



Volume 6, No. 8, August, 2018



**Hold to God's Unchanging Hand**

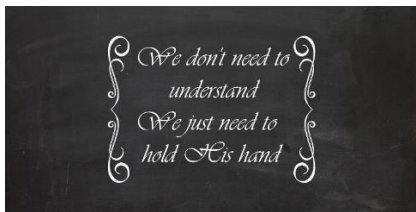
*Time is filled with swift transition—  
Naught of earth unmoved can stand—  
Build your hopes on things eternal,  
Hold to God's unchanging hand.*

*Trust in Him who will not leave you,  
Whatsoever years may bring,  
If by earthly friends forsaken,  
Still more closely to Him cling.*

*When your journey is completed,  
If to God you have been true,  
Fair and bright the home in glory  
Your enraptured soul will view.*

**Chorus:**  
*Hold to His hand to God's unchanging hand!  
Hold to His hand to God's unchanging hand!  
Build your hopes on things eternal,  
Hold to God's unchanging hand.*

Words: Jennie Wilson (1904)  
Music: F. L. Eiland (1904)



**CAST ALL YOUR CARES ON HIM**

Solomon wrote in Proverbs 3:5 – *“Trust in the Lord with all your heart; do not depend on your own understanding.”* No matter how intelligent we are and

no matter how educated we are, our wisdom is never equal to that of our Lord.

Moses was directed by God to send 12 men, one from each tribe of Israel, to explore the land of Canaan. They were to bring back a report on the cities—if they were fortified or had no walls, whether the land was fertile or not, if there were trees or not, etc. They were to see if there were many people or few in the land and if they were strong or weak.

After exploring the land for 40 days, the men returned with a cluster of grapes that was so large it took two men to carry it. When they gave their report, ten of the men told how the land was indeed a good land of milk and honey; but the people there were powerful, and their cities were large and fortified. These men were afraid and spread a bad report among the people.

Joshua and Caleb reminded the people that if the Lord was pleased with them, He would be with them and they would be successful. Their advice was, *“Do not rebel against the Lord. Don't be afraid of the people in the land. Their protection is gone, but the Lord is with us.”*



Fear and doubt spread among the people because of the report of the 10 men. Of all the people of Israel who left Egypt and were 20 or older, only Joshua and Caleb were allowed to enter the Promised Land. They put their faith and trust in the Lord. All those who were afraid and did not trust in the Lord died during the wilderness wanderings.

Paul wrote to the church at Ephesus, *“He is able to do immeasurably more than all we ask or imagine.”* The story is told of a WWII soldier who was separated from his unit. German soldiers were not far behind him, so he sought refuge in a cave thinking it would never work and the Germans would surely find him.

## DO NOT DESPAIR

Hiding himself as well as he could in the dark recesses of the cave, he prayed to God for deliverance. A spider began spinning a web across the entrance of the cave. No doubt, the soldier had something bigger, stronger, and better in mind. However, when the Germans approached the cave and saw the web, they 'knew' he wasn't in the cave because the web was undamaged. God did immeasurably more with the spider than the soldier could have imagined.

In Joshua 1:9, God said, *"Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."* He was with David when he was but 12 years old and fought against a



giant of a man named Goliath. God was with Daniel, and he was delivered unharmed after a night in the lions' den. Likewise, God was with Hananiah, Mishael and Azariah, who we know as Shadrach, Meshach, and Abednego, and protected them from a fiery furnace that was hotter than any other furnace. Daniel, Shadrach, Meshach, and Abednego put their faith and trust in God, and He delivered.

David wrote, *"Wait for the lord; be strong and take heart and wait for the Lord."* In Isaiah 30, the children of Israel took their eyes off of God and went to Egypt for protection from their enemies. Isaiah had told them God would protect them from Assyria, but since they put their faith in Egypt rather than in God, the sanctuary they trusted became their ruin.

Psalm 118:24, *"This is the day the Lord has made; let us rejoice and be glad in it."* A boy and his father were walking on a beach one day and came upon thousands of starfish washed up on the sand. If they weren't returned to the water soon, they would all die. The boy picked up a starfish and threw it out into the water. His father told him it was a hopeless effort, that they couldn't make a difference in the fate of all the starfish. But the boy replied, "It made a difference for that one."

Apostle Peter wrote, *"Cast all you're your anxiety on Him because He cares for you."* Let us always trust in the Lord because He is able to do immeasurably more than we can ask or imagine. He is with us wherever we go, and we can always cast our cares and worries on Him. He cares deeply for each of us, so let each one of us take this day and rejoice and be glad. And let us take the next day, and the next, and the next...and rejoice in Him.

Evelyn Waite, Rolla, MO



School shootings, protests, arguments, tweet battles...every time I turn on the television, I am bombarded with all this negativity! When did it get to be this way?

It's been with us from the beginning. The devil argued with Eve; Cain got mad and killed his brother; everyone did what was right in their own eyes. Because we can communicate with each other so quickly now, it just *seems* there is so much more evil in the world.

But stop for just a moment. Look and listen. This morning I saw a young girl give a hug to each elderly person at the nursing home church service. Did you see the smiles? Did you feel the love?

I heard of a seven-year-old boy who was sitting by his mother as she was texting "I'm so sorry" to her friend who was telling her all the troubles she was experiencing. When he asked his mother why she kept texting about being sorry, she told him her friend was having some sad days. He took his mother's phone and texted her a rose emoji and said, "This is from Brock and you are my Mom's best friend, and I am here with her."

Easter weekend found many hundreds of young people attending Leadership Training for Christ. These young people had spent hours learning songs to sing, practicing reading scriptures, doing art projects, practicing skits or puppet shows, and others things that kept their hearts and minds focused on Christ.



The point of this story is to not give in to despair. For all the bad things we hear about in the world, there are a lot of good things going on in the name of Christ. We can give our worries and troubles over to Him who is the creator of all things.

Lorna Smith, Lubbock, TX



## OUR LIVES ARE REAL STORIES

Maybe we just hear too many stories, and maybe it's difficult to distinguish a real story from a made-up story. Our lives are real stories, not made for TV stories, not scripted movie stories, not fictional book stories, but real "this-actually-happened" stories. Sometimes we ignore or we forget our stories. We shouldn't.

Our life stories are our path to deeper understanding. They help clarify our journey from who we were to who we are. That which shapes us should not be taken lightly—the accidents of childhood that left scars, the thrilling victories, excruciating defeats, the tough teachers, the crazy classmates, disappointments, family adventures, pets and postcards, love and broken hearts, graduations, friendships that came and went, and so many other stories.



I believe our stories are ways for God to give us insight and perspective. Our stories are the building blocks of our personalities and our view of God. Your stories are important. Consider them carefully, remember them, and learn from them.

Chuck Hicks, Searcy, AR



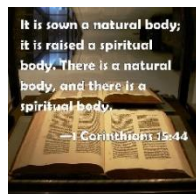
### HOW WILL WE BE KNOWN?

We are taught that we are from “dust” and will return to dust. What happens, then, when we go to glory? Does this dust take form and flesh again in order to make that journey? Not hardly. The scriptures tell us in 1 Corinthians 15:50, *“flesh and blood cannot inherit the Kingdom of Heaven.”* In the physical body, we all age each day we live on this earth. If it were true that we go to heaven in the same form we were in when we died, that would make God a respecter of persons; and we are told this is not so (Acts 10:34). Would it be fair to have to spend eternity as a 95-year-old man? Would it be fair to spend eternity as a newborn infant? God has this (like all things) under control. We recognize each other here by our “physical” features, but spiritual bodies have no physical characteristics.



1 Corinthians 15:50, *“flesh and blood cannot inherit the Kingdom of Heaven.”* In the physical body, we all age each day we live on this earth. If it were true that we go to

So then, what happens with our bodies when we die? In 1 Corinthians 15:44 we read, *“It is sown a natural body; it is raised a spiritual body. There is a natural body, and there is a spiritual body.”* The body we take with us to be with God is not the same “temple” that we have lived in on earth...it is spiritual in nature. The Corinthian Christians had trouble understanding this, so Paul used an everyday example to help explain the process.



*But someone will say, How are the dead raised up? And with what body do they come?’ Foolish one, what you*

*sow is not made alive unless it dies. And what you sow, you do not sow that body that shall be, but mere grain—perhaps wheat or some other grain. But God gives it a body as He pleases, and to each seed its own body.”* (1 Corinthians 15:35-38)

We all understand that we don’t plant a flower to grow a flower; we use seed. The bloom must wither (die) and “go to seed” before more flowers can grow. Paul is comparing our physical body to seed. In order for it to become the “new” body that God will take to heaven with Him, it must die and be *“raised a spiritual body.”* This is said so beautifully in 1 Corinthians 14:50-55.

How will we recognize each other in these new bodies? We are not told. We know the rich man recognized Abraham in the afterlife in Luke 16:23. We must just accept that God has never left a detail out of His plans, and He will not begin to do so now. How we will know each other over Jordan is one of those *“secret things that belong to the Lord.”* (Deuteronomy 29:29)

Jeanetta Watkins, Adamsville, Alabama



### Do You Like to Write?



Sunrise is blessed with some very good writers who regularly respond when called upon to contribute. However, Sunrise needs more writers. If you write poetry or articles that have a spiritual application, please send them to [evelyn@lawaite.org](mailto:evelyn@lawaite.org). Articles should be 500-650 words (there is some leeway on that), and each should be encouraging and uplifting to sisters in Christ. Other guidelines may also apply. If you need to know potential themes for future issues in order to stimulate your creative processes, please contact me at the above email address. Thank you for your contributions to Sunrise!



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