Blessed be God, the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble by the comfort with which we ourselves are comforted by God—2 Corinthians 1:3, 4

How has God manifested Himself during those tough times you encounter? Does He comfort you through His Word or does He have someone who has been through what you are currently going through and can relate to encourage you? For example, only a mother who has lost a child can truly understand what another woman is going through who has just lost her son or daughter. There is more weight to her words, when she says, “I know how you feel.” She really does because she has been there herself and experienced the wrenching pain and
indescribable sorrow that fills the heart and mind. It is God, who is reaching out to the grieving mother through another mother who has been through the same experience.

Throughout his ministry, the apostle Paul suffered much persecution and tribulation so he was the perfect person to encourage others who were suffering for their faith.

The next time you are going through a tough time, don’t be discouraged. God will be there to comfort and strengthen you. And one day, you will be able to comfort someone the way you were comforted.

In the Spotlight

Abishag was the young and beautiful Shunammite woman. Her name means, “my father is a wanderer.” She was chosen to be the helper and servant of King David in his old age. One of her duties was to lie next to the king to keep him warm in bed. The covers they put over him didn’t keep him warm. Body heat was more effective. Nothing sexual ever transpired between the king and the young woman. The Bible was clear about this. 1 Kings 1:4 states that “…she cared for the king and ministered to him, but the king did not know her intimately”.

All we know about Abishag is that after the king’s servants searched Israel for a virgin, she was chosen and brought to the king. She was basically the king’s nurse. The next time we hear of her is when Solomon’s older brother, Adonijah asked Bathsheba to “Please speak to Solomon the king, for he will not refuse you, that he may give me Abishag the Shunammite as a wife.”

Bathsheba went to Solomon on his behalf but the king was not at all pleased. His response was: “Now why do you ask Abishag the Shunammite for Adonijah? Ask for him the kingdom also, for he is my elder brother. Ask not only for him, but also for Abiathar the priest, and for Joab the son of Zeruiah.” Solomon recalled his brother’s first attempt to usurp his rightful place as king and saw this request to marry Abishag as another plot to seize the throne because in those days, a harem was part of the king’s title to a throne and since Abishag was a part of David’s harem, marrying her would have would have strengthened Adonijah’s claim to the throne. Solomon had no choice but to execute Adonijah.

We don’t know what became of Abishag. But, we salute her for dutifully and faithfully serving the king.


Health Watch

Is too much bread bad for you? Well, I have always wondered about that. One of my co-workers had cut down in the amount of bread she eats and she has lost a lot of weight.

Recently, my husband has noticed that when he eats too much bread, his skin becomes discolored. He’s been trying to cut bread out of his diet or at least cut down on his intake but it has been hard.

“We go overboard on bread and other highly refined grains,” says Heather Bauer, RD, co-author of Bread is the Devil: Win the Weight Loss Battle by Taking Control of Your Diet Demons. “When you’re hungry, tired, or stressed, you tend to reach for bread products, not carrot sticks. Problem is, the more you eat bread, the more you want.” My husband agrees with this one hundred percent.

Bauer is referring to referring to white bread, crackers, pretzels and other highly refined grains which contribute to the struggle to control one’s weight. Eating whole grains are better in terms of weight loss and they provide more vitamins, minerals, and fiber than refined.

But, we still need to watch how much whole wheat bread we eat because overdoing “can add pounds, too. So account for it in your daily calorie budget.”

Source: WebMD;