

From Rev. Gene's Perspective:

Our Emotional Well-Being

We humans have a wide range of emotions. We can be laughing one minute and start crying the next. We can be feeling pretty good and then something happens that starts our blood pressure rising. We sometimes allow one incident to spoil an otherwise great day.

I would like to share this quote: "My emotional well-being is determined not so much by what happens to me, but how I respond to what happens." The quote is so true. When another driver does something stupid, we can stay angry and let it eat at us or we can let go and hope that we don't cross paths with the other driver again. There are rude people who have no regard for anyone but themselves. There will always be people who bring more than ten items to the quick check out, there will always be people who will cut line in front of you, there are people who talk on a cell phone in a movie theatre and the list goes on.

We don't have control over rude people but we do have control over how we respond. Our choice is to become angry and allow the other person to control us or to let it go and stay in control of our own emotions. Which choice sounds the best to you?

May God Bless You,
Rev. Gene

First Baptist Church Sunday Sermon may also be heard at our website
<http://www.firstbaptistbeloit.org> just click on "Weekly Sermon".

CIRCLE OF CONCERN – Bart Bingham, Stephanie Bolander, Savanna Garner, Jackie Landers, Frank Marsden, and Shirley Welsh.

Our prayers for Jason Burnett and all people serving in the military

Calendar

Wed. Sept. 1	9:30 AM Ruth Circle at Church Hostess: Marilyn Massa 1:30 PM Martha Circle at Church Hostess: Mary Clowes 6:45 PM Bible Study
Thurs. Sept. 2	6:00 PM BMH Orchestra Parents Meeting 6:15 PM Hands of Faith Board Meeting
Sun. Sept. 5	9:00 AM Adult Study Group in Parlor 10:15 AM Worship Service
Wed. Sept. 85	6:45 PM Bible Study