



The Bible Banner

November 2019



A SONG OF THANKSGIVING

I will praise the name of God with a song, and will magnify him with thanksgiving. Psalm 69:30

Anne Steele was born at Broughton, Hampshire, in 1717. Her father was a timber merchant, and at the same time officiated as a lay pastor. Her mother died when she was 3. At the age of 19 she became an invalid after injuring her hip. At the age of 21 she was engaged to be married, and had looked forward to her wedding day with eagerness. The big day finally arrived and so did the guests; but the groom was missing. After about an hour of waiting, a messenger brought the tragic news that Anne's fiancé had drowned. The sudden shock was almost too much for her, but after a while she regained her spiritual composure. On the occasion of her fiancé's death, Anne Steele penned the song that is still found in many hymnbooks: *"Father, whate'er of earthly bliss Thy sovereign will denies, Accepted at Thy throne of grace, let this petition rise: Give me a calm, a thankful heart, from every murmur free! The blessings of Thy grace impart, and make me live to Thee."**

In every thing give thanks: for this is the will of God in Christ Jesus concerning you. 1Thessalonians 5:18

Easy French Onion Dip

1 box (12.3 oz.) firm silken tofu

Blend with approximately 3 Tbsp of oil and 3 Tbsp of lemon juice.
(You may replace the above part with any vegan sour cream)

Remove from blender and stir in:

4 tsp vegan beef seasoning

1 Tbsp minced onion (Our daughter likes to put a lot more)

2 tsp onion powder

Serve with crackers, veggies, or pita chips.



Quotable Quotes

"We would worry less if we praised more. Thanksgiving is the enemy of discontent and dissatisfaction."

--H.A. Ironside

PROFITABLE TRADITIONS

Cultivate Thankfulness---A few years ago some researchers of the University of Nebraska conducted a group of studies called the "Family Strengths Research Project." Stinnett and DeFraim surveyed over 3,000 families from many different backgrounds and identified six qualities that make for strong families. These included—commitment, appreciation, communication, time, spiritual wellness, and coping ability. Notice that **one of the most important qualities to be found in strong families was the quality of appreciation.** In strong families, family members expressed thankfulness for what the other members did and for who they are. **Considering this, is your relationship with God strong? How often do you express appreciation? How about your family? How about your church family?**

"Kind words, looks of sympathy, expressions of appreciation, would be to many a struggling and lonely one as the cup of cold water to a thirsty soul." {HP 207.4}

Why not practice thankfulness and appreciation? Pick a day and try focusing on how many words of appreciation you give out. Be creative; there are many clever ways to let people know how special they are.

*Compiled from https://hymnary.org/person/Steele_A, <https://www.family-times.net/illustration/Thanksgiving/202527/>



THANKSGIVING IN THE FIRE

*“And lest I should be exalted above measure...there was given to me a thorn in the flesh, the messenger of Satan to buffet me...For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. **Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.** Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.” 2 Cor. 12:7-10*

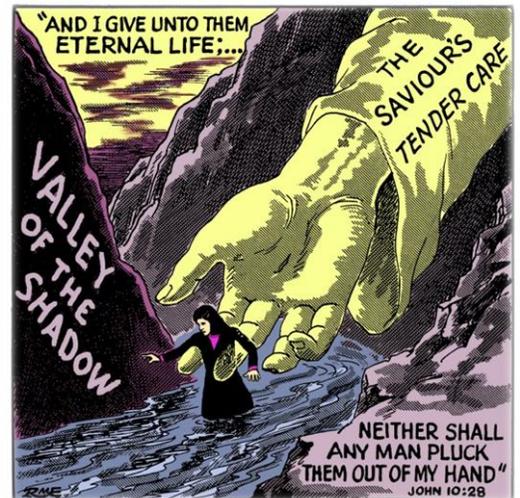
It all started when I began rereading the book of Job and considering all his trouble with boils and skin issues. Strangely, a few days later, I broke out with a severe case of the hives that moved around my body at will, and was so intense that I could not even sleep at night. There were a few boils too. Night after night, I took charcoal and nettle tea and I prayed for God to allow me to sleep if that was His will, and if not, to give me patience to endure. However, after 2 nights of little to no sleep, I was wearing down fast. Yet, still I determined to remember Romans 8:28. *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”*

I am admittedly not very good at it, but **when things get tough and I feel overwhelmed, I try to remember-- my job is just simply to love God, and be called according to His purpose. God’s job is to work out all things together for good.** I prayed for God’s will to be done and strove to trust that God was going to make something good to come out of all this “torture.” Finally, I got two nights of reprieve as I worked on a project for prison ministries that God has directed me to do. But then Friday night was worse than ever. I had to teach Sabbath School the next day and the program was on the eight natural remedies, including the importance of sleep! I was wondering how I was going to function with no sleep again, hide my hives (and my scratching) and talk about health to the children.

I took more activated charcoal (to absorb toxins), more nettle tea (for its antihistamine effect), and a dose of turmeric (which is supposed to help with inflammation and work as a natural corticosteroid¹). I then went forward in faith, praying for God to part the “waters” and the rash, before I got to Sabbath School. Thankfully, God did, and I made it through Sabbath School. But partway through listening to my husband’s sermon, the itching again became intense, and I developed a strange, painful tightness in my chest.

After church, I immediately went for more turmeric, more charcoal and more nettle tea. Thankfully, my friends were a lot kinder than Job’s friends. After each new dose of a natural remedy they would inquire—*“Is it helping?”* or *“How are you doing?”* Frankly, I was itching so bad at the time, I didn’t feel like it was helping at all, but inspired by Job’s story, I would reply. *“Glorying in my infirmities”* or *“I guess I don’t know how bad it would be if I weren’t taking anything.”* But about two hours later the pain in my chest was so intense, I withdrew from the conversation circles, went outside, and sought out my husband, to tell him something really didn’t feel right in my chest, and I didn’t think it was a good sign. I went back for more charcoal, stood in the sun awhile and thankfully the pain in my chest went away.

But a little while later, as my face continued to swell, I developed a fat lip that was also swelling my nasal passages, so when I began to feel a lump in my throat due to swelling, I again quickly went outside. This time, my children came to the rescue with some warm nettle tea. I told them about my throat and said, *“I think you better get me a high dose of vitamin C out of the first aid kit.”* My daughter went for the acerola powder (the highest natural source of vitamin C) and it dissolved quickly in the nettle tea for me to drink. Thankfully, after a few minutes, I could feel the swelling going down in my face and throat, and the hives and swelling (angioedema) moved towards my lower body and feet for the rest of the day. Still, my boat-like feet made walking difficult, so still I continued to take charcoal. On the way home, as I was talking to my husband, my voice suddenly just fizzled out and became worse than hoarse for no apparent reason. Then about 15 or 20 minutes later, it came back again. Just in time for another itchy and largely sleepless night of hives.



It wasn’t until I began to research the next day, that I realized that The Great Physician had definitely been looking out for me. I should have known, for God declares, *“I will never leave thee, nor forsake thee.”* Hebrews 13:5. But I then realized, although I had never become unconscious, I had gone through, strangely, one at a time (instead of all at once) most of the symptoms of anaphylactic shock—the tightness in the chest, feeling of impending doom, throat swelling, and hoarseness, etc.

Sometimes we wait to be thankful, until there is no “fire,” storm, sickness, or persecution. We forget that God promises, *“When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.”* Isaiah 43:2 In addition, Psalm 23:4 states, *“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.”* We must be thankful that **God is with us through the storm.**

*“Teachers meet with many trials. Discouragements press upon them Satan strives to afflict them with bodily infirmities, hoping to lead them to murmur against God, to forget His goodness, His mercy, His love, and the exceeding weight of glory that awaits the overcomer. Let them remember that by trial God is leading them to more perfect confidence in Him... He permits trials to come to them to draw them nearer to Him, but **He lays on them no burden greater than they are able to bear.**” {7T 274}*

God lays upon us no burden greater than we can bear in His strength and by His grace. In every time of need He is a present help moderating just how much we can take at a time, whether it feels like it at the time or not. *“Tho' the cause of evil prosper...and upon the throne be wrong;”* Yet, *“behind the dim unknown, standeth God within the shadow, keeping watch above His own.”*² I praise God for His mighty healing power and I am thankful for the times when He is, though sometimes unseen and unappreciated, beside us even “in the fire”!

1--<https://medshadow.org/need-know-corticosteroids/> Section “Alternatives to corticosteroids” 2-- J. R. Lowell, Seventh-day Adventist Hymnal, #606, verse 4

Prophetic News Notes– Judge Rules the Bible is “Incompatible with Human Dignity”

*“And judgment is turned away backward, and justice standeth afar off: for truth is fallen in the street, and equity cannot enter. Yea, truth faileth; and **he that departeth from evil maketh himself a prey:** and the LORD saw it, and it displeased him that there was no judgment.”* Isaiah 59:14,15

This prophecy is certainly starting to match headlines around the world. Recently, “belief in Genesis 1:27” was added to the list of offenses against Dr. David Mackereth. Belief in the Bible is now considered “incompatible with human dignity”.

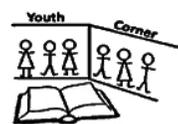
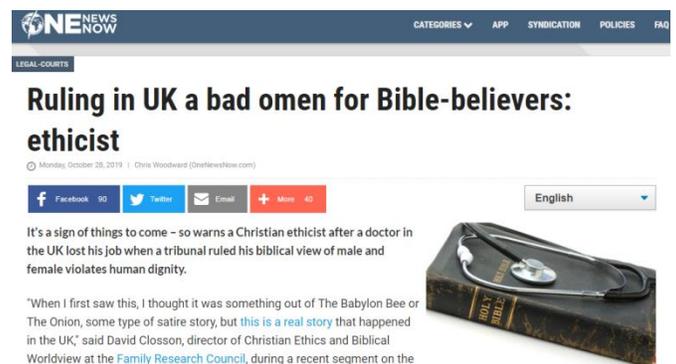
CBN reports, *“An experienced Christian doctor in the United Kingdom was forced out of his job as a disability benefits assessor for refusing to use transgender pronouns while working for the British government. Now he has lost his lawsuit against the government after refusing, hypothetically, to refer to ‘a six-foot-tall bearded man’ as ‘madam.’ The Employment Tribunal he had appealed to ruled that his belief in the Biblical view of what it is to be male and female was “incompatible with human dignity.”*¹

Another source states, *“The ruling in early October against Dr. David Mackereth said that his ‘belief in Genesis 1:27, lack of belief in transgenderism, and conscientious objection to transgenderism in our judgment are incompatible with human dignity and conflicts with the fundamental rights of others, specifically here transgender individuals.’”*²

Perhaps, soon it will be equally unpopular to quote Isaiah 5:20 and 10:1 from God’s word. *“Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness...Woe unto them that decree unrighteous decrees, and that write grievousness which they have prescribed;”*

Consider, *“Whatever may be their profession, it is only those who are world servers at heart that act from policy rather than principle in religious things. **We should choose the right because it is right, and leave consequences with God.**”* {GC 460.2}

1 -- <https://www1.cbn.com/cbnnews/2019/october/christian-doc-loses-job-as-uk-judge-rules-biblical-view-of-male-and-female-violates-human-dignity-nbsp>
2-- <https://onenessnow.com/legal-courts/2019/10/28/ruling-in-uk-a-bad-omen-for-bible-believers-ethicist>



Unthankful

“Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.” Romans 1:21

In 1860, a ship went aground on the shore of Lake Michigan near Evanston, Illinois. One ministerial student, Edward Spenser, was part of a life-saving squad. He waded out again and again into the frigid waters to rescue 17 passengers. In the process, his health was permanently damaged. Years later, a reporter was writing a follow-up story of the event, and went to interview the now elderly Spenser. When asked, what was the one thing that stood out about the incident in his mind; Spenser replied: ***“I remember that of the seventeen people I saved that day, not one of them ever thanked me.”***

Have you thanked Jesus, the Saviour, for rescuing you from sin?





The Marvel of Magnesium

What if somebody discovered a substance that could help with anxiety and insomnia, heart problems and blood pressure, muscle spasms and depression, diabetes, asthma, and more? It would certainly be a godsend. But the fact is, it does exist. Magnesium is a gift from our loving Creator.

"Magnesium is the fourth most abundant mineral in the body. It has been recognized as a cofactor for more than 300 enzymatic reactions, where it is crucial for adenosine triphosphate (ATP) metabolism. Magnesium is required for DNA and RNA synthesis, reproduction, and protein synthesis. Moreover, magnesium is essential for the regulation of muscular contraction, blood pressure, insulin metabolism, cardiac excitability, vasomotor tone, nerve transmission and neuromuscular conduction."¹

Magnesium is "*essential for the heart, muscle tone, and bones. It regulates acid-alkaline balances...Magnesium is a natural tranquilizer*" and also "*regulates calcium metabolism*".² In fact, "*Magnesium ... acts as a natural CCB [Calcium Channel Blocker]. Research has shown that higher levels of magnesium block the movement of calcium.*"³ This can be helpful both in prevention of high blood pressure and muscle spasms.

In fact, in her book, "The Magnesium Miracle," Dr. Carolyn Dean states that "*magnesium is a natural antispasmodic*"⁴ This could potentially be helpful in such conditions as "*acid reflux, gastroesophageal reflux disease (GERD), or heartburn*" since it can be caused by a "*spasm of the lower esophageal sphincter at the juncture of the stomach*" that "*can leave the sphincter open*" But "*Magnesium relieves esophageal spasms.*"⁴

We have gotten to personally witness the efficacy of increased magnesium on esophageal spasms. The patient was often unable to eat without having an esophageal spasm where his food would get stuck halfway down. The esophagus would just spasm up and down, and up and down, instead of the right way. This pattern had become so frequent that it was happening almost every day. Since the increase of magnesium, the patient has not had any esophageal spasms.

Many things can cause low magnesium levels. Magnesium is used in the excretion of heavy metals and other toxins from the body.⁵

This means if you have heavy metals in your body (like the above patient who has mercury fillings), your magnesium levels are probably low. In addition, Suzy Cohen, a registered pharmacist, in her book "Drug Muggers" lists multitudinous pharmaceuticals that deplete magnesium. The list includes: **acid blockers** like Pepcid or Zantac; **anti-acids** like Mylanta or in the form of **calcium carbonate** like Tums and also in the form of sodium bicarbonate like **baking soda** or Alka-Seltzer; **antibiotics** like amoxicillin or erythromycin; **antiviral agents**; **blood pressure drugs** like ACE inhibitors or Lasix; **central nervous system stimulants** like Ritalin; **cholesterol agents**; **corticosteroids** like Prednisone, Flonase, or Medrol; **hormone replacement therapy** or **oral contraceptives**; and **immunosuppressants**, etc. Cohen also lists other common causes of magnesium depletion which include: **alcohol**, **excess calcium supplementation**, **coffee**, **high cortisol levels [this means anything that stresses the body]**, and a high-sugar diet.⁶

No wonder, "*Emerging evidence confirms that nearly two-thirds of the population in the western world is not achieving the recommended daily allowance for magnesium, a deficiency problem contributing to various health conditions.*"⁷

"Based on magnesium's many functions within the human body, it plays an important role in prevention and treatment of many diseases. Low levels of magnesium have been associated with a number of chronic and inflammatory diseases, such as Alzheimer's disease, asthma, attention deficit hyperactivity disorder (ADHD), insulin resistance, type-2 diabetes mellitus, hypertension, cardiovascular disease (e.g., stroke), migraine headaches, and osteoporosis... A chronic magnesium deficiency... is associated with an increased risk of ... atherosclerosis... cardiac arrhythmias, stroke, alterations in lipid metabolism... metabolic syndrome... as well as depression and other neuropsychiatric disorders..."¹

Magnesium Deficiency Signs and Symptoms

General: Anxiety, lethargy, weakness, agitation, depression, dysmenorrhea, hyperactivity, headache, irritability, dysacusis [hearing dysfunction], low stress tolerance, loss of appetite, nausea, sleep disorders.

Musculature: Muscle spasm, cramps in the soles of the feet, leg cramps, facial muscles, masticatory muscles, and calves, carpedal spasm, back aches, neck pain, urinary spasms, magnesium deficiency tetany.

Nerves/CNS: Nervousness, increased sensitivity of NMDA receptors to excitatory neurotransmitters, migraine, depression, nystagmus, paraesthesia ["pins and needles sensation"], poor memory, seizures, tremor, vertigo.

Gastrointestinal tract: Constipation.

Cardiovascular system: Risk of arrhythmias, supraventricular or ventricular arrhythmias, hypertension, coronary spasm, decreased myocardial pump function, digitalis sensitivity, Torsade de pointes, death from heart disease.

Electrolytes: Hypokalaemia, hypocalcaemia, retention of sodium.

Metabolism: Dyslipoproteinemia (increased blood triglycerides and cholesterol), decreased glucose tolerance, insulin resistance, increased risk of metabolic syndrome, disturbances of bone and vitamin D metabolism, resistance to PTH [Parathyroid Hormone], low circulating levels of PTH, resistance to vitamin D, low circulating levels of 25(OH)D, recurrence of calcium oxalate calculi.

Miscellaneous: Asthma, chronic fatigue syndrome, osteoporosis, hypertension, altered glucose homeostasis.

Pregnancy: Pregnancy complications (e.g., miscarriage, premature labor, eclampsia).

Compiled from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4586582/>

The good news is, you are unlikely to get too much magnesium. Since "*severe hypermagnesemia or magnesium intoxication appears very seldom in human disease.*" In fact, "*such conditions only occur in severe renal insufficiency or iatrogen.*"¹ That means there is only a problem if your kidneys don't work or if the hospital is pumping magnesium straight into your bloodstream. This means there is really no need to run out for a fancy blood test to see if your magnesium is low. Just consider the signs and symptoms of magnesium deficiency and if think you might be low, simply add magnesium to your daily routine.

A good place to start magnesium therapy is with your dietary intake. Focus on magnesium-rich foods for a week. *“Vegetables (especially green leafy ones), nuts and seeds, and legumes are your best... sources for magnesium.”*⁸ However, if you have any stomach issues, or need extra magnesium for any reason, there are two other easy options. Although the effect is said to be “unproven” by some, many people have experienced the benefits of transdermal [through the skin] magnesium sulfate (Epsom salt) and magnesium chloride. According to the Natural Remedies Encyclopedia, *“Magnesium chloride is the best form of supplementary magnesium; but other forms can be used.”*² Epsom salt may be easily added to a warm bath or a simple foot bath. Magnesium chloride may simply be sprayed on the skin. I recommend starting slowly and building to a higher dose. You can often find magnesium chloride labeled as “magnesium oil” in the store’s cosmetic’s section. This is the treatment that God used to cure our patient of esophageal spasms and many others of their ailments. Magnesium chloride is just an extract from sea water. No wonder the Psalmist praised God by saying, *“Thy way is in the sea, and thy path in the great waters, and thy footsteps are not known.”* Ps. 77:19

1-- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4586582/> 2--Natural Remedies Encyclopedia,6th Ed., pg. 95 3-- <https://www.healthline.com/health/heart-disease/calcium-channel-blockers#natural-cbbs>
4-- The Magnesium Miracle, Carolyn Dean, MD, ND, Chapter 1 5-- <https://www.ncbi.nlm.nih.gov/pubmed/9884986>
6-- DRUG MUGGERS--Which Medications are Robbing Your Body of Essential Nutrients--And Natural Ways to Restore Them, Suzy Cohen, RPH, PDF pg. 33-35
7 - <https://www.ncbi.nlm.nih.gov/pubmed/29093983> 8-- <http://www.whfoods.com/genpage.php?name=nutrient&dbid=75>



STUDY TO SHOW THYSELF APPROVED — Thanksgiving’s Acrostic

Trio of Heaven—“For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: And these three are one.” 1 John 5:7

Help—“For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.” Isaiah 41:13

Angels—“The angel of the LORD encampeth round about them that fear him, and delivereth them.” Psalm 34:7

Needs supplied—“But my God shall supply all your need according to his riches in glory by Christ Jesus.” Php.4:19

Key of Promise—“Exceeding great and precious promises...by these ye might be partakers of the divine nature...” 2 Pet. 1:4

Song—“Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.” Psalm 30:4

God’s Law—“Wherefore the law is holy, and the commandment holy, and just, and good.” Romans 7:12

Immanuel, God with Us—“Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.” Isaiah 7:14 “...Emmanuel, which being interpreted is, God with us.” Matt.1:23b

Victory in Jesus “But thanks be to God, which giveth us the victory through our Lord Jesus Christ.” 1 Cor. 15:57

Inspired Scriptures – “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:” 2 Tim.3:16

Nature’s Gallery—“The heavens declare the glory of God; and the firmament sheweth his handywork.” Psalm 19:1

God’s Love—“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” Romans 5:8



Kids’ Corner

A Little Runner’s Health Story Special

Mr. R Learns the Value of Cheerful Trust in God

Mr. R had been too busy, and Mr. R had missed too much sleep. Then Mr. R went to visit Mr. G, who was sick with a cough. “Cough, cough, cough.”

Now Mr. R had a cough. Every time he laughed, he would cough. When he tried to talk, he would cough. Even while he was trying to eat, he would cough. Mr. R was tired of coughing—especially at night.

Just as Mr. R would start to drift off to sleep he would wake up coughing. “Cough, cough, cough.” The more Mr. R coughed, the worse he felt. When he coughed, it made his back hurt. When he coughed, it made his neck hurt. When he coughed, it made his head feel like it was going to explode. Mr. R. wished he could get some sleep. Mrs. R wished he could get some sleep too—because Mr. R was getting grouchy from not getting any sleep for several nights.

Mrs. R gave Mr. R herb tea with mullein and plantain for his cough. She gave him herb tea with red clover, nettle, and thyme for his cough. That had helped Little D to sleep when he had had a bad cough. But despite all the herb teas, still Mr. R coughed. “Cough, cough, cough.”



Mrs. R made Mr. R some honey and eucalyptus for his cough. One of her favorite books said there was not *“any remedy for... cough better than eucalyptus and honey.”* The honey and eucalyptus helped Mr. R a little, but not for very long. Mr. R was still coughing.
“Cough, cough, cough”

Mr. R tried taking some slippery elm to coat his throat. He tried ginger tea with nice warm rice milk. He tried orange juice, lemon juice, and pineapple juice. Mr. R even ate some elderberry pancakes. They were good, but still Mr. R coughed. “cough, cough, cough”.

Mr. R took some raw garlic—but it was very hot! Mr. R tried a hot and cold shower—but the cold was very cold! Then he tried honey and onion—that wasn’t too bad, but still Mr. R coughed. “Cough, cough, cough.”

Mr. R was getting more and more tired. He grumbled, “Nothing is making me better.”

Then Mrs. R noticed something—as soon as it started to get dark, Mr. R started coughing even more. The more he coughed, the more he grumbled. And the more he grumbled, the more he coughed. “Cough, cough, cough. Cough, cough”.

“I will try to make Mr. R happy,” thought Mrs. R. “Maybe if he is happy, he won’t cough so much.” Mrs. R made Mr. R some more herb tea, she helped him run water for a nice hot bath, she even read to him out of “Scrapbook Stories”. But still Mr. R coughed. “Cough, cough, cough.”

Finally, Mr. R went to bed again. He used lots of pillows to prop him up. He had a wedge-shaped pillow. He had a purple pillow. He had some white pillows, and a green pillow. Mr. R had lots and lots of pillows in his bed. Mrs. R went to bed too. She hoped all those pillows would help Mr. R. be able to sleep so that she could sleep too. Sleep, sleep, sleep.



But just as Mr. and Mrs. R. were going to sleep, Mr. R. started coughing again. “Cough, cough, cough.” Mr. R changed positions and tried to go to sleep again, but just as Mr. and Mrs. R were going to sleep, Mr. R started coughing again. “Cough, cough, cough.”

Finally, it was after midnight and Mr. and Mrs. R were still trying to sleep, but still “Cough, cough, cough”.

Then Mrs. R. noticed something again — The more Mr. R coughed, the more he grumbled. And the more he grumbled, the more he coughed. “Cough, cough, cough, cough, cough, cough,”. Mrs. R was starting to think Mr. R wasn’t going to stop coughing long enough to breathe.

Mrs. R thought, “I will make Mr. R happy. Maybe if he is happy, he won’t cough so much.”

Mrs. R started rubbing Mr. R’s back. Mr. R liked to have his back rubbed.

Mrs. R scratched Mr. R’s head. Mr. R. liked to have his head scratched.

Then Mrs. R noticed—Mr. R. wasn’t coughing as much now. Mrs. R knew the Bible says, *“A merry heart doeth good like a medicine...”* The backrub was working, it was making Mr. R happier and he wasn’t coughing as much.

Mrs. R knew Mr. R needed to be more cheerful. Mrs. R said. “Mr. R, you are making your cough worse by being grumpy. The more grumpy you get, the more you cough. And the more you cough, the grumpier you get. You need to relax and be more cheerful. When you feel like being grumpy, you should sing a song.”

Mr. R thought, “Mrs. R thinks this is all in my head.” That made him grumpy. “Cough, cough, cough.”



But since the backrub felt so good, he decided not to say too much. After a while Mrs. R noticed Mr. R was coughing a lot less. He started enjoying the songs that Mrs. R was singing as she rubbed his back. When she sang, *What a Friend we have in Jesus*—he noticed it said *“Oh, what needless pain we bear, all because we do not carry everything to God in prayer.”*

Mr. R remembered cheerful trust in God was part of God’s plan for health. He decided to try to be more cheerful.

After a good back rub, and several songs, with not near as much coughing—finally, Mr. R said, “Why don’t you get some sleep, Mrs. R, I will try not to be so grumpy, so I don’t cough so much.” Mrs. R and Mr. R prayed for Jesus to help Mr. R. sleep. Soon Mrs. R. could hear the wonderful sound of Mr. R snoring. She was very thankful to hear “snore, snore, snore” for a change, instead of “cough, cough, cough”. Mrs. R was glad that Mr. R had finally learned that cheerful trust in God is part of God’s plan for good health.