

According to the National Institute of Mental Health, anxiety disorders are reaching epidemic proportions. The United States is now the most anxious nation in the world. The land of Stars and Stripes has become the country of stress and strife. Americans more than doubled their spending on anti-anxiety medications from \$900 million to \$2.1 billion.

As psychologist Robert Leahy points out,
“The average child today exhibits the same
level of anxiety as the average psychiatric
patient in the 1950’s”.

Less Fret, More Faith

Max Lucado



The key to remember is that you are always influencing others, whether you want to or not. Your life is like a radio transmitter. It is always broadcasting a message. Your attitude, words, and actions continually exert their gravitational pull on others.

The Power of Your Influence

Stan Toler



During the American Revolution, a pastor named Peter Miller was opposed and humiliated by Michael Whitman, an evil-minded man who did all he could to suppress the gospel. One day, Whitman was arrested for treason and sentenced to die. Peter Miller traveled seventy miles on foot to plead for his enemy's life. When General George Washington first listened to the plea, he told Miller he would not grant the life of his friend.

At that the pastor leapt to his feet.
“My friend!” He exclaimed. “Michael
Whitman is not my friend, but my bitterest
enemy!” Washington changed his mind and
granted the pardon.

A Life Beyond Amazing
David Jeremiah