

# When You're Having a Bad Day

There are many wonderful things that happen to people when they become Christians. Unfortunately, there are also bad things that happen...like being persecuted for your faith. Later in his life, Paul would write: "In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted." (2 Timothy 3:12) NIV

So what can we do when we're having a bad day? Here are a few things that help me survive bad times:

1. Remember the good things – Spend a little time and think of at least two things that bring a smile to your lips such as two blessing you have received.
2. Remember: "This too shall pass." You've had bad times before. They passed. So will this one.
3. Take some quiet time. Take out a few minutes to admire God's handiwork.
4. Find something to laugh at. Look up some clean jokes or watch an old funny movie.
5. Do something nice for another person. Bad times can cause us to be selfish. However, Jesus promised that if we give, we receive. When you do nice things for others it takes the focus off ourselves.

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The Nursery School Giving Tree is located in the front foyer next to the library. There are many items on there needed to help start school in the Fall. If you would like to help, please choose your item/items and return them by August 10<sup>th</sup>. If you would rather give a monetary donation, please see Edwina Summers or Dianne Tonkery. Thank you so much for helping with this great ministry! Also, thank you to all who volunteered to help Jerry install the ceiling tiles in the Nursery School area!

# Welcome!

## Upcoming Events

- ◆**Crafter's Meeting** – TODAY at 4:00 PM in the Upper Fellowship Hall. All ladies are welcome! If you have questions, please see Marsha Sparks.
- ◆**Blood Drive** - Please mark your calendars for Monday, July 28<sup>th</sup> (1-7 PM) as the date for this year's annual blood drive. The American Red Cross needs donors! Our target goal is 35 units. This year's coordinator is Julie Osborne. If you have any questions, please contact Kevin at the building.
- ◆**Feed the Sheep Workshop** – August 1<sup>st</sup> – 3<sup>rd</sup> at Ohio Valley University. This is for all Elders and their wives. Also, anyone who is interested in becoming an elder in the future, you are encouraged to attend along with your wife. For more info, please see Kevin. There is also a flyer with more info in the front foyer.
- ◆**Free Market** – Back to School Free Market will be August 2<sup>nd</sup>. For more information, please see Mary Lough.
- ◆**Teacher's Workshop** – Saturday, August 9<sup>th</sup> at Ohio Valley University. Cost is \$15.00 per person and includes morning coffee and donuts as well as lunch. Registration begins at 8:30 AM and Dismissal is at 2:30 PM. Please contact Kim Haynes at 304-865-6003 or [kim.haynes@ovu.edu](mailto:kim.haynes@ovu.edu) for more information. You can also register online (<http://www.ovu.edu/site.cfm/bibleteachersworkshop.cfm>). All teachers and Educational Ministry Leaders are encouraged to attend.
- ◆**Ladies Brunch** – There will be a Ladies Brunch on Saturday, August 9<sup>th</sup> beginning at 10:00 AM in the Lower Fellowship Hall. All ladies are welcome! Questions, please see Pam Jackson or Marsha Sparks.

## Using All Your Strength

A father was watching his young son struggle to lift a heavy rock. The little fellow grunted and strained, but couldn't move it. The father said, "Son, are you sure you are using all your strength?" The exhausted boy said, "Yes, I am!" The father replied, "No, you are not. You haven't ask me to help you."

How true is this illustration! We grunt and struggle with our burdens in this earthly life, often forgetting the Father in heaven is always willing to aid us. Jesus said, "Come to Me, all you who labor and are heavy laden, and I will give you rest." (Matt. 11:28)

Remember today that "all your strength" includes a loving Father in heaven! He's willing to aid you. Are you willing to cast your burdens upon Him, and ask for His help?