



An outreach of Richard Hughes Ministries, Inc.

The Pen of a Ready Writer

*...I speak of the things which I have made touching the king:
My tongue is the Pen of a Ready Writer (Psalm 45:1).*

www.richardhughesministries.org

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Richard Hughes, Editor

Gratitude is the Right Attitude!

Gratitude is *the quality of being thankful; readiness to show appreciation for and to return kindness*. In a blog article entitled “Giving thanks can make you happier” (dated August 14, 2021, published by Harvard Health Publishing / Harvard Medical School). *Research (and common sense) suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it’s built right into the holiday – being grateful.*

The article continues: “The word *gratitude* is derived from the Latin word *gratia*, which means *grace, graciousness, or gratefulness....* Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

In an article published by **The Brink**, pioneering research from Boston University, dated October 7, 2021, written by Jillian McKoy, entitled ***Depression Rate in US Tripled When the Pandemic First Hit — Now, They’re Even Worse: the study found that the most significant predictors...were low household income, not being married, and experiencing multiple pandemic-related stressors.*** This was *the first nationally representative study in the US that examines the change in depression prevalence before and then during the pandemic.*

Depression is a reality. The Apostle Paul speaks of being *pressed out of measure, above strength, insomuch that we despaired even of life* (2 Corinthians 1:8). What kept them from taking their own lives? Paul testifies, *We had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raises the dead: who delivered us from so great a death, and does deliver: in whom we trust that he will yet deliver us* (2 Corinthians 1:9-10).

Paul opens Second Corinthians with praise: *Blessed be God, even 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 them which are in any trouble, by the comfort wherewith we ourselves are comforted of God* (2 Corinthians 1:3-4).

There is power in giving God thanks: *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name* (Psalm 100:4).

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Vickie Wilkerson Hughes

Seek the Lord, and His Strength!

Many of us are faced with more today than we ever have been. Some days are a great adventure for me, seeking the Lord all day long for His guidance and His wisdom, as I am faced with the many decisions that I must make.

It is comforting to know that our Saviour never wearies of us. Sometimes, I feel like I call on Him so much that He tires of me. But I know that He is never tired of being there for us!

We just need to ask! He is always faithful!

I find myself daily thanking Him for my salvation and thanking Him for comforting me. When I was younger, it seemed like life was easier. We used to go to my grandmother's every weekend and just sit out on the porch. We would talk and relax.

God gave us our family and our grandchildren. We need to go back to some of those things, like making the time to be together and relax, to play together and laugh. To worship together and praise the God who made us and who saves us through Christ!

*Seek the LORD, and his strength: seek his face evermore.
Remember his marvellous works that he hath done (Psalm 105:4-5a).*

Daily Bible Reading Schedules, 2023

This handy calendar slips inside your Bible and guides you through the Scriptures in less than a year.

You will read three chapters of the Old Testament and one chapter of the New Testament daily. And, you can mark your progress as you go!

Copies are shipped free of charge. You may order for yourself or your family, your Church, your Sunday School Class, even your Bible Study Group.

You could start a Bible-reading fellowship, and meet once a week to check on each other's progress and read that day's portion together!

Our desire is to encourage the reading of God's Word.

Let us know how many you desire, by text: 229-712-9790 or by email:

rhughes@richardhughesministries.org

Mailing will begin early December.

November Notes:

Thanksgiving Day! Thursday, 24th

Remember to VOTE!
ELECTION DAY
November 8th

A Merry Heart doeth Good...

The new school year was well under way when the 1st grade teacher began getting a complaint about little Tommy. It seems a little girl in Tommy's class kept seeing Tommy most everywhere she went.

When asked about why, Tommy looked up at his teacher and gave her this answer, without any hesitation: "My Mommy told me I had to walk by Faith every day this new year!"