



Blessing the Lord at All Times Psalm 34:1-4 (KJV)

We invite you to read and be blessed by this recent devotional written by one of your own, James Pitts Jr.

Early in my Christian life, I memorized the 34th chapter of Psalm. As I look back on the past, Psalm 34:1-4 has been such a blessing to me. It says,

"I will bless the Lord at all times: his praise shall continually be in my mouth. My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. O magnify the Lord with me, and let us exalt his name together. I sought the Lord, and he heard me, and delivered me from all my fears."

I praise God because he's been so good to me. There have been times that I have failed to praise the Lord enough. Even so, he has never failed to bless me. I can never praise the Lord enough for all he is and does for me continually. It's so important that we worship the Lord in everything we say and do.

I've been saved since 1954. In the years since, I have been blessed to have some godly men in my life who led me to the Lord, mentored me and worked beside me in revivals in the eight churches I pastored. Brother Pete Stillman and Brother Jimmy Coleman, my mentor, were instrumental in leading both my wife and me to the Lord on the same day. Brother Jessie Norris was routinely in revival

with me. Two other preachers who meant so much to me were Brother Hugh Martin and Brother T.W. Terral. All of these men joined together with me to "exalt his name together." I have seen and witnessed many souls saved and lives restored through my years as a pastor. I have experienced miracles and had supernatural things happen in my own life. God has been so good. And like the psalmist says, "I will bless the Lord at all times."

The fourth verse of Psalm 34 says, "I sought the Lord, and he heard me, and delivered me from all my fears." Fear is the opposite of faith. We do not have to fear because God has promised he will always be with us. Having faith that God is always with us is the victory that overcomes all the fear of the world. One of the best Bible verses to meditate on when you are fearful or afraid is John 3:16. Once the grace of God truly saves you, you will never again be lost. Jesus took care of that perfectly. And because of this promise in John 3:16, I can truly "bless the Lord at all times." How about you today?



James Pitts Jr. served the Lord for 45 years and has been a Mission:Dignity® recipient since 2003



Safety and Fall Prevention

By At Home Contributor Gretchen Jamail, PT

Falls are the number one cause of injury among seniors. An average of one in three people over the age of 65 will fall at least once per year, and 66% of those people will fall a second time within six months. Most falls occur at home, many in the bathroom. Falls often require hospitalization or rehabilitation and cause people to miss time with family and friends. So, let's talk about safety and fall prevention!

First, it's important to know what causes falls. The most common cause of falls is muscle weakness. Other causes include abnormal walking, not using the proper assistive device (such as a walker or cane), dizziness, side effects of medication, health conditions (e.g., stroke, Parkinson's disease, multiple sclerosis, vertigo, abnormal blood pressure, etc.) and vision problems or an outdated eyeglass prescription.



ENVIRONMENTAL CHANGES:

- Remove throw rugs.
- Use night lights.
- De-clutter living areas.
- Clear walkways and enable enough space for assistive devices.



BEHAVIORAL CHANGES:

- Exercise for at least 20-30 minutes three times per week. Some exercise ideas include chair exercises, a walking program, aquatic activities or using exercise equipment.
 - » Add some resistance to strengthen your muscles.
 - » Aquatic exercise is especially helpful if you have arthritis.
 - » Start slow and easy. If you have pain or recent surgery, consult your doctor or physical therapist.
- Walk on level surfaces and avoid uneven or rough terrain.
- If unsteady, use an assistive device (such as a walker, rollator or wheelchair).
- For longer distances, take rest breaks.
- Wear proper shoes/slippers; avoid those that are not secure to your feet. Non-skid socks are an acceptable alternative.
- Update your eyeglass prescription if needed.



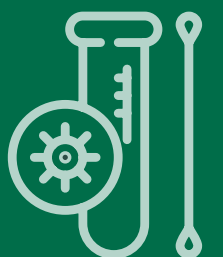
OPTIONAL EQUIPMENT:

- Use grab bars in the shower and near the toilet – not suction bars or a towel bar
- Use a shower chair.
- Use a suction shower mat.
- Use bedside commode during the night.
- Use handrails, if available.



ORDER FREE COVID-19 TESTS

The U.S. government is once again offering four free COVID-19 tests to those who request them at www.covid.gov/tests or call 1-800-232-0233.





Mission:Dignity

DEVOTIONAL BOOK 2024

This year, Mission:Dignity released a 40-day devotional book highlighting devotionals written by recipients – including the one you read on page one. We passed these books out at the Southern Baptist Convention Annual Meeting in New Orleans in June and could not have had a better response!

We'd like to create a new version for 2024. **Would you consider writing a short devotional for the 2024 edition?** It can be based on a previous sermon or personal experience – however the Lord leads.

Here is a description of what we're looking for:

- 150-450 words (handwritten or typed)
- Corresponding Bible verse or passage
- Recent photo

Please send your devotional to Susan Ervien's attention via mail to our office or email Susan.Ervien@GuideStone.org.

In order to be considered for this year's edition, submissions need to be received by November 30, 2023. We are excited about this new annual tradition and pray the Lord leads and blesses you as you write and, eventually, as others read.

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Contact Us

Call us at 1-877-888-9409
and then select "Option 1"

Fax documents using
1-866-692-6327

Email us at
MissionDignity@GuideStone.org

Use the enclosed
postage-paid envelope

¿Habla español?

Si usted necesita hablar con alguien que hable español, llame al 1-877-888-9409, elija "la opción 1" y pregunte por "Sophia".

LOOK FOR OUR CALL

When the Mission:Dignity staff calls you, our phone number may appear as our 1-800 number: 1-877-888-9409 or Dallas, Texas.

Please save this number on your phone and pick up the call, as we may have important information for you!


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