



Louise

## SPIRITUAL LIFE MESSAGE

Song: *“I Need Thee Every Hour”*  
Prayer: As the Spirit leads  
Scripture: Philippians 4:4-9

Meditation

### *“Take It to the Lord in Prayer”*

—*Rising Food and Housing Costs: Federal Reserve Hikes Interest for a Third Time This Year*

These News headlines impact the financial, physical and mental well-being of most Americans, and cause concerns about their respective futures. Among those individuals was Myah, whose basic monthly expenses were about to outpace her monthly income. How was she going to handle a monthly payment for another car which she so desperately needed? What about the increase in rent at the beginning of the new year? Should she look for a roommate? Would she have to move back in with her parents?

During her weekly call with Grandma Zena, Myah could not help dumping her financial woes. After listening to and hearing the anxiety in Myah’s voice, Grandma asked, “Do you remember how your parents would gather you all and pray that God would guide each of you through the day and help you make right decisions? Are you still asking God to guide you through the day?” After hearing Myah say yes and then no, Grandma said, “You best start asking for God’s help every day. Go read Philippians 4:6-8, and after you read it, thank God for the blessing you have received, tell Him your woes and trust Him to get you through.”

**Prayer:** Dear Heavenly Father, help me to remember that you can supply my every need. Remind me daily to be anxious for nothing. In Jesus name I pray. Amen

### Polishing Your Communication Power

1 Hospitality 2 Generosity 3 Bold 4 Embrace

- \_\_\_ a. the quality of being kind and generous
- \_\_\_ b. the friendly and generous reception and entertainment of guests, visitors, or strangers
- \_\_\_ c. accept or support (a belief, theory, or change) willingly and enthusiastically:
- \_\_\_ d. showing an ability to take risks; confident and courageous

### OCTOBER ANSWERS

#### Polishing Your Communication Power

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|--|---|
| <u>1</u> Vibrant 2 Convivial 3 Tangible 4 Assurance                    | <u>1</u> full of energy and enthusiasm:                               |
| <u>2</u> friendly, lively, and enjoyable                               | <u>3</u> capable of being perceived, especially by the sense of touch |
| <u>4</u> a positive declaration intended to give confidence; a promise |   |