



POWER LUNCH

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Bringing Worship to the Workplace

The Power of Goodness

By Pamela Jenkins

When one thinks of the word **goodness**, feelings of comfort, peace, and assuredness can easily be evoked. Often used as a euphemism for God, goodness finds itself synonymous with honesty, uprightness, kindness, reliability, virtue, being of high quality, and godliness, (*Random House Dictionary*). Goodness exemplifies moral quality which constitutes Christian excellence, it is often used to recognize one's character or their conduct. Goodness is "the best part of anything; the essence or the strength of a thing." (*Wikipedia*).

I must admit there are times I experience feelings of uncertainty while facing the quandary of today's economic "decay." Too often it appears the moment I make any money, it disappears into the hands of whatever monthly responsibilities are due. It seems once one bill is satisfied, another needs my immediate attention as well; deciding which one to satisfy first, sometimes become my dilemma. There are times I ask God: "When is this going to end?" "And how much more of this, are we to take?"

In the midst of trusting God that things will ultimately change, I am lead to inspect my **own** heart to see if it is aligned with His will. I believe the outcome of it all, is that God will pull out of His people the absolute best, in the midst of this world's worst. The 'hand of God' is continually upon us and focusing on the negative is NOT the answer, complaining about our situations to **everyone** within earshot, is NOT the answer. We have to dwell on the fact that God's goodness, grace, and mercy, will indeed prevail.

I am reminded of the story in II Chronicles 20 involving King Jehoshaphat and a 'great multitude that were against him.' (V.2 KJV). Now, I know some of you are thinking, "How does my situation compare to this King's?" "How is fighting before this 'great multitude' be the same as what I am going through?" Well, read on...

King Jehoshaphat, ruler of the land of Judah, found himself facing a battle too large for him to fight. Unfortunately, this battle came as a result of some bad decisions the King had previously made. Although he fell short of God's glory because of his decisions, God still found good in him. Upon facing his battle, Jehoshaphat allowed fear to become a factor he immediately entertained. Not relying on his own intellect however, he pushed his fears aside, sought the Lord, and proclaimed a fast throughout all the land. (V.3, KJV).

As he prayed, he said, **"O LORD, God of our fathers, are you not the God who is in heaven?"**

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Nothing Like Water

By Jamaal Piper and Nutritional Wellness Publication

Remember when water was the drink of choice for anyone who needed to quench their thirst? These days, water is quickly being replaced with a variety of energy drinks, flavored waters and sports drinks - and they're being consumed at all hours of the day, not just after a workout or during an athletic competition. With the state of our environment today, finding clean water is something that we are in constant search of. This is not a new dilemma. The ancient Hebrews were also concerned with clean drinking water. The King James Version of the Holy Bible records examples that date to approximately the ninth century B.C. In Exodus 15:22-27, when Moses and the Israelites came upon Marah, they found that the waters there were bitter. The text states that the Lord showed Moses a tree, and instructed him to cast it into the water. He did so, and the water was sweetened.

Energy Drinks

One of the major health concerns with energy drinks is their caffeine content: up to 80 mg of caffeine per serving. According to Brown University, that's more than twice the caffeine in a can of Mountain Dew and more than three times the caffeine in a can of Coca Cola Classic. Too much caffeine can elevate the heart rate, increase blood pressure, and lead to insomnia. (Some manufacturers have now come out with decaffeinated versions, although that hasn't seemed to particularly impact the popularity of the caffeinated varieties.)

A recent study that investigated potential safety issues in energy drinks reveals that most energy drinks also contain some combination of natural products such as guarana, taurine and ginseng. And let's not forget about sugar, one of the major ingredients in addition to caffeine. Average sugar content can

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You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. He went on to remind God of how He protected the descendants of Abraham who once told Him, **"If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us."** (V.6, 9, NIV).

After King Jehoshaphat's prayer, the Spirit of the Lord replied, **"Do not be afraid or discouraged because of this vast army; for the battle is not yours, but God's."** (V.15, NIV). **"Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD with you."** (V.17, KJV). Afterwards, King Jehoshaphat bowed down and worshiped the Lord **before** going on to win his battle.

Saints, I want to remind us that we do not possess the solutions to our problems. It is only through the power of God, Jesus Christ, and the Holy Ghost, can we obtain the solutions we need, and the guidance needed to solve them. As long as we continue to focus **all** our attention on our situations, then our problems will always appear bigger than the God we serve. **He** is our refuge and a present help in our time of need. This reality should be an eminent factor in our lives.

King Jehoshaphat left us some key elements we can adhere to, when facing our battles. Now, although he admitted his fears, (as we sometimes do), God comforted the King by telling him **not** to be afraid or discouraged. There is **no** fear in God; and fortunately, Jehoshaphat would not have to fight **in** his battle because God would be in the midst of it, just like He will be in the midst of ours.

We, like Jehoshaphat, have to obey God by "setting ourselves apart, standing still, and seeing the salvation of the Lord. **WITH US.**" Once we have that assurance, we are obligated to worship and praise the Lord for the **goodness** of His promises, **before** facing our avengers.

We have to dwell on the goodness of the Lord each time a negative thought comes into our mind. We must not allow ourselves to entertain thoughts that go against the word of God; however, we should take our burdens to the Lord, leave them there, and walk in the assurance that **"...our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness, and the work of faith with power: That the name of our Lord Jesus Christ may be glorified in you, and ye in Him, according to the grace of our God and the Lord Jesus Christ."** (2nd Thessalonians 1:11-12, KJV).

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exceed 35 grams per can, according to the study. (Sugar-free versions of some energy drinks are available, but remember, there are plenty of sugar free sodas out there, and none of them has health benefits, either.)

Perhaps the most telling point appears in the authors' conclusion: "The amounts of guarana, taurine, and ginseng found in popular energy drinks are far below the amounts expected to deliver either therapeutic benefits or adverse events. However, caffeine and sugar are present in amounts known to cause a variety of adverse health effects."

Sports Drinks and Flavored Waters

According to Brown University, energy drinks should never be consumed while exercising, as they tend to promote dehydration, which can be dangerous when combined with fluid loss from sweating. They also should not be combined with alcohol (they often are); the former is a stimulant and the latter is a depressant, which can be a bad combination. And again, both tend to promote dehydration.

If you think sports drinks or flavored, vitamin-infused waters are any better than energy drinks, you may want to think again. Sure, they may not be filled with caffeine, but they definitely still have sugar and other additives, and according to a recent study, those added ingredients may contribute to dental problems.

In fact, studies have shown that the combination of sugar, acidic ingredients and additives in some sports drinks can damage tooth enamel to a larger degree than soda. A recent study presented at the International Association for Dental Research meeting in Miami affirms this, with study results suggesting sports drinks - including Gatorade, Vitamin Water, Life Water, Powerade and Propel Fit - cause softening of the dentin, while some may even "significantly" stain the teeth.

In conclusion, for the average person experts suggest getting at least 64 ounces of water daily or 8-ounce glasses. Consume other types of beverages in moderation. If you are on a diet to lose weight it is more important to consume more water and keep drinking water throughout the day, unless you have any medical condition that doesn't allow much water intake. A good guide for daily intake is to drink one ounce of water for every two pounds of body weight. For example, a 200 pound person should be drinking around 100 ounces (12.5 cups) of water in order to gain the benefits of increased energy and metabolism.

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