

Home Safe

George Carlin was a Grammy-winning comedian. One of his best routines compared two major American sports. He described football as a 20th-century technological struggle which is rigid and militaristic, played in a stadium while baseball is a 19th-century relaxed, pastoral game played in a park. Baseball has no time limit and can have extra innings, possibly lasting forever whereas football is stringently timed and must end, even if it requires sudden death. In football, rule violations result in a "penalty," while in baseball, a mistake is simply an "error."



RONN BROOKS

batling for every inch of real estate. I'm on defense, fighting to hold my ground while the enemy is trying to take my territory. Life's penalties have me marching backwards and then I fumble the ball. I'm exhausted and weary. At times it feels like I'll never win.

Deep inside us there's a longing for life to be like baseball. We want the struggle to cease and find ourselves safe at home. Unfortunately, the planet we call home doesn't feel like home sometimes. There are wars between countries and battles in our homes. For many the conflict is in their own heads and hearts. The mental, emotional, and spiritual struggles within us can be overwhelming resulting in despair and defeat. There seems to be no peace or rest. Can we find our way home?

The Wizard of Oz ended with Dorothy realizing that while "somewhere over the rainbow" may be exciting, "there's no place like home." You were made for home but your childhood house or your current address isn't it. God has an eternal home for us. It's what our hearts long for. It's where the battles are over. It is where we find permanent peace and rest. It is where we are accepted and loved with an everlasting love. It's where we belong. How do we get there? What's the way home?

Jesus gives us the

answer. "Don't let your heart be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I am going to prepare a place for you? If I go away and prepare a place for you, I will come again and take you to myself, so that where I am you may be also." (John 14:1-3) Our home is with God. Jesus is preparing a heavenly home for God's children. Because of sin, we are separated from God. We are His children by creation but have lost fellowship with God with our rebellion against God. We need forgiveness of sin and a return to our family status with God. How?

Jesus not only has the answer, He is the answer. "Lord," Thomas said, "we don't know where you're going. How can we know the way?" Jesus told him, "I am the way, the truth, and the life. No one comes to the Father except through me." (John 14:5-6) Those who turn from sin and trust in Jesus for salvation have heaven as their home. "But to all who did receive him, he gave them the right to be children of God, to those who believe in his name." (John 1:12) Receiving Jesus into our lives as our Savior and Lord makes us God's born-again children who will be at home forever with our Heavenly Father. Through Jesus we can truly be home safe.

Ronn Brooks is pastor of Elk Creek Baptist Church in Taylorsville.

What we think about matters to God

Are we ashamed of God? Is God ashamed of us? Do we not realize that God knows our thoughts? Yes, the spiritual atmosphere within society has changed in the last 75 years, and one of the reasons is the older generations who stood fervently for God have passed on, and many of the younger ones do not have the same passion for Christ. Do we care about developing an awareness of His presence? Look at the technology that has evolved in this period of time, and it's easy to see the minds and hearts of the masses have allowed themselves to be tempted to adopt a different way of thinking and believing. A tsunami of knowledge has been released upon the world, and with more information, we have more distractions. There was a time when families would gather in the evenings and read and discuss the Bible and pray together. What happened?



WILLIAM F. HOLLAND JR.

Television in its early days was closely monitored and not allowed to be consumed night and day. This is when kids played outside, parents read the newspapers, neighbors were friendly, and family and people enjoyed each other's company. Compare this to today's world, where many choose isolation, where they are mesmerized by some type of electronic device. Are we trading our individual thoughts, creativity, and personalities for the sake of artificial intelligence? Instead of developing spiritual discernment and quietly listening to learn what God wants us to do, we

are deliberately being controlled by "Pied piper" devices luring us into mental captivity. We have the choice to decide how we use our time, which also includes a responsibility to reject being willfully governed by any spiritual force other than God. Romans 12:2 says, "Do not conform to the pattern of this world,

but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will." Shouldn't we be guarding our minds from evil persuasions, and how high on our priority list is knowing God and standing with him? Maybe some people use distractions as a way of hiding from Him. Have you noticed that many people dislike silence and prefer to have something playing in the background? We don't always need to have the television on or the car radio on. The silence is a secret place because it helps us to hear God's voice. If we constantly need background noise, something is wrong. Are we afraid to be alone with God? Do some feel convicted or guilty because they are not walking with Him in obedience and holiness? Life is filled with distractions we cannot help, but we surely do not need to intentionally make it worse. We notice in Luke 5:15-16 that the more Jesus gave of Himself, the more time He spent praying in secret for clarity to maintain His relationship with the Father.

Be encouraged today, for since Christ accomplished His mission on the cross and rose from the

dead, those who are partakers with Him are preserved by the greatest power and authority in heaven and earth. He is the creator of all things, the Alpha and Omega. Let us not place our confidence in this earthly realm; instead, let us actively and intentionally trust the one who knows, created, and controls everything. Humans strive to build the perfect life, but only Christ embodies true perfection. His desire is for us not to worship the material, but to set our hearts on the spiritual realm. The message for this hour is urgent: a dark enemy seeks to deceive, kill, steal, and destroy. But you are not powerless. Resist this attack by saying no to fleshly desires. Draw the line today—determine in your heart that you will not give your heart to the world. Choose to be a living sacrifice: holy and acceptable. Take this stand now and commit fully to God.

What we consume through our eyes and ears acts as "food" for our souls, ultimately shaping our thoughts. I John 2:15 declares, "Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them." A few chapters over, God says, "For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith." "You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world has become an enemy of God."

Dr. Holland is an ordained minister, chaplain, teacher, and author. Read more about the Christian life at Billyhollandministries.com.

The Shout of Victory!

Hello friends and Happy Dad's Day to all of the fathers... grandfathers... and the men who are our role models! As we celebrate Father's Day, let's stop to honor the men who have embraced one of God's greatest callings: fatherhood! While the responsibilities of being a father can be demanding, the rewards are immeasurable. Today I give huge props to me father, Pastor Gerald Sexton 10/1/1935 – 5/20/1999... and to my father-in-law, who was also a father to me in many ways, Don Carver 1/1/1936 – 8/25/2020.



MICKEY SEXTON

A father's influence extends far beyond providing for a family's physical needs. Through words of encouragement, acts of sacrifice, and daily examples of faith, fathers help shape the hearts and character of the next generation. The laughter of children, the pride of watching them grow, and the privilege of guiding them through life's challenges are among the greatest joys a father can experience.

Gods Word reminds us of the importance of a father's role: "As a father has compassion on his children, so the Lord has compassion on those who fear him" (Psalm

103:13). Earthly fathers have the opportunity to reflect God's love, patience, and grace within their homes. This Father's Day, let us give thanks for fathers, grandfathers, and father figures who faithfully invest in the lives of others. May they be encouraged to continue leading with wisdom, integrity, and love, knowing that their efforts leave a lasting legacy for generations to come!

Until next week... ~Pastor Mickey

Pastor Mickey Sexton is an ordained minister and serves with his wife Tabitha as Campus Pastors at Victory Revival Center in Bloomfield, KY. You can follow them on Facebook at Victory Revival Center or on the internet at www.VRC-KY.com.

SLEEP

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sleep deficiencies and found that about 51.3% of the participants faced an elevated risk of obstructive sleep apnea (OSA), compared with a national average of roughly 38%. Additionally, 44.8% of those surveyed reported insufficient sleep duration, which is defined as getting less than seven hours of sleep per night.

The data also revealed that 37.1% of participants suffered from moderate to severe anxiety or depression and 62.1% reported moderate to high stress.

Additional data from REST-KY, published last year in the Journal of Affective Disorders, found that greater social support was associated with

lower insomnia severity, and this relationship was mediated by depressive symptoms (69%), anxiety symptoms (64%) and perceived stress (78%).

"One of the most meaningful findings is how closely sleep is connected to broader life circumstances, such as financial stability, overall health and social support. That gives us clearer direction for how to support better sleep in ways that are realistic and community-informed," said Emily Slade, associate professor at the UK College of Public Health and one of the study's authors.

What's next? Because healthcare access, cost and travel time are significant barriers in rural Appalachia, the researchers are focusing on interventions that do not require a visit to a physical clinic.

In a previous study funded by the Building Interdisciplinary Research Careers in Women's Health program, Moloney and Moga tested a cognitive behavioral therapy intervention delivered via an app to women aged 45 and older in Eastern Kentucky.

"We were able to show that not only did they improve their sleep outcomes, they also reduced the use of medications to help with treating insomnia," Moga said.

The team has since submitted a grant to bring a similar app-based intervention, called Somryst, to the counties involved in the REST-KY study. These digital tools are designed to address both sleep and mental health while overcoming the stigma and transportation burden sometimes associated with seeking traditional care.

CHURCH HAPPENINGS

AL-ANON
New Beginnings Al-Anon Family Group will be holding its meetings at Taylorsville Community Church, located at 277 Taylorsville Road in Taylorsville, from 6 – 7 p.m. every Monday. These meetings are for the community. Al-Anon groups are not affiliated with any

denomination. Call Cynthia Bonds 354-1167 for more information.

SUBMIT CHURCH ANNOUNCEMENTS
Submit your announcements to The Spencer Magnet by Friday at 5 p.m. Please email them to editor@spencermagnet.com.

YOUR CUSTOMER JUST READ THIS AD. ADVERTISE WITH US.

The Spencer Magnet Community Church Directory

Cost to display your church advertisement in the newspaper:

1 block for 26 consecutive weeks at \$8.50 wk.
Double block for 26 consecutive weeks at \$14.00 wk.

"I was glad when they said, 'Let us go into the house of the Lord.'" Psalm 122:1

<p style="text-align: center;">All Saints Catholic Church</p> <p style="text-align: center;">Mass: Sunday 8:00AM and 12:00PM Wednesday and Thursday 9AM</p> <p style="text-align: center;">410 Main Cross St. 477-6676</p>	<p style="text-align: center;">First Baptist Church 115 West Main St., Taylorsville www.taylorsvillefbc.com Chance McConnell, Pastor Contact or for transportation call: 477-8197</p> <p>Sun: Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship 6:00 p.m. Youth Group 6:00 p.m. Wed: Prayer & Bible Study 6:30 p.m. Family, Children & Youth 6:30 p.m.</p>	<p style="text-align: center;">Elk Creek Baptist Church 5734 Elk Creek Rd. 502-477-2730 elkcreekbaptist.com</p> <p style="text-align: center;">SUNDAY 10 am Bible Study 11 am Morning Worship WEDNESDAY 6:30 pm Prayer & Discipleship Pastor Ronn Brooks ASL Interpreter available upon request</p>	
<p style="text-align: center;">PLUM CREEK BAPTIST CHURCH www.plumcreekbaptist.com Off of Hwy. 44 in Waterford (502) 477-2582</p> <p style="text-align: center;">SUNDAY SCHEDULE Sunday School 9:50 a.m. Morning Worship 8:30 & 11 a.m. Youth Small Group 6 p.m. Evening Worship 6 p.m.</p> <p style="text-align: center;">WEDNESDAY FAMILY MINISTRY NIGHT: Dinner 5:45 p.m. • Children, Youth & Adult Bible Study & Prayer Meeting 6:30 p.m.</p>	<p style="text-align: center;">Waterford Church of Christ 5607 Mt. Washington Rd., Taylorsville</p> <p style="text-align: center;">502-477-2316</p> <p style="text-align: center;">Schedule Of Services Sunday Morning Worship 10:30 a.m. <i>Messages from the Bible</i></p>	<p style="text-align: center;">Advertise your church and let our readers know about your service times and special events.</p>	<p style="text-align: center;">Call Victoria at 633-4987 to have your church listing added.</p>