

# ALABAMA SUPPLEMENT



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## GRAND PRELATE'S APARTMENT

*For he shall give his angels charge over thee, to keep thee in all thy ways.  
They shall bear thee up in their hands, lest thou dash thy foot against a stone.*

(Psalm 91:10-11, KJV)

When we see the verses from Psalm 91 above, I would venture to say that most of us associate them with the temptation of Jesus by Satan in the wilderness, as recorded in Matthew 4: 1-11. We know that Jesus trusted in God to care for Him, and as His disciples we should follow His example.

When I was in college, I had to commute from my home to the college which was about 25 miles away. It was a busy highway, and it was in the winter. Coming home, snow had fallen and the temperature had fallen, and some of the snow had melted and then frozen to create ice on the road. I was driving when suddenly the car ahead of me made a quick right turn without signaling. I reflexively applied my brakes and wound up spinning sideways down the opposite side of the road into oncoming traffic. A car was coming toward me and all I could do was breathe a quick prayer to God to help me. The oncoming car got stopped in time and ended up with his front end about a foot from my driver's side door. Truly, God gave His angels charge over me that day. I am sure that many of you can recall similar instances where God took you in His loving arms and kept you from harm.

We recognize and experience God's care when we walk in closeness with Him. I try to devote at least 15 minutes every day to Bible study and prayer. I am not perfect, just a poor sinner saved by the grace of God and blood of His precious son Jesus. But I know that my Heavenly Father cares for me and I know that He cares for you. The signs of God's love and care are everywhere if we will just open eyes and hearts and take the trouble to look for them. Every day let us thank our protector God for His watchful and loving care that He so abundantly provides.

In His Name,  
George Marshall, Jr., PGC, KCT, KGT  
Grand Prelate

## COPING WITH STRESS

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can."

So, my friend, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

Here are some great ways of dealing with the burdens of life:

- \* Accept that some days you're the pigeon, and some days you're the statue.
- \* Always keep your words soft and sweet, just in case you have to eat them.
- \* Always read stuff that will make you look good if you die in the middle of it.
- \* Drive carefully. It's not only cars that can be recalled by their maker.
- \* If you can't be kind, at least have the decency to be vague.
- \* If you lend someone \$20 and never see that person again, it was probably worth it.
- \* It may be that your sole purpose in life is simply be kind to others.
- \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- \* Nobody cares if you can't dance well. Just get up and dance.
- \* Since it's the early worm that gets eaten by the bird, sleep late.
- \* The second mouse gets the cheese.
- \* When everything's coming your way, you're in the wrong lane.
- \* Birthdays are good for you. The more you have, the longer you live.
- \* You may be only one person in the world, but you may also be the world to one person.
- \* Some mistakes are too much fun to only make once .
- \* We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- \* A truly happy person is one who can enjoy the scenery on a detour.

-- Author Unknown #EMailMinistry : <https://www.emailministry.org>