



CHECK YOURSELF (BEFORE YOU WRECK YOURSELF)

I saw an interesting article the other day that talked about how dentists are seeing a rise in cracked teeth. “I’ve seen more tooth fractures in the last six weeks than in the previous six years,” one dentist reported. Why is this happening? Well, according to the dentists, they are blaming “pandemic-related anxiety.” The added stress of the pandemic is causing people to clench and grind their teeth, leading to tooth damage.

That’s pretty wild, right? Our entire world is so stressed out right now that we are seeing this stress physically manifest in our collective teeth. I think it is fair to say: we are all a little stressed out.

The last six months have been bizarre, and they have been made even more bizarre by the fact that we have had to deal with everything in relative social isolation. That is not something that human beings were built to do: God made us to be in community with one another. When I was a kid, we used the phrase: “Check yourself before you wreck yourself.” What we meant by that was to tell someone to watch what they said before it got them into trouble. Well, I think that phrase takes on new meaning today. We need to check our mental health before we end up in a place where we are in real spiritual trouble.

So I want to encourage you all to do a spiritual check up today. Have you been having trouble sleeping? Have you lost interest in hobbies you normally enjoy? Have you been more irritable lately? Do you feel more tired than usual? Do you have difficulty concentrating? Have you felt less motivated lately? Has your appetite changed?

If you have answered “yes” to some of those questions, you may be experiencing anxiety or situational depression. Now that we have checked ourselves, let’s prevent wrecking ourselves. Here is what you can do to fight against anxiety and depression:

First, maintain a regular routine. Get up at the same time every day. Go to sleep at the same time every day. Eat at the same time every day. Use our spiritual resources to help maintain this schedule, as well! Pray at the same time every day. Read scripture at the same time every day. This structure will help you cope and will also help you routinize prayer, which will help you stay connected to God.

Secondly, honor the body that God has given you. Our physical beings are a gift from God, and we feel better when we take care of them. It is as important as ever to eat healthy food and to exercise. This is, in itself, an act of worship. It is our way of saying “thank you” to God for our bodies. When we honor God with our bodies, we feel better.

Thirdly, avail yourself of the means of grace. Prayer, reading scripture, and healthy living we have already mentioned. Pick a meal once a week to fast, or empty out your closet of clothes you aren’t wearing and take them to Sand Springs Community Services. Our exercise of checking in with 5 people every week will help keep you connected to the Christian community (Wesley might have called this “Christian Conferencing”). Don’t fall out of the habit in participating in online worship, and take advantage of drive-through Communion. These things are life-giving.

I know this is a difficult time, but it will not last forever and we will get through it. If you are feeling particularly anxious, or lonely, or just plain bad, please feel free to give me a call and we can talk about it. Remember that God loves you, and so do I!



TITHES & OFFERINGS...

Mail your checks to SSUMC, 319 N. Main St. in Sand Springs, OK 74063 or give online at: <https://sandspringsumc.org/>
Click on the "Giving" link in the top right hand corner and fill out the information and click "Continue."

Roof Checks: Memo: "Roof Repair" on the check.

"The Prayer Box"

Howard Smith, Philip Comer, Maureen Gibson, Sylvia Johnson, Ralph Rand, June Brown, Shawn Cole, Martha Scudder, Betty & Linda Lund, Wava Burt, Ralph Ward, Gordonna Fisher, Harry Alford, Jim & Vi McAllister, Barbara McClintock, Montie & Betty Box, Bruce Warren,

Prayer Chains
And
Unspoken Requests

MEET SAND SPRINGS UMC MISSION PARTNER, ROBYN CONEY!

We are excited to announce that Sand Springs UMC is partnering with Robyn Coney, a missionary preaching the gospel in Bangalore, India. Robyn is planting churches and creating new Christian communities in an area of India where churches are nearly non-existent.

While most of us are unable to preach the gospel in a place like India, because of our wonderful connections as the Church of God we can support those who can!

Here are some words from Robyn in a recent update: "God blesses us to show His glory to the nations, and desires we steward His blessings to join Him in the purpose. Through your giving, you do this!

Thank you!

A few months ago I was studying blessings in the Bible. In the Old Testament blessings, or benedictions, were pronounced by kings, family members and priests and were prayers directed towards God but spoken aloud to the people the blessing was intended for. Numbers 6:24-26 is a blessing that God told Moses and Aaron to speak over the Israelites. "The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace." God desires all nations to know and glorify Him. As Gentile believers we are recipients of those before us receiving blessings from God and making His name known on earth. We can receive the same blessing and be a part of His global purpose. This is amazing!"

If you would like to support Robyn personally or as a Sunday School class, please contact Glenna Stockard.