

SATURDAY, SEPTEMBER 17

James 1:19-25

Emotional Superpower

THOUGHT FOR TODAY: . . . let everyone be quick to listen, slow to speak, slow to anger. . . .

James 1:19b

As a superhero fan, I enjoy imagining what it would be like to possess extraordinary powers. Wouldn't it be great to turn invisible at will or move things with your mind? But the more I read comic books and watch superhero movies, I notice how a character's special strength can also be his or her greatest weakness. Isn't it the same for us with regard to our emotions?

Emotions may be an asset or a detriment to our faith. They aren't inherently bad, but they can lead us to sin if we mishandle them. In today's Scripture reading, we note that James didn't tell his readers never to become angry, but rather, to be slow to anger. In other words, anger is a power that requires careful management.

Just like our spiritual gifts, our emotions are meant to help us relate with and serve God and others. When we feel strong emotions such as anger rising within us, we have a choice: glorify God or use them in a destructive manner.

PRAYER: Divine Teacher, instruct us in ways to manage our emotions in a godly way. Amen.

Megan L. Anderson—Kokomo, Indiana

SUNDAY, SEPTEMBER 18

Jeremiah 33:2-9

Healing for a Broken World

THOUGHT FOR TODAY: I am going to bring it recovery and healing; I will heal them and reveal to them abundance of prosperity and security. Jeremiah 33:6

The prayer requests that come to our church constantly remind me of the world's brokenness. Physical frailty and illness, spiritual fractures, broken relationships, and estrangement from God abound. Wholeness, healing, recovery, and restoration are integral to the good news of Jesus Christ. They become reality because of God's infinite grace and the power of the Holy Spirit.

The need for healing reminds me of my young daughter bringing her beloved hamster to me and wailing for me to fix him. She had accidentally dropped her chewing gum into the little creature's long fur. While attempting to cut the gum out, she inadvertently snipped his skin. The cut, which shed very little blood, was opening more with his every move, and glistening muscle was beginning to appear. He needed healing and fast! After a frantic trip to a kind-hearted veterinarian who applied surgical glue and administered antibiotics, the healing began.

We all need healing. For this, we go to God and to the people with whom God has partnered.

PRAYER: Compassionate God, bless the fragments of our world and the brokenness of our souls with wholeness. Amen.

Shea Hollifield—Richmond, Virginia