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Our Awesome God

By John F. MacArthur

CROSSWAY BOOKS, United States, 2001. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Don t get me wrong. My coworker Betty was truly a good person. She was hard-working and would always help out anyone who needed her. And I avoided her like the plague. You re probably wondering why I tried to stay away from Betty if she was such a nice person. The answer is simple: Betty was always unhappy. She fussed about everything--from the food she ate, to the weather outside. Nothing ever suited Betty, and her continual complaining bothered everyone around her. Besides bothering other people, unhappiness is actually bad for us. Numerous studies have proven that our outlook on life affects our physical being. Long-term stress and anxiety lower our immune system and leave us open to all kinds of illnesses. The wisdom of Proverbs tells us that a joyful heart is good medicine, but a crushed spirit dries up the bones (Proverbs 17:22). God doesn t want us to lead frustrated, miserable lives. He wants us to be full of the joy of the Holy Spirit. Proverbs also states, The cheerful of heart has a continual feast (Proverbs...

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