

RX FOR WORRY

Marina and I, along with some of our family recently attended a community-wide, July 4th celebration at Hopewell Baptist Church in Danville, AL. If not anything else, it was a good excuse to get out on my bike with my Chickie Baby. 😊 While there, I gave a pint of blood to LifeSouth. A few days following my donation I learned that my cholesterol level was very high. This surprised me somewhat since I exercise regularly, am not overweight and eat pretty good. Ha! Pretty good is not good enough as I've indulged on too much fried food, red meat, and other items I like, but they obviously don't like me anymore. They've turned against me!

If we live long enough, we might find ourselves in a thin hospital gown, crawling up on the table for some kind of test procedure. We wait by the phone for the results and try not to worry but are unable to keep from wondering what we'll do if it's bad news.

Is there a game plan for this kind of situation?

Let's just say that one of the blessings of living in daily fellowship with God is developing a settled heart. You realize your salvation is accomplished and complete. You recognize how many things are beyond your control and you begin to understand that trusting him is a lot more effective than fretting and losing sleep. He takes care of you either way so why waste the nervous energy?

I know of at least a couple of friends who have weathered – with God on their side – through health's ups (the peaks) and downs (the valleys) over the years. They've been an example to follow.

Inner peace is not a formula. It's not treating God like a good-luck charm. It's about our spending time reading His Word instead of that biker magazine (ouch!). Praying when you could be watching TV. Talking to *HIM* instead of talking to yourself. It is about relationship, not ritual. I challenge you, as I am challenged, to try it consistently for a month, and we'll look back a few weeks from now amazed at the amount of perspective and security He's given us. You and I will be more like a man/woman who has "no fear of bad news," whose "heart is steadfast, trusting in the Lord" (Ps. 112:7). Scripture also reads, "Cast all your anxiety on Him because He cares for you" (1 Pet. 5:7, NIV).

Want to be ready for that next trip to the doctor? Then run your laps, watch what and how much you eat . . . and trust on our Great Physician to get you through each day.

Yes, this is my "motivational speech" to myself as well. Guess I better go scare up my spinach salad and some of Marina's tasty homemade soup for dinner. Yum!

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