

The Encourager

Therefore encourage one another with these words.

1 Thessalonians 4:18

Growing through gratitude



Thankfulness, studies show, has multiple physical, mental and emo-

tional benefits. Psychologist Robert Emmons calls gratitude “fertilizer for the mind” because of its powerful effects.

He admits gratitude isn’t always easy — especially when life throws us curveballs (see the year 2020) — but says it can be most helpful during and after difficulties. Emmons suggests reframing challenges using thankfulness-

based language. Ask, for example: Though I wasn’t grateful for the experience at the time, how can I be now? What lessons did I learn, and how did I grow as a person?

Throughout his letters, the apostle Paul reframes his extensive sufferings and urges us to do the same. “Give thanks in all circumstances,” he writes, “for this is God’s will for you in Christ Jesus” (1 Thessalonians 5:18, NIV).



WATCH YOUR THOUGHTS, THEY BECOME WORDS,
WATCH YOUR WORDS, THEY BECOME ACTIONS,
WATCH YOUR ACTIONS, THEY BECOME HABITS,
WATCH YOUR HABITS, THEY BECOME YOUR CHARACTER,
WATCH YOUR CHARACTER, IT BECOMES YOUR DESTINY.

Unknown



Solitude as soul care

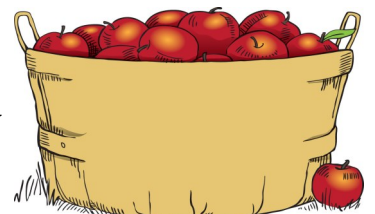


Richard J. Foster (Celebration of Discipline) says solitude is “more a state of mind and heart” than a place: “There is a solitude of the heart that can be maintained at all times. Crowds, or the lack of them, have little to do with this inward attentiveness.”

Although Jesus preferred crowd-free alone times, that’s not always feasible. But no matter your surroundings and responsibilities, you can carve out intentional time to “be still” (Psalm 46:10). Try these tips for adding solitude to life’s rhythms:

- Take a day. Every month or two, enjoy a day of solitude. Turn off your phone and spend the day with God.
- Take an hour. Treat this time as an important calendar appointment. Keep it free to protect your solitude.
- Take a minute. Before a big meeting or as you’re answering the phone, breathe deeply and invite God into the moment.

—Janna Firestone



QUOTES

The palest ink is better
than the best memory.

Chinese Proverb

Stoop and you'll be
stepped on; stand tall
and you'll be shot at.

Carlos A. Urbizo

Trouble is only oppor-
tunity in work clothes.

Henry J. Kaiser

A proverb is a short sen-
tence based on long
experience.

Miguel De Cervantes

**Humor is the great
thing. the saving thing.
The minute it crops up,
all our irritations and
resentments slip away
and a sunny spirit
takes their place.**

Mark Twain

**GIVE NO DECISION TILL
BOTH SIDES THOU'ST HEARD.**

Phocylides

**CURIOSITY IS ONE OF THE
PERMANENT AND CERTAIN
CHARACTERISTICS OF A
VIGOROUS MIND.**

Samuel Johnson

DON'T FALL OUT!

When a mother asked her child how he'd fallen out of bed, he replied, "I guess I stayed too close to where I got in."

When we Christians fail to grow in prayer and discernment, knowledge and understanding of Scripture, generosity and other fruits of the Spirit, it's as if we're balancing precariously at the edge of the bed. It's quite easy to fall out — out of faith, out of church, out of active relationship with God.

Autumn Fires

In the other gardens and all up
the vale
From the autumn bonfires, see
the smoke trail!

Pleasant summer over and all
the summer flowers,
The red fire blazes, the grey
smoke towers.

Sing a song of season! Some-
thing bright in all
Flowers in the summer, fires in
the fall.

—Robert Louis Stevenson

MAKING THE RIGHT CHOICE

The sweet old man always seemed to be in good humor. One day, a curious younger man asked why he was always so happy.



"Well," the kindly man replied, "it is because I know when I get up in the morning, I have two choices. I can choose to be happy or I can choose to be unhappy. I try to choose happiness each day. Hopefully that is reflected on my face and in my actions."

What did you choose this morning?



APPLE DUMPLINGS

Ingredients

2 large Granny Smith apples, peeled and cored

2 (10 ounce) cans refrigerated crescent roll dough

1 cup butter

1 ½ cups white sugar

1 teaspoon ground cinnamon

1 (12 fluid ounce) can or bottle Mountain Dew™

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Cut each apple into 8 wedges and set aside. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the smallest end. Pinch to seal and place in the baking dish.

Melt butter in a small saucepan and stir in the sugar and cinnamon. Pour over the apple dumplings. Pour Mountain Dew™ over the dumplings.

Bake for 35 to 45 minutes in the preheated oven, or until golden brown.

<https://www.allrecipes.com/recipe/102133/country-apple-dumplings/>



"THE CHARACTERS IN THIS BOOK ARE REAL.
THE NAMES HAVE BEEN CHANGED BECAUSE
YOUR BROTHER CAN'T PRONOUNCE THEM."

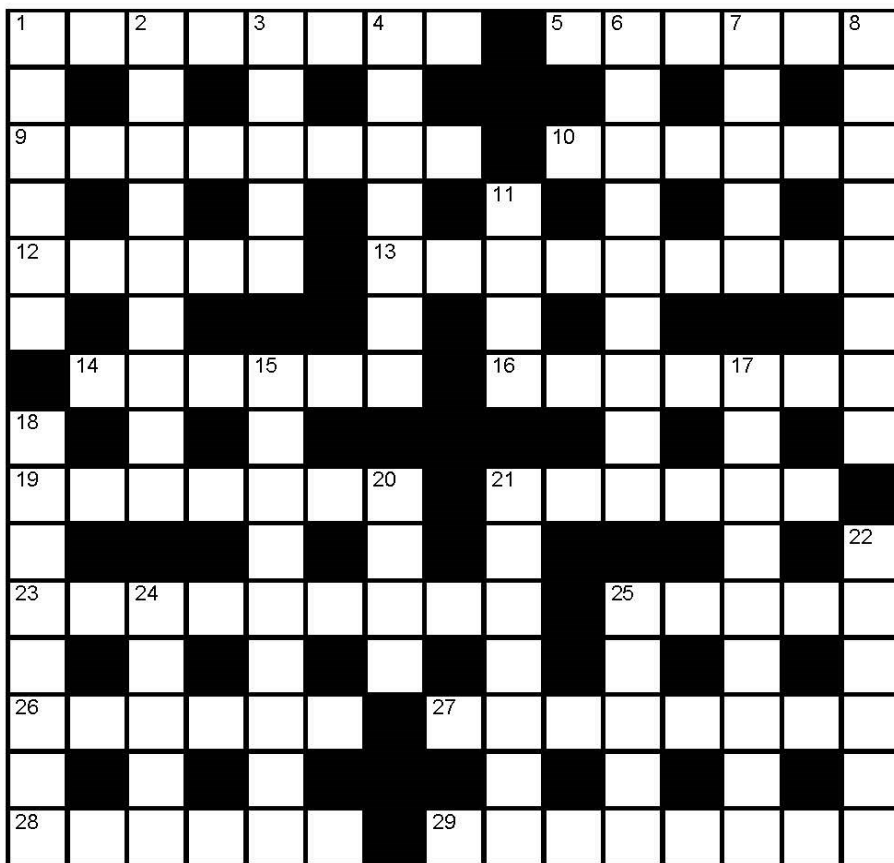
BIBLE CROSSWORD XIII

Across

- 1 Bag for carrying provisions (8)
 5 Uncovered (6)
 9 Expressing mirth (8)
 10 Silkworm's casing (6)
 12 Consumed (5)
 13 Wailing (9)
 14 Collections of families (6)
 16 Musical instrument (7)
 19 Loads (7)
 21 Grumbled (6)
 23 Grain beating (9)
 25 Temple offering (5)
 26 A Roman one was found in Philippi (6)
 27 Preach (8)
 28 This son would receive a double portion (6)
 29 Where Peter saw his vision (8)

Down

- 1 Murdered (6)
 2 Breaker of 7th commandment (9)
 3 King of the Amorites (5)
 4 Lightsources (7)



by Philologus

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- 6 Tyre and Sidon were of this land (9)
 7 Ruth's mother-in-law (5)
 8 Doorway of the waste (4,4)
 11 Visionary herdsman (4)
 15 Thanksgivings (9)
 17 Meal shared on the shore with the risen Jesus (9)
 18 Don't put this in someone's way! (8)
 20 Waterborne transport (4)
 21 Ancient city of Canaan (7)
 22 Like Eutychus, as he fell (6)
 24 Governed (5)
 25 Crucifixion device (5)