

## Rewiring Our Hearts And Minds

*"Trust in the Lord with all your heart, and lean not on your own understanding."*

— Proverbs 3:5

In the depths of life's challenges, our minds often reach for something familiar to find comfort. Repeating God's promises to ourselves can be a powerful anchor, helping us to navigate our fears and uncertainties. The Bible speaks of trusting God wholeheartedly, but this isn't just a spiritual exercise—it can also transform our brain function, rewiring our minds toward peace and resilience. Neuroscience reveals that repetition strengthens neural pathways, which means that when we meditate on God's words, they become embedded in our memories, providing strength and comfort when we need it most.

Imagine facing a storm of uncertainty and, rather than feeling lost, experiencing the peace that God's words provide as they rise naturally within us. When Proverbs encourages us not to lean on our own understanding, it suggests that God's perspective is more reliable than our fears and anxieties. By repeating verses that resonate with us—such as "Be still, and know that I am God" (Psalm 46:10)—we train our brains to access these thoughts more readily, especially in times of distress.

Reflect today on the power of scripture to shape our responses. With each verse we meditate on, God's truth becomes a tool in our spiritual and mental toolkit, reminding us of His unchanging faithfulness and love.

— Robert Kargbo (Middleton, WI), via Justin Church of Christ, Justin, TX —

### Out Of This Life

*Out of this life I'm unable to take  
Things of silver and gold I make.  
All that I cherish and hoard away,  
After I leave, on earth must stay.  
All that I gather, and all that I keep,  
I must leave behind when I fall asleep.  
And I wonder often what I shall own  
In that other life when I pass alone?  
What shall they find and what shall they see  
In the soul that answers the call for me?  
Shall the Great Judge learn, when my task is through  
That my spirit has gathered some riches, too?  
Or shall at the last it be mine to find  
That all that I'd worked for I'd left behind?*

— George DeHoff's Scrapbook —

*You need to know God's truth to see through Satan's lies.*

## News Notes

**SYMPATHY:** To the family and friends of **Cheryl Renfro Walker** who passed away this past week after a long battle with cancer. She attended here several years ago. God bless and comfort those who sorrow.

**SUMMER BIBLE CAMP:** In order to continue this activity, counselors are needed. Respond by **this Wednesday, Jan., 14th. This year's camp date is July 6-11.**

**BIBLE MEDITATIONS:** Monday-Friday 12:30-12:35 p.m. on WOHI 1490 AM and 103.9 FM.

**CONVERT'S CLASS:** Each Thursday at 11:00 a.m.

**PANTRY:** Pancake mix & syrup.

**REMEMBER IN PRAYER: SICK & SHUT-IN:** *City Hospital:* Peggy Linger. *Children's Hospital, Pittsburgh:* Isaac Robinson. *Covington Skilled Nursing & Rehabilitation:* Nancy Hadley, 100 Covington Dr., Room 304, East Palestine, OH 44413. *At Home:* Randy Beagle, Charlotte Jones, Harry Huff, Nancy Cox, Barbara DeLong, Marlene Evans, Micheal Sabol (Karen Strum's daughter-in-law's father). *Serra Manor, Weirton:* Jean Haught (Skip's mother). *Fox, Chester:* Mary Johnson. *Elsewhere:* Herman McHan, 29 Jenny Lane, Columbiana, OH 44408.

**ALSO REMEMBER THESE WITH HEALTH ISSUES:** Christy Claypool, 204 Rio Pinar Drive, Warner Robins, GA 31088. Jackie Brown (Rico's mother), 4227 Prince Hall Blvd., Orlando, FL 32811.

## Live Like We Pray

It insults God for us to live one way and pray another. Those who seek the blessings of God should also seek the will of God. As we pray, "God give us this day our daily bread," it is incumbent upon us to live the spirit of, "Thy will be done on earth as it is in heaven."

It is vain for a farmer to pray, "God drop my bread out of heaven, ready to eat now." This disrespects the law God has established for obtaining food. It is an abomination. It is equivalent to asking God to set aside His will to obey our will. He won't do it.

Alfred Tennyson said, "More things are wrought by prayer than this world dreams of." Right. But think how many things are wrought by living and doing. The hands that help are doing the will of God the same as the lips that pray. Frankly, effective praying requires a little more than bending knees and moving lips. Like turning a hand, and changing the heart. We need to pray with our works as well as with our words.

Getting through to God depends more on obedient ears than on an expressive tongue.

*"He that turneth his ear from hearing the law, even his prayer shall be abomination."* —Proverbs 28:9.

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