



**The Lost Sheep of Black Hawk
Pt. 4; Be His Voice
John 9: 8-41**

His testimony about Christ:

- v. 11: the M _____ called Jesus
- v. 17: He is a P _____
- v. 33: He is from G _____

The Primary focus of his testimony:

I was B _____ but now I S _____

How would you fill in those blanks?

Here are a couple of suggestions from Scripture:

- I was I _____ but now I am F _____ Gal. 5: 1
- I was D _____ but now I am R _____ 2 Cor. 1: 9
- I was I _____ but now I am R _____ 2 Cor. 5: 15
- I was A _____ but now I am F _____ James 5: 15
- I was C _____ but now I am P _____ Isaiah 55: 7
- I was A _____ but now I am A _____ John 15: 5

If someone asks you for your testimony, how would you fill in the blank:

I was _____ but now I _____

we cope with the life changes of aging. As we get to the retirement age, we should make future plans. It is easy to say, "Oh I will wait to retire & then I can make plans for the future." But realistic we should know what we are going to do. I for one think that when I retire from nursing, I'm going to do another job, work in a material/quilt shop, etc. we should think about our health if it declines & what we would do if we cannot live at home. It is a tough question for any of us. It is important to grieve for what we have lost. It is important to grieve for the loss of a job, a neighborhood. It is a big change for any of us. It is important to grieve for what we have lost.

It is important to have a social interaction with others. It is important for your physical & mental health to be in touch with old friends & relatives, and to make new friends.

Comfort in your faith; pray, meditate, and read. Proverbs 3: 5-6 Trust in the Lord and do not lean on your own understanding. In all your ways acknowledge him & straight your paths. Hebrews 13: 5-6 Do not touch what you have, for he has said "I will not forsake you".

Various ways to serve; do what makes you happy & assist others in need. Lead Bible studies at local schools or with day cares. Help others that are in health care centers.

Most of us are afraid of is a heart procedure that requires receiving some sedation, the pain in the groin area. They will inject a certain amount of medicine and your heart. From this study they will bypass surgery.

...sleeping at night (less than 6 hours) were more apt to be dehydrated. This would be a good reminder why it is important for us to get at least 8 8-ounces of water (liquid) per day.

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This is a very dry tiring time of year. I don't know about most of you, but boy do I have trouble with dry skin, especially this time of year. We should remember to not take long hot water showers, (it should be with tepid-luke warm water), and gentle cleanser and try to use a moisturizer without alcohol or other chemicals in them.