

Los Altos Church of Christ

*"...being of the same mind, maintaining the same love,
united in spirit, intent on one purpose." Philippians 2:2*

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This Sunday...Kinda Stressed

Anxiety floods the heart and overwhelms the mind. It convinces you to run from relationships, responsibility, and reason. **Psalm 55** unveils the various anxieties that fill this life...from the battles in our mind to the battles that surround us. Because there is sin in this world, the anxieties of life continue to meet us at our doorstep. The question is not if, but when. When they meet us there, will we let them in or will we cast them onto the only One who can handle them?



Wednesday Night Fellowship...Dinner at Terrie's 6:30 and at 7:00 new series, "Shoes".

PRAYERS *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7*

- Judy McClure, Howie and Tom's sister, is having health issues
- The doctors are having trouble balancing Amber's step-father's heart medicine

Continue to pray for the Jang family...Faye's sister Althea...Terry Shipp...Lu...Sue Collins...Marge Shipp...Autumn and Brooke...Mike and Sharon...John and Jennifer...Abbie...Jocelyn's mother...Christine's mother...the Gordon family...Walter Grove...Roger Townsend... Berry... The Britton Family ... Barbara... Gwen and her son Caleb... City of Children... Healing Hands International... Japhet's work in Zimbabwe...and New Hope Uganda.

Time For A Laugh:



Your Default Face
By Deonna Shake

Recently, I was reading one of my student's internship journal. I was struck by something he experienced while working at Action Zone, a workout community. This intern works under the supervision of Coach Bennie Wylie. Coach Wylie's résumé includes being head strength and conditioning coach at major universities, training elite athletes such as Emmitt Smith (Dallas Cowboys), and completing a Navy Seals program. Coach Wylie sets the bar high for clients and interns alike. My student was analyzed through video feedback. He was told he needed to watch his "DEFAULT FACE" along with improving overall demeanor — voice, dress and presence.

So how is your everyday "DEFAULT FACE"? Does it change when trouble comes your way or when you are stressed? Does it translate to someone who is bothered, disinterested, or fearful or one that exudes, compassion, peacefulness, and joy? Would you consider yourself approachable? How about we pretend to have an HD lens and glimpse into the faces of some of our faithful heroes of the Bible?

What "DEFAULT FACE" do you see at the moment Abraham raised his knife to sacrifice his son Isaac? How about the demeanor of Stephen when he was dragged out of the city and absorbed those hateful and deadly stones? Can you hear the conversation and imagine the body language between Daniel and the king before Daniel was thrown into the lion's den? Visualize that casual conversation inside a fiery furnace occupied by Shadrach, Meshach and Abednego. What do we see in the eyes of David as he launches the first stone at Goliath.

Then there is Jesus' "DEFAULT FACE" in so many different kinds of situations. Jesus was so at home amidst a raging sea that He had to be awakened from a nap (Mark 4:35-41). There wouldn't be fear, panic, or defeat in his face as he stilled the storm!

I don't have a home movie to watch the story of Job. Yet I know Job absorbed all of his suffering and gave this response to God:

[Job said,] *"I know that You can do all things and that no purpose of yours can be thwarted."*
(Job 42:1-2 NLT)

WOW! Rewind and play that again. Picture the "DEFAULT FACE" of Job as he uttered these powerful words of faith and confidence in God.

As followers of Jesus, we can fashion our "DEFAULT FACE" with the assurance of Job! I love that the Scriptures are full of such strong powerful scriptures of strong faith:

The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the Lord, who is worthy of praise and he saved me from my enemies (Psalm 18:2-3 NLT)

There are over 600 emoji in our mobile devices and online resources to convey how we are feeling. That is fine for digital communication. However, let's work on our "DEFAULT FACE" for our face-to-face interactions. We want to be radiating our confidence in our great God and his grace. Paul reminds us, our "DEFAULT FACE" should display a thankful heart and a strong confidence in being a child of God:

Rejoice always, pray continually, give thanks in all circumstances for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18).