

**Meadowbrook Baptist Church**

**102 North Park Drive**

**January 18, 2026 Worship 9:00 AM**

**10:00 AM**

**Brunch and Fellowship Time**

[meadowbrookbaptist.cc](http://meadowbrookbaptist.cc)

[bmarcaurelle@charter.net](mailto:bmarcaurelle@charter.net)

## **THE LORD'S SUPPER**

### **SUNDAY AFTER NEXT**

#### **JANUARY 25, MORNING WORSHIP**

"On the night he was betrayed / he took the cup and said, 'This is (represents) the new covenant in my blood. As often as you do this, do it to remember me.' Every time you eat this bread and drink this cup, you are proclaiming the Lord's death until he returns." {1 Cor. 11}

### **SICK MINDS SICK BODIES**

#### **WORRY WILL KILL YOU**

##### **Proverbs 22:7**

**"A merry heart does good like medicine but a broken spirit dries up the bones."**

Soon after I came to Anderson 55 years ago a young couple in my church began to have problems. For some reason he became angry and used a lot of profanity, something he had never done in their six years together. Because of his bad attitude they were talking about divorce. Then he lost his job. Taking a physical for a new job he learned he had a thyroid imbalance. This saved his marriage because the thyroid gland in our neck secrets chemicals that changes our moods. A physical problem created an emotional problem.

This works both ways. How we feel can activate the thyroid gland and the adrenal glands, one on top of each kidney, and cause physical problems. There are some attitudes

that can put us in the hospital: Anger, worry, stress, fear and unhappiness. I always put anger first because of the damage it does, but today I put worry first. Why?

### **ONE DAY AT A TIME**

**"As your days are, so will your strength be."**

**(Deut. 33:25) / (Jesus says), "Don't worry about tomorrow." (Matthew 6:34) / (Paul says) , "Forgetting what lies behind me; I reach forward to what lies ahead" (Phil. 3)**

We can take anything today. The only way we can live a good life and the only way we can find happiness in life, with all the bad we deal with, is to live it one day at a time. This is the foundation of the highly successful program of AA. Years ago after I preached this a man told me that in high school, so many bad things happened to him that he was seriously considering taking his own life. He said he was on the verge of doing it one day and a thought hit him, *"I don't have to do this today. I can do it tomorrow."*

A couple of years later he accepted Christ and he said, I believe with all my heart that the Holy Spirit put that in my mind so I would have a chance to be saved.

When horrible things happen to people like cancer, divorce, kids on drugs, etc. I've had them tell me 1000's of times, "Preacher I'm going to make it. I'm just taking one day at a time." Worry destroys this attitude. we're thinking about what we did yesterday and how it is going to hurt us and about what bad thing ahead can hurt us tomorrow.

### **FEAR**

The second emotion worry activates that pours harmful chemicals into our bloodstream and throughout our body is fear, and fear is what worry is. Have you ever had any butterflies? I'm not talking about the ugly little bugs that fly around with beautiful wings. I'm talking about in your stomach. You have, if you've gotten married or if you played