

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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CREATION MOMENTS, INC.

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Memorial Baptist Church



February 12, 2023

Church Office

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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

2/12 -5:00pm Youth Super Bowl Party

A Look Ahead

2/14 - Karate Begins
2/17 - L.I.F.T.
2/19 - James Pope is being baptized
2/25 - Youth Activity - Trampoline Park
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. - Russ & Barb G.
Wed. - February 15 - Chris S.

Junior Church

Bekah H. - Christine G.

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.