

Joyce Meyer in her book “Battlefield of the Mind,” shares her thoughts on anxiety and worry.

Worry is “to torment oneself with disturbing thoughts.” Could it be that the enemy uses worry & anxiety to distract us from the call of God in our lives? If we think of worry as satanic torment / mental torture, we get closer to the Biblical idea.

Matt 6: 31-34 So do not worry, saying, “What shall we eat?” or “What shall we wear?” For the pagans run after all these things and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Therefore do not worry about tomorrow, for tomorrow will worry about itself.
Each day has enough trouble of its own.

Where you focus your attention is crucial. The more you meditate on God’s Word, the stronger you’ll become. Those who meditate are those who think seriously about what they’re reading. They may think or say aloud, “God, speak to me. Teach me. As I ponder Your Word, reveal its depth and meaning to me.” The more you think about Jesus Christ & the principles He taught, the more you become like Jesus and the stronger you grow. You will *win* the battle for your mind.

Eugenia Price says, “I have come upon the happy discovery that my life, hid with Christ in God, is a continuous unfolding.”

Walking Pneumonia is?



A mild lung infection also known as mycoplasma pneumonia. It is different from other types of pneumonia in that, even if untreated, it would not cause one to be confined to bed or a hospital stay. It can be contagious & is transmitted through airborne droplets dispersed when a person talks, sneezes, coughs or laughs. Onset is gradual, taking 1-3 weeks, with the earliest sign being decreased energy. Cold-like symptoms then appear and worsen over 2 weeks time. Prescribed antibiotics will fight the infection, and symptoms will resolve, usually over the next week. Miserable but not life-threatening!

Don’t be scared-----Be prepared!

Avian Flu: A pandemic is a global disease outbreak. It occurs when a new flu virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness/death, and can sweep around the world in a very short time. Most cases of the H5N1 flu in humans have resulted from contact with infected poultry or surfaces contaminated by the infected birds. The spread of H5N1 virus from person to person has been limited. If the H5N1 virus were to gain the ability to spread from person-to-person, a pandemic could begin. Experts around the world are watching the H5N1 situation very closely & are preparing for the possibility that the virus may begin a pandemic. How can we prepare? www.pandemicflu.gov



II Peter 1: 2-4 **Grace & peace be yours in abundance** through the knowledge of God & of Jesus our Lord. His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given his very great & precious promises, so that through them you may participate in the divine nature & escape the corruption in the world caused by evil desires.

Prayer: Holy God, please forgive me for allowing Satan to torment me in any way—especially for tolerating his tricks in small worries & anxieties. Please enable me to kick him & his tricks out. Amen.