

One evening my mother made dinner after a hard day's work. She put a plate of eggs, salad and burnt toast in front of my father ... I immediately noticed, the burnt toast ... And, I was waiting to see if he was going to complain about it, but my father started to eat them, smiling and asked me how I spent my day at school ...

My mom apologized to my dad for the burnt toast. I will never forget his response to her: "Honey, I love burnt toast!"

Later when I went to bed and my dad came over to kiss me goodnight, I asked him if he really liked the burnt toast?

He hugged me and said, "Your mother has had a difficult day and she is really tired. She went out of her way to prepare this meal for us, why blame her and hurt her.

Burnt toast never hurt anyone; but words can be very painful! "

We have to know how to appreciate what others do for us, even if it's not perfect, because it's the intention to do well that counts, and no one is perfect ...



John 6:56-69 (NIV)

⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them.

⁵⁷ Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.

⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever."

⁵⁹ He said this while teaching in the synagogue in Capernaum.



Smile: A Poem by Spike Milligan



Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!

As oft quoted by Kevin Hoyt



Being *negative* only
makes a journey more difficult.
You may be given a *cactus*,
but you don't have to *sit* on it.

~ Joyce Meyer



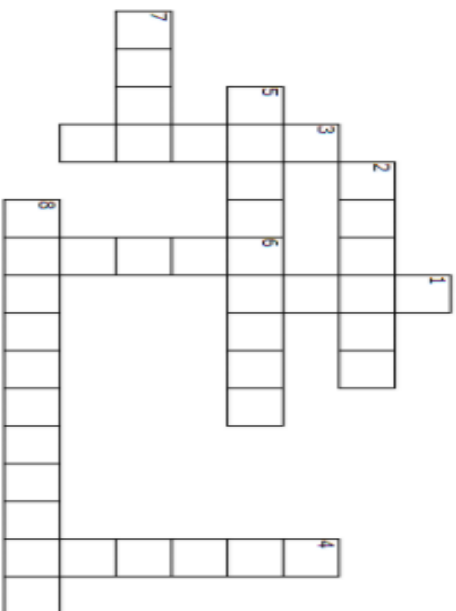
Turn your wounds into wisdom. ~ Oprah Winfrey



The Armor of God

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Ephesians 6:13

Based on Ephesians 6:13-17



ACROSS

2. A piece of metal carried to protect the front of the body
5. To deliver from the penalty of sin

DOWN

1. The body parts at the end of the legs
3. Trust or confidence in God
4. A hard hat that covers and protects the head
6. A covering of metal, wood, or leather, worn to protect the body against weapons
7. A flexible band of leather or cloth, worn around the waist
8. A piece of armor that covers the breast

Z N B Y Y D L A A S E Y G Y I
 B G Z N R S Y F H P H V D O R
 J B N O W B M F B W E I I Y D
 U O W D Y H U H U P A A E L J
 X S P M E F E E T L M I C L B
 S T A N D V G L H W L X S E D
 S U K M P J J A M R F Y V N T D
 A D B U C K L E D L Q C N G Q
 L N M N N H A T M A E Y S O A
 V D U D B W H J T M J E Y S A
 A I O T X E W F F I D S M P R
 T P Y W P R L M A N L U Q E R
 I K A R M O R T I G J D P L O
 O U P B R E A S T P L A T E W
 N N S P I R I T H M C T U J S

HELMET	ARMOR	SPIRIT	SWORD	STAND
WAIST	SALVATION	BELT	FEET	FAITH
FULL	GOD	EVIL	FLAMING	PEACE
GOSPEL	BREASTPLATE	SHIELD	BUCKLED	ARROWS