



TIMELESS TRUTH TRANSCRIPTS
September 2009 – Florence
But what if...?

Have you ever asked the question “But what if...?” Hi, this is Florence MacKenzie at Equipped for Living. I think all of us have probably started a sentence in this way, and it suggests an underlying doubt, a fear, an anxiety that things might not turn out well. Even so, the vast majority of our fears are often over issues that aren’t really all that important. Most of my *“what ifs”* have never materialized, yet I’ve churned myself up by worrying that they just might. I have to say to myself, *“Even if this particular thing did actually happen, would it matter all that much? Would it really be the end of the world?”* Needless anxiety and worry can get such a hold on us! The Bible says, *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”* You’ll find this in Philippians 4, verse 6. If you’ve never done so, why not look up this verse, write it down and start working your way through it?

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September 2009 – James
Dealing with disappointment

How do we deal with bitter disappointment which is sometimes made worse by the unsympathetic – perhaps even hostile – reactions of others? Hi, this is James MacKenzie at Equipped for Living. The story of Hannah, recorded in the Old Testament book of 1 Samuel, gives us guidance in dealing with this issue. Hannah managed to turn her disappointment into a great song of praise. How did she do it? Well, after enduring years of bitterness and disappointment, she finally made it an issue of heartfelt prayer to God. But, more than that, she resolved that, if God gave her the son she prayed for, she would give him back to God to serve him. God may not answer us in the way he answered Hannah, but if we bring our disappointments to him, with a submission to his will that extends even to being prepared to give back to him, if necessary, the thing we ask for, we will be able to say, as it says in Hannah’s prayer recorded in 1 Samuel 2:1 in the New Living Translation, *“My heart rejoices in the Lord! Oh, how the Lord has blessed me!”*

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