

# CREATION MOMENTS

*Proclaiming Evidence for Truth*

## THIS WEEK'S CREATION MOMENT

### Literally Making Yourself Sick

*Casting all your care upon him, for he careth for you. (1 Peter 5:7)*



We sometimes hear of a person worrying so much about something that they become obsessed with fear. We talk about someone being "worried sick."

A number of studies have now confirmed that continued grief, worry, or fear can literally make us sick. Scientists are even learning just how this works. A state of worry, fear, or grief causes chemical changes in the brain, pituitary gland and adrenal glands. These changes ultimately have the effect of weakening our immune system that protects us from disease. As a result, a wandering cold or flu bug – or even a skin infection that might be easily handled by our immune system – can get out of control.

Continued fear, worry or grief can also cripple our body's ability to fight cancer – something scientists tell us our bodies are doing all the time. Other changes in blood chemistry during these periods can also increase the risk of stroke or heart attack.

While worry over circumstances will not help in the least, it does mean that we have forgotten – or perhaps never understood – that it is God who is in charge ... and not ourselves. Yes, He is in charge of everything in this universe. While God always wants us to learn from the circumstances, He loves us and even invites us to cast all our worries and concerns on Him.

Ref: Gina Maranto, "Emotions: How They Affect Your Body," Discover. Photo: Pixabay

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# Memorial Baptist Church



## February 12, 2023

### Church Office

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**Pastor, Nathan Franks:** Cell (901) 265-9011  
**Secretary, Linda Warner** Cell (314) 795-7832  
**Music Coordinator, Jeff Krueger** (314) 971-4243  
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**This Week at Memorial**

**Sunday, February 12, 2023**

**8:45am - 9:45am** - Discipleship Classes  
**10:00am** - Worship - lunch directly following with vote for Interim Pastor

2/14 - Karate Begins  
2/12 -5:00pm Youth Super Bowl Party  
2/17 - L.I.F.T.

**A Look Ahead**

2/25 - Youth Activity - Trampoline Park  
2/26 - James Pope is being baptized  
3/5-12 - Annie Armstrong Week of Prayer  
3/5 - Breakfast

**Annie Armstrong Week of Prayer**

March 5 begins the week of prayer for North American Missions. We will have a special guest speaker, Jason Zellmer, the Director of Send Missouri for the NAMB.

**Schedule for the Interim Pastor Candidate**

**February 12th**

Candidate will preach  
Lunch following service and a time for a fellowship with the candidate and a time for questions with a vote following.

**12:15 WE WILL DISMISS TO GO HOME.**

**Thank you for joining us for worship today. If you are visiting or have any prayer needs, please fill out an MBC Connect Card and place it in the offering plate.**

**Youth Super Bowl Party**

The Youth Super Bowl Party is today in the Family Life Center at 5:00pm

**Week of February 12, 2023**

**Joy Junction**

**8:45am** - Ben & Kim S.  
**10:00am Svc.** - No Nursery Today  
**Wed. - February 15** - Chris S.

**Junior Church**

No Junior Church Today

**Wed. February 15** - Kids Connection

Amy Johnson - Ryan Gerling

**Usher Ministry**

**8:45** - **Sunday School** - Joe G.  
**10:00am** - Ben S., Jesse W., Ryan W.  
**Wed. - February 15** - Tim R.

**Week of February 19, 2023**

**Joy Junction**

**8:45am** - Ben & Kim S.  
**10:00am Svc.** - Julie & Lyndsey S.  
**Wed. - February 22** - Cindy S.

**Junior Church**

Chris S. - Laura S.

**Wed. February 22** - Kids Connection

Amy Johnson - Ryan Gerling

**Usher Ministry**

**8:45** - **Sunday School** - Steve G.  
**10:00am** - Chris S., Ed S., Lester O.  
**Wed. - February 22** - Jim F.

**MBC Women's L.I.F.T.**

Join us February 17 from 6:30pm - 8:30pm in the Family Life Center for a night of listening to the words of songs, making music personal and using music in expressing and sharing.

***Be filled with the Spirit, speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord. Ephesians 5:18b - 19***

**Youth Activityy - Trampoline Park**

The youth will be going to the Sky Zone Trampoline Park in Fenton Saturday, February 25 for the cost of \$20. Please eat before you come. The bus will leave the church at 5:15pm and return at 9:15pm.