The Power of One



by Dawn Reed E. Ky. Columnist

There was a lady who lived tended a garden and some- sus. times worked in a little grocerv store. She loved God and decided to go to church to attended a tiny Baptist church see what the little girl was so mother. but her husband never went excited about. She began atwith her.

age from an accidental shooting. The middle son was unthe lady's granddaughter.

her men cared about loving aged the down-trodden. or serving God. But she did would take her granddaughter the love and goodness of God.

a hundred years ago. People church with her grandmother. give them strength. She made around her might not have She loved God and everything them go to church even when thought she would change the about Him. One special day in they didn't want to because she world. She was a housewife, 1948 she gave her heart to Je-

The lady had three sons. gave her heart to Jesus. One ... MY world!

The eldest went away to war Sunday morning, quite unexand came back with issues pectedly, her husband asked many veterans deal with. Her if she would iron a white shirt youngest son died at a young for him. Very surprised, she asked "Why?" He wanted to go to church, too! It was the concerned about God. He went beginning of a long love relato church during his younger tionship with God! He gave years but then had many other his heart and life to Christ and things to occupy his time. He never looked back! He became married and had a little girl- a Sunday School teacher, a deacon, missionary supporter The older lady could have and so many other things! He been discouraged, none of helped the needy and encour-

When the little girl was oldnot give up. She decided she er, she had a family of her own and taught her children about to church and teach her about God. All their lives, through good times and bad, she re-The little girl loved going to minded them that God would knew it was best. She clung to God's Word and encouraged Shortly after, her mother them to do the same.

That little girl . . . was my



This photo is circa 1949. My grandfather, in a white shirt, My great-grandmother grandmother, my mother, her little brother, a cousin and tending regularly and also really DID change the world aunt are all headed to church-without the dog. My greatgrandmother is the one in the hat.

Track star? Late night scare can put some speed in your feet



America's Heartland **Roger Alford** RogerAlford1@GMail.Com

You may have heard

whose nightly walk took that really matters, the him past the cemetery.

caught up with him and this scripture: explained how they themselves.

The old gentleman 9:25). said he fully understood, he was alive.

that fast.

It's amazing just how Jesus, there is no way much the Bible has to to lose. The Bible tells say about running. We're us that, with him, we're called, in essence, to be more than conquerors. about the old fellow track stars in the race

race that has Heaven as One night, three girls the finish line. Listen to

"Run in such a way to were frightened to walk win the prize ... a crown past the cemetery by that will never fade away." (1 Corinthians

I love that our Lord that he used to be scared and Savior has made the of cemeteries, too, when way for everyone who trusts in him to receive He said he'd never the crown, or, in other seen a group of girls run words, to be winners. The fact is, if we have

I expect we could all

use some encourage- rarely walked. I ran ev- if we hope to be spiritument in that regard from ervwhere. When I was time to time. Well, the Bible provides that encouragement. Consider this verse:

"Those who hope in the Lord will renew their strength. They will soar on wings like eagles. They will run and not grow weary" (Isaiah 40:31).

I have always been a runner to one degree or another. As a kid, I

in college, I ran daily. In my work life, I have gone through periods where I ran very little and other deal. Now that I've gotten into and past middle age, I find that running is absolutely necessary in my constant struggle to keep my weight and blood pressure down.

As Christians, we must exercise in other ways

ally healthy. Those exercises include prayer, Bible study, worship and church attendance.

There are people who periodswhenIranagreat get engaged in spiritual exercises only when they get a good scare, like the girls walking past the cemetery. I'd encourage you not to wait for a scare to begin spiritual exercises. I'd urge you to begin the Christian race today.

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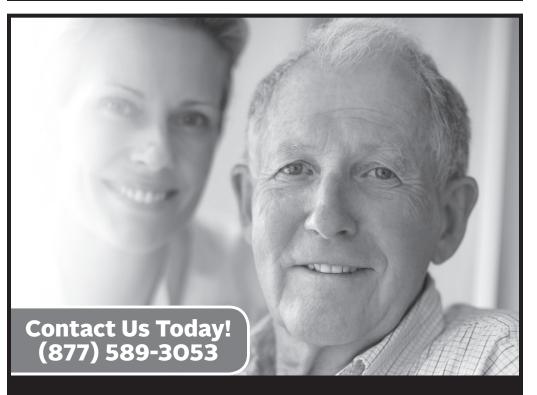
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