go out into nature and reflect on the things God has created for you to enjoy—beautiful

reminders of His love for you. Then quietly sit at the feet of Jesus. By choosing "that good part" you will find a Burden-bearer who will carry your troubles for you. True worship will evaporate your worries. 



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Bible-believing Christians have the unique opportunity to experience the blessing of giving to the Lord and seeing His faithfulness—as the Lord always gives more. Sometimes we overlook the importance of long-term planning and giving back to God from the accumulated blessings of a lifetime. Through a last will that reflects your faith, you can receive the benefit of knowing that you're honoring God and providing the means to reach more souls for whom Christ died.

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Kickstart a Healthier Lifestyle!

by Laurie Lyon



When it comes to choosing the best and most healthful practices, all of us have areas where we could improve. Though it may be tempting to sweep those healthy resolutions aside, persistently pressing forward can reap you fantastic benefits!

There's no doubt that making healthier lifestyle choices boosts your physical and emotional well-being, sharpens your mind, and increases your chances of living a longer and happier life. So where do we begin? Let's look at some areas where careful choices can make a life-enhancing impact.

Take it Outside

According to the Environmental Protection Agency, *indoor* air quality is "among the top-five environmental risks to public health."¹ In most cases, indoor

air is more polluted, so it pays to improve the ventilation in your home and regularly get out of the house for some fresh air.

When you're outdoors, be sure to soak up a few rays as well. Sunshine, though it can be detrimental in large amounts, is positively good for us in small doses.

And while you're there enjoying the wonders of nature, get some exercise! According to Tom Frieden, M.D., M.P.H., director of the Centers for Disease Control and Prevention, exercise is "the closest thing we have to a wonder drug."² Walking, for instance, helps to prevent disease and improve health. Just going out for a brisk half-hour walk can be a real mood enhancer too, changing your whole outlook on life and striking a powerful blow against depression and anxiety.

Drink to Your Health

With bodies that are roughly three-quarters liquid, is it any wonder that water

is so essential to our health? Yet it's estimated that three out of four Americans are chronically dehydrated—resulting in joint pain, headaches, fatigue, kidney disease, high blood pressure, and other problems for many. Recommendations for adults generally range from 8 to 13 cups per day.



Eat Plants

There's a growing mountain of evidence that a whole-food, plant-based diet is the healthiest option, greatly reducing the risks for most chronic



diseases and other complications. Eating a variety of fruits, vegetables, nuts, and whole grains will supply you

with a treasure trove of antioxidants, phytochemicals, and other nutrients that reduce inflammation, strengthen the immune system, improve the body's functions, and boost your quality of life.

Toss the Toxins

At the same time, we want to steer clear of substances that tend to break down our resilience—such as tobacco, alcohol, and other drugs. Of the preventable causes

of death in the USA, tobacco ranks first and alcohol comes in third; together they destroy well over *half a million* lives annually.

Take a Break


Did you know that blood sugar levels tend to be above normal in people who are sleep deprived, possibly increasing their risk for diabetes?

Indeed, not catching enough winks can also increase your risk of high blood pressure, stroke, and kidney



and heart disease. In addition, it hampers learning and problem-solving ability and makes you more susceptible to depression and emotional instability.³

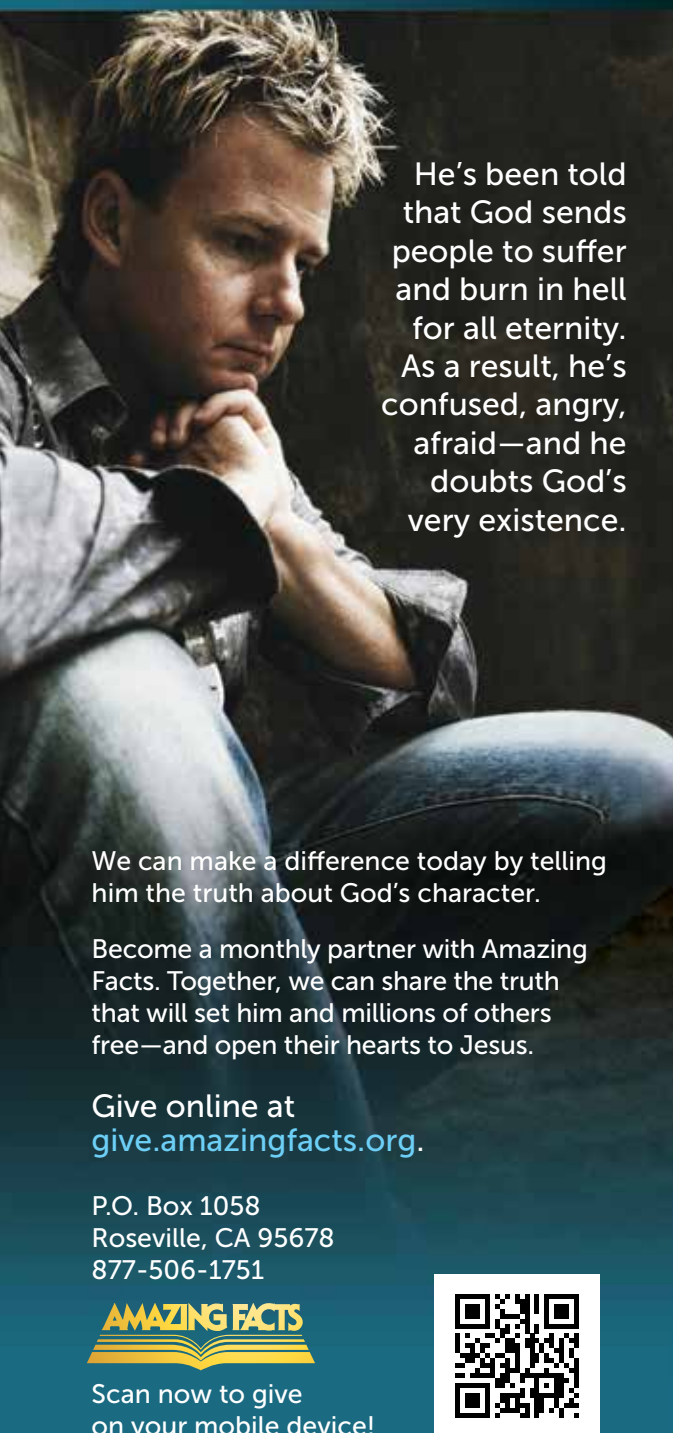
Another essential rest is the weekly Sabbath given by our Creator, which provides vital restoration for body and soul. It's a time to get closer to our families and our God, a time to seek Him more intensely, talk to Him, and learn to put our trust in Him more fully.

Our Creator wants us to be healthy and enjoy a high quality of life. Why not start embracing healthier choices today? And who knows? You may even discover that your early morning jaunts and delicious, plant-based cuisine are inspiring others—including your own family—to make healthier choices as well! 

¹ <https://www.epa.gov/iaq-schools/why-indoor-air-quality-important-schools>

² <https://www.cdc.gov/media/releases/2014/p0506-disability-activity.html>

³ <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>



He's been told that God sends people to suffer and burn in hell for all eternity. As a result, he's confused, angry, afraid—and he doubts God's very existence.

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