

THE LIVE WIRE

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PLUG INTO THE HIGHEST POWER

August 7, 2020

LIFT WITH YOUR LEGS

“It’s not the load that breaks you down, it’s the way you carry it.” Did you ever get told to lift with your legs not your back when moving heavy things? It wasn’t said to you to offend you, but to protect you. It’s not that your back isn’t strong, your legs are just better for moving. And it helps make the work easier in the long run. We can apply that same mindset to life. We have the ability to choose how we will react in times of trials. Times when we feel lost, beat, depressed, and confused. We can either lift with our back or with our

legs. The Bible is full of advice when we are going through trials. In Proverbs we are told to “Trust in the Lord with all our hearts, and lean not on our own understandings”, in Romans we are encouraged to “be patient in tribulation, and be constant in prayer”, and in 1 Peter we are reminded that “Christ, himself will restore, confirm, strengthen, and establish us.” Sure we could move a couch using our backs, but we risk hurting ourselves, and maybe not just for the day but maybe in the long run. Same with trials. Sure we could get through them on our

own, but it may hurt, may take awhile, could lead to other trials...God wants us to trust him and have a relationship with us. He has “a future and a plan for us, to prosper us and not harm us” as we are told in Jeremiah. So when trials come our way, know we are not alone and that we are equipped with the Word of God to help us get through those times in our lives. Start carrying your load wisely, lift with your legs not your back. **Abbie Cornelius**

STAY CONNECTED

See what’s happening throughout the week on our Facebook page: [American Lutheran Church](#)

Watch daily devotionals from our Minister of Music, David Sherman, on his [YouTube channel](#).

Both our Traditional & Contemporary online services are easily accessible via our [website](#).

If you have a prayer need, please e-mail Abbie at abbie@americanlutheran.net and your request will be passed on to the prayer team.

HAPPY BIRTHDAY

AUGUST:

8: Ardis Baker, Caydon Batzli, Alicia Coates,
Stanley Vorce

10: Kayse Lenox, George Timmons,
George Morse

11: Barbara McPherson

12: Terry Flemming, Grant Pierie, Dylan Darr

13: Brad Davis, Gilbert Holsapple, Karen Jones,
Jamie Mullins, Margaret Wolfe

3 WAYS TO GIVE



Envelope: Ask for a box of personal numbered envelopes from the church office or mail in your tithes

Mobile: Download the Tithe.ly App to give a one-time gift or to schedule ongoing giving using your checking account, debit or credit card. Or text GIVE to (928) 756-0099 and follow the prompts.

SimpleGiving: Request an automatic withdrawal form for recurring once a month giving, available in the office, M - TH 9 - 3 PM; F 9-12 PM.