

## Don't Worry, Be Happy

by Frank Higginbotham

Worry is one of the most detrimental qualities that we can develop that prevents us from living a happy and useful life before God. Life is full of uncertainties. We cannot be truly happy if we spend our time assuming that everything is going to work against us. There are three things that we need to remember in dealing with the problems of life.

First, most things we worry about never occur. To spend our time worrying about **'What if this happens'** is certainly a waste of time and a discouraging way to live.

Second, there are some things that we cannot prevent. We have no control over some of the things with which we have to deal. Jesus discussed this matter in the Sermon on the Mount. "Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin. And yet I say unto you, that even Solomon in all his glory was not arrayed like one of these" (Mt. 6:27-29). The Lord then concluded these remarks with this statement. "Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?" (Mt. 6:30).

The third thing for us to remember is that God is in control of all things. In telling us the way to properly deal with worry, the Apostle Paul exhorted us not to worry but to pray. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." (Phil 4:6).

God Is able to care for us. He wants us to have a happy life. We must trust in Him!

- via *House to House Heart to Heart* (Vol. 17 No. 3, 3/12)

### Our Refuge and Strength

The Lord is our salvation  
And our strength in every fight,  
Our Redeemer and Protector,  
Our eternal guiding light ...  
He has promised to sustain us,  
He's our refuge from all harms,  
And underneath this refuge  
Are the Everlasting Arms.

- Helen Steiner Rice -

Why worry when you can pray.

### News & Notes

## NOTICE

At the direction of our Elders and until further notice, please be advised of the following changes for our services:

- There will be a weekly filming of our Sunday morning worship at 10:30 a.m. If you cannot assemble, this service will be available on YouTube Channel (Virginia Avenue coc) at about 1:00 p.m. each Sunday. Individual communion packs are available for home use. Don't forget your regular Sunday monetary contribution. (Contact one of the Elders or Rico for how this will be collected.)

**The following are suspended until further notice:**

- Sunday morning Bible classes. • Sunday evening worship.
- Tuesday morning Care & Share Bears. • Tuesday evening men's Bible study. • Wednesday evening Bible study. • Nursing Home devotionals & visits. • Covered Dish Dinners.

*Please exercise your best judgment in deciding whether to attend. If you are sick or your health is compromised, please stay home.*

We ask God's healing and blessings on all during these uncertain times.

**THANKS:** Brooke McClung (daughter-in-law of Keith & Elaine) thanks all who offered prayers or sent cards following her recent back surgery. She is doing well.

**PANTRY:** Peanut butter & jelly.

**REMEMBER WITH PRAYERS:** Marlene Evans, Beulah Walker, Randy Beagle, Charlie Delong, Alex Harless, Russell Martin, Blondenia Orr, Joann Webb, Doris Dunham, Mary Jane Bowers, Connie Staley (Sue Haught's sister), Chris Lamb (David Roach's sister). Wayne Simms - stroke (son of Betty Simms, Weirton Hts.—friend of the Rines). Rick Beck (minister at Weston, WV). **CROSSROADS:** Sarah Miller. **VALLEY OAKS CARE CENTER:** Fred Larimore, (Room 210). **IN FLORIDA:** Ilene Rayl, 1745 Pointe West Way, Vero Beach, FL 32966 (new address).

**OTHERS WITH HEALTH ISSUES:** Sally Watson (Sue Collins' sister), 500 Virginia Ave., Chester, WV 26034. David Malcomson II (David & Janet's son), 2322 S. 8th Ave., North Riverside, IL 60546.

Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged:  
Take it to the Lord in prayer.

- Joseph Scriven -