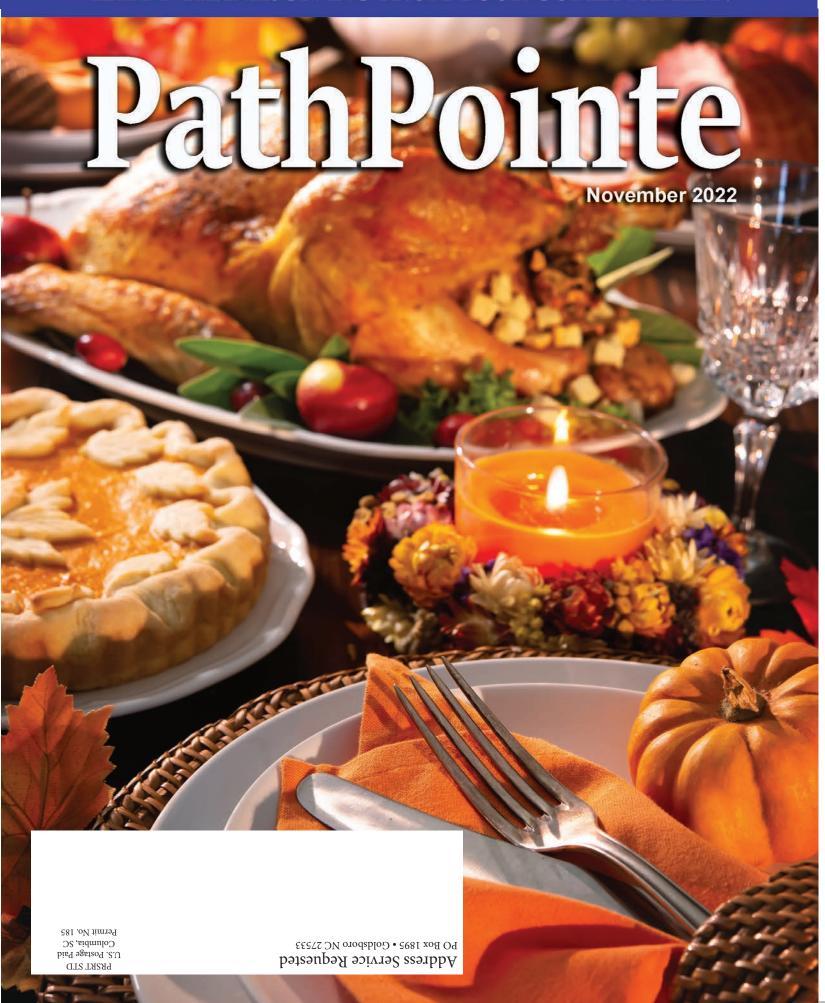
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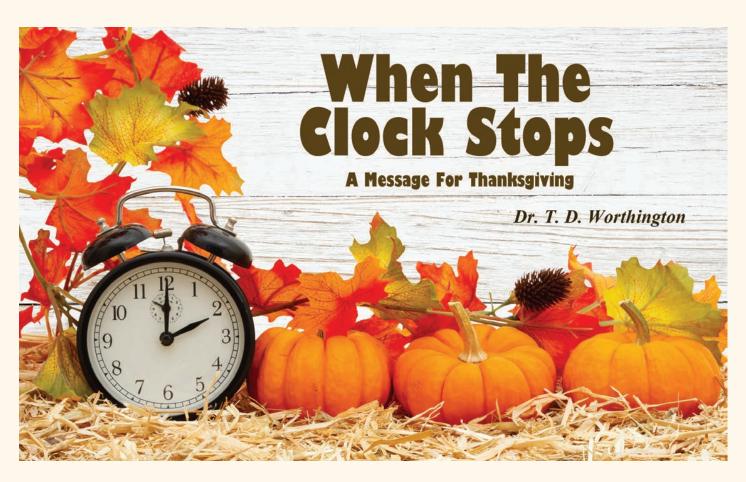
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"Rejoice in the Lord alway: and again I say, Rejoice."
Philippians 4:4

Time often seems to stop when tragedy occurs in our lives. Sometimes the real gift of tragedy or near-tragedy, is that it pauses us long enough to realize how precious the time we have really is. In a real tragedy most everything we are doing comes to a full and complete stop. Many important duties no longer seem important. Exciting plans we had for recreation, leisure, or exciting vacations, are put on hold.

It could be the sudden death of a loved one, perhaps a debilitating accident, or maybe it was a stroke or a heart attack with uncertain outcomes that redirects our priorities. When such events transpire, much of life will come to a complete stop.

I have known young people who have died, were severely injured, or were in comas after unexpected car accidents. In each case, their lives, and the lives of those who love them, came to a full stop. Nothing else mattered other than what had happened.

Sometimes we need to stop the clock for a while, for when the clock stops, that is often when we pray the deepest, it is when we most thankful for the small things, and it is when we feel our need for God the most. Without stopping to be thankful, our days pass by in a blur of experiences and events that pile on top of one another without us recognizing and savoring the details of each.

In this busy world, we often live in a blur. We may stop on occasion to be grateful to God for the lives He gives us and the love we share, but such times of reflection can be rare for most of us. Then, before we know it, we've grown old and finally realize that we were asleep at the wheel, not appreciating the multitude of mercies that every day brings.

I see it all the time. People not savoring life, but rather just enduring life while looking forward to the next exciting experience. Meanwhile, life is passing them by, at least until a tragedy or difficult challenge causes them to stop the clock and awaken them from their slumber. I've learned something in life, something that I still struggle to apply. It is this: I may not need to stop the clock if I just learn to slow it down a little bit every day. I need to learn to make thankfulness a regular rhythm in my life. I need to pause several times a day to be thankful for what has happened in the hours that have just passed. I need to become

a person who is *mindful of the moments* and to be aware of all the blessings constantly being lavished upon me. I must learn to savor life and the gifts constantly dotting its landscape; gifts that I just can't see when speeding by.

You and I awoke this morning, having no idea what might befall us before the day comes to an end. Chances are we did the same thing yesterday and the day before. But, as we learn to slow down the clock, give thanks, and listen to the voice of God, we will also learn to live with a spirit of thanks giving for each moment. We may even learn to go back and walk through the previous day and recall a dozen little details that we previously overlooked. We will also determine not to pass into the blur of another day without taking time to reflect. We will learn to remember moments of life that otherwise would be lost, and we will learn to be thankful for things we would otherwise have never given a second thought.

I want to encourage you to build gratefulness into your life as young as you can so you don't miss the miracles that happen every day. Many of us will spend most of our lives not learning to reflect and be thankful as we go along. A rhythm of thankfulness, that can only occur when you slow down the clock, will change you.

My mental clock is always running, and most of each day I tensely evaluate what I'm doing by its measurement. Am I using this time productively, or am I wasting it? Should I be doing something else? It becomes the relentless reminder that I am not doing enough, that

I am not getting things done, that I could do better, and that I'm not measuring up to my own expectations. A rhythm of thankfulness does not require a stopping of the clock, but it will require slowing the clock down a bit.

Years ago, I remember being in the home of a couple that had visited our church. As we sat and enjoyed our visit, noticing the clock on the mantle, I said, "well it's getting late, so we better be going." The clock said it was 8:45 PM, but the lady said, "Oh Pastor, don't look at that clock. It has not worked (she began to tear up) ...in years." Her husband explained. He told me that their son had been killed in an automobile accident years before, and when they got home from the

funeral, they noticed the clock had wound down, and strangely it had stopped within minutes of the time they received word of their son's death. He said, "we've never wound that clock since then, because in many ways time stopped for us that night."

Indeed, tragedy can seem to stop time in its tracks. It is a moment when you have to accept that what is happening may be completely out of your control. You realize that you have no choice but to allow the moment to unfold, no matter how painful it may be. No amount of self- agony or self- pity can change what is happening at that moment.

Every cell of your body holds on to hope. Every bit of strength is fixed on prayer. Yet, knowing that in the





end, things may not go the way you want them to go.

My encouragement is that you learn to build a rhythm of thankfulness and slow down a little bit every day. To be grateful for all the things that bring you joy, while accepting the fact that horrible things can happen at any given moment. It is time for all of us to learn that life is too precious to waste. We must learn to enjoy every second of it. It doesn't mean we quit working, but it means we sometimes have to develop a *rhythm of thankfulness*, and the peace it brings, even while we work.

If your clock has stopped, the power of our Lord's resurrection can make that old clock start ticking again. But, if like mine, your clock is always speeding by in fast-forward mode, together let's ask our Lord to help us slow things down a bit, lest we fail to achieve the rhythm of thankfulness that we all need to live a fulfilled life. This means we take time to recognize the daily moments that bring us joy.

May our Lord teach us to live life with a deeper gratefulness for the world around us. May we learn to slow down and take notice of the people and events of the day, to be present in every moment. May we learn to see beyond the ordinary and perceive the presence of God. May we learn to consciously direct our minds to be aware and attentive to the present moment and to extract every blessing every moment has to offer. When we slow the clock down, thousands of small blessings can appear from out of nowhere.

"If there be any virtue, and if there be any praise, think on these things."

Philippians 4:8

Apparently, it is okay with God if sometimes we just slow down and think. Jesus withdrew from the thronging crowds to be alone in a garden, on a mountain, or on the water in a boat with his closest friends. He knew the value of:

"Be still, and know that I am God."

Psalm 46:10

I have no trouble at all comprehending the last part of that Scripture. I know that He is God. But that tricky "being still" thing is not compatible with my "always"

busy" personality. Yet, as much as I love to be productive, I must make a conscious effort to slow down. It is in the rhythm of thankfulness that I can allow my anxious soul to settle down enough to really commune with God. Only then can I really get my thoughts organized while weeding out the unnecessary ones.

The health industry is constantly touting the benefits of exercise, and the gym seems to stay busy. Yet, perhaps we have forgotten the benefit of purposefully slowing down to fellowship with God; which is far more important.

"Rejoice in the Lord alway: and again I say, rejoice."
Philippians 4:4



Dr. Worthington has been in the ministry for over forty five years and serves as President of Pathway Ministries and Christian Bible College.



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A Thankful Heart

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."

Psalm 100:4

This verse shows how we are to enter into God's presence. We are to enter into the gates with thanksgiving before we can venture further into His courts with praise. Coming with a thankful heart then becomes a prerequisite to bringing Him praise.

Isn't it interesting that even in this secular world the holidays of Thanksgiving and Christmas fall into a perfect order? Thanksgiving is



naturally a pre-curser to Christmas. The only way to effectively enter the wonderful worship and praise of the Christmas season is to stop for a moment at the gate of thanksgiving and render to your Heavenly Father the gratitude He deserves.

There is no season of the year that brings us closer to the humanity of our Saviour than Christmas. At Easter, we naturally focus more on His deity. At Christmas, we focus on His humanity. Likewise, Christmas becomes a grand season of praise. The angels initiated the praise back when Jesus was born. The shepherds and wise men would follow suit. Today, every believer will certainly praise God for the wonder of the season. Praise is good, but a pre-requisite is required.

We must enter His gates with Thanksgiving. That gate exists to give you admittance into something precious and exciting, but it can only be entered with a spirit of thanksgiving. The court is where God is to be worshipped and praised, but it can only be approached by first acquiring a humble spirit of thanksgiving.

Hopefully, over this holiday season, *GoMix Christian Radio* will be able to help you acquire that focus. It is our prayer that every moment of our broadcast day will be filled with reminders of the glory and majesty of our Lord. Then, we all may be prompted to be truly thankful, which is the only way to prepare us for Christmas.

For Additional Information:

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Updates...

We are so thankful for our many Faith Partners, Business Underwriters, and volunteers that have helped so far with our Fall Share-A-Thon. We are very close to reaching our goal! Although our hearts are always grateful, this time of year tends to bring out our gratitude just a little bit more. If you have not yet given, there is still time to do so. Our last Mini-Share-A-Thon begins on November 9th and we'd love to hear from you! You can give your gift online at www.givegomix.org, or call our studio at 1-877-747-8887. If you have already given, please pray the Lord's people will continue to respond so that we may have a successful end to our fund drive.

As we wrap up our fundraising and gear up for the holidays, did you know instrumental Christmas music is now available on our streaming channel, **Serene**? It's the perfect thing to have playing in the background as you work in the office, drive home from a stressful day of work, or even as you begin to decorate around the house! All of your Christmas favorites are already available! You can listen online via our website, **www.gomixradio. org**. You can listen on your smart device with the free myTuner app. You can even add it as a "Skill" to your Amazon Alexa. Check it out and enjoy the

relaxing sounds of Serene from GoMix Christian Radio!





"Mommy, Mommy, Mommy, come quick! Hurry!" **Thinking** something was wrong, my daughter flew through the house to see what the emergency was. Her daughter was having trouble putting on her She was young, and she socks. hadn't learned yet that come quick means something is very wrong. She really believed that the fact she couldn't put on her socks was an emergency. It was important.

Needless to say, this little girl got a lesson in the definition of an emergency. I have the emergency part down, at least I think I do. However, I find in my life that I need lessons on what is important. Sometimes it is hard to distinguish. I am so thankful for the life the Lord has given me. I am so thankful for my wonderful husband, my family, our ministry, my friends, my home, and the list goes on. I am thankful for the health to enjoy all of these things. But just like you, I sometimes get weary.

Everything seems important. My ministry at the academy consumes me most of the time. As teachers know, when we get home, we are still not finished for the day. At the academy, I serve as the principal and a teacher. We have so much to do, so many children to help, and not enough people to do the job. So we are all doing extra to get the job done. It is hard to find qualified people willing to work everywhere, especially in a ministry. recently hired a teacher's assistant which has helped the school day to run much smoother, but we are still praying for someone to help with upper academics. It seems mathematics and English scare most people away.

My family is precious to me. I am so thankful for the blessing they are to me. I do have the privilege of working with some of my children, and I get to see 10 of my 12 grandchildren at the academy each school day. We also all go to

the same church, so I know I am blessed. Believe it or not, I live in walking distance from my children. But with all of these privileges and blessings, I still feel I neglect them. The old adage "a mother's work is never done" doesn't stop when they are grown. It just changes. All of our children are faithful in church, independent, and have good jobs. They would stop what they were doing to help us at the drop of the hat, but I still feel I am not available enough for them. I would like to be just "mom" once in a while. I am not the grandmother I felt I would be either. I am the children's principal and school teacher. We exchange smiles and give hugs throughout the day. We very seldom have "time" to get together for baking cookies and stuff that grandmas traditionally do. For those of you who never get to see your grandchildren, I do know I am blessed to be around them as much as I am. I feel down sometimes because I feel I am

seldom just "grandma". So the moments I do have as "just mom" or "just grandma" I have grown to cherish.

My poor husband gets the leftovers many times. I am so blessed to have him. God designed him just for me. The ministry consumes most of his time, too. He is a pastor, which is his first calling, and the president of Pathway Ministries. There are so many facets of the ministry people are just not aware of. He preaches and works with the radio, college, and the academy. He fixes broken computers, handles lots of legal matters, builds new stations, and the list goes on. It would be impossible to list all of the things he does in one day. He is a very dedicated, hard-working man. He is trying to slow down as he hands things over to others, but he just picks up something new. As in the academy, the radio ministry is short-handed too. We need good people willing to serve. He is trying to help fill in the gaps so time is precious. We eat our meals together, and we have a standard date on Saturday mornings. As we have gotten older, we are usually exhausted by the end of the day, and many times when we wake up in the mornings, we are still tired. I have a desire to be with him more as just his wife and erase the problems for a few minutes. He is patient, but he deserves more than just the leftovers.

Bear with me. It sounds like I have been complaining, but I am not. I am trying to make a point. I am blessed beyond measure. Many people reading this article may say "I wish I could...". I understand and I am very thankful for the



privileges that I have. I spend a lot of time feeling guilty for what I am not doing. But I honestly feel the worst for neglecting the most important aspect of my life.

What is that? The most important aspect of any Christian's life must be his relationship with God. No matter how busy we are and how much we have going on, we are never going to feel content unless God has first place. Every decision we make has to be the one God wants us to make. So many times as parents we say, "Well, this will not be good for my children." One of our staff members just left serve in India. She and her husband have 3 young children, and many people said they shouldn't go because of their children. I look back over history and see how many people went to the mission field and lost their children there but continued to preach the Gospel. And what about the Christians who live in dangerous areas of the world? We make so many excuses not to serve our Lord. We have a game tonight, we went to the beach this weekend, I won't make enough money to go to Disney World...and the list goes on.

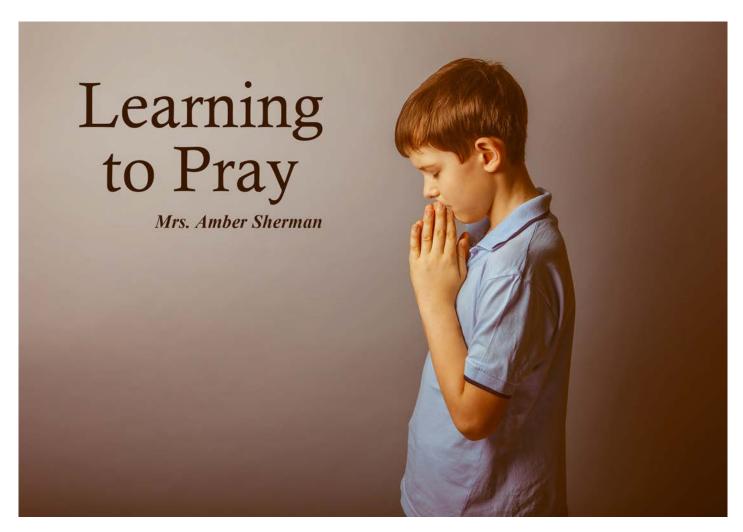
I don't study my Bible or pray as much as I should. I am just too tired, Lord, I'll study tomorrow. I pray as I fall asleep on my pillow. There is nothing wrong with that except it should not be the only time we pray. Some of us pray over our meals, but that is the extent of our prayer lives, unless we have an emergency. If we can't put our socks on, we tend to say, "Oh God, Oh God."

All of us need to learn what is important. We need to learn to spend time alone with God and treat Him like He deserves. He is a protector, provider, best friend, and the only one we can truly count on that will never leave us or forsake us.

Have you learned what is important, or are you like the child who doesn't know yet? Each of us needs to realize how blessed we are and how much we need our Lord.



Mrs. Worthington has five children and twelve grandchildren. She serves as Principal of Pathway Christian Academy in Goldsboro.



I teach Sunday School for ages 6-10 at my church. I have taught Sunday School or Children's Church since I was a teenager. One of the things we begin our Lesson with is prayer. I am trying to teach the children to pray. Over the years, I have come to learn how to help them learn to pray better. I am also trying to help them establish a pattern in prayer, so that as an adult, they will have some ingrained habits which will help them overcome obstacles.

The pattern I am trying to instill in them is one I learned in Scripture through a sermon.

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."

Psalm 100:4

This verse is talking about how we are to approach God. If we look at an Old Testament picture of the Tabernacle, we will see that the gate is what must be passed through first. After that, we enter the outer courtyard. From there, we continue through other

types showing us that we are approaching closer and closer to God. God loves to give us pictures and types to help us understand great spiritual truths.

When we come to God, we are to enter through the gate, the doorway, with thanksgiving. Then as we approach nearer to him, we offer praise. We are to be thankful, and bless His name. So many of us begin our prayers with what we need or want from God. I was tremendously convicted by this sermon. Perhaps we cannot truly praise and bless God's name until we have a thankful heart.

It occurred to me that I had a chance to help children form a habit of prayer which could strengthen their faith into adulthood. Perhaps if I taught them this, and they practiced it in childhood, then when they became an adult, their prayers would naturally fall into this pattern. How many prayers would end up becoming a special time of fellowship in thanksgiving and praise with God, instead of a self-focused prayer, whining and treating God like a genie in a bottle.

When we begin our prayer time now, we begin with:

Thanksgiving

We thank God for something He has done or is doing.

Praise

We praise God for Who He is. I encourage them to think of something about God's character or divine nature that lifts Him up above all else, bringing all glory and honor to Him. He alone is worthy.

Request

It is at this time I ask them, "Is there someone who needs your prayers? Someone you can think of who is hurting or sick? You may pray for your needs also." The younger children usually only think of their immediate family. The older ones begin to see further, and I urge them to remember our widows and elderly. We also discuss briefly the needs of any of our church family. I then suggest any way we can be a blessing to them, especially with hugs and hellos. We pray for other Believers in other churches and around the world. We also lift up our pastor (and other pastors) for when he will be preaching, that God would fill him with His Holy Spirit and God's Word would go forth with power and might. We pray for those listening to hear what God is trying to teach us today and allow Him to change us to be more like Him.

It has been very satisfying, and challenging, to teach them this and watch them grow. I am

trying to make the same adjustments to my prayer life as well. I am finding my prayers take a totally different turn when I do. I leave my prayer time encouraged and full of faith in my big God instead of discouraged and down about what I am facing. I am learning to keep my eyes upon my God, not upon my obstacles. When my eyes are upon Him, I fully believe "with God, all things are possible." When my eyes are on the mountain, my faith falters.

God is GOD, and He is worthy of our thankfulness and praise. May we not forget the privilege it is to come before God, nor the price Jesus paid so we could come to God through Him. Such a treasure must not be handled lightly nor treated as a gripe session. May we kneel before His presence knowing and honoring the fact that we come before the King of kings and Lord of lords. Hallelujah!

"Enter into his gates with thanksgiving, and into his courts with praise..."
Psalm 100:4

"I thank God through Jesus Christ our Lord."
Romans 7:25a



Mrs. Amber Sherman is the mother of four and serves as a teacher at Pathway Christian Academy in Goldsboro, N.C.





And Finally...



My Favorite Holiday...

My favorite holiday is Christmas. I prefer Christmas over any other holiday because of the happiness, activities, and family traditions it brings. Putting up a Christmas tree is one of my favorite traditions during the holiday season. Each year, my dad will come home one night with a fresh Christmas tree. I always help him carry in the tree through the back of our house. The tree creates total chaos in our living room with pine needles, lights, decorations, and trying to get the tree perfectly straight. We spend the rest of the night decorating the tree with Christmas music playing in the background.

For as long as I can remember, New Year's Day has been my absolute favorite holiday. All the Christmas clutter has been taken down and put away. I've usually cleared my desk and emptied workspaces. I feel prepared for new things to come. My tradition is always to write my New Year's resolutions and goals at the end of December and frame them in the most prominent place in our house where I'll see them daily. On December 31st, I've taken stock of how I did with the previous year's goals and I decide what goals are realistic for the coming year.

C.L.

J.B.

My favorite holiday is more of a season. For me, Thanksgiving, Christmas, and New Year's Day all run together for one grand time of celebration. Because of work schedules, our family doesn't always celebrate each holiday on the exact date. Instead, we celebrate whenever it works out for everyone to get together. Hopefully, it's multiple times! I love spending time with my family, shopping for the perfect Christmas gifts, school plays, the smell of mom's cookies coming from the kitchen, and even the messy house we often have between Christmas and New Year's Day as wrapping paper and decorations lay scattered about. It's such a wonderful time of year and I'm looking forward for the upcoming celebrations to begin!

A.R.

"Looking Back"

We'd like your help for an upcoming edition of "And Finally..."

Write to us in 150 words or less and tell us your favorite parts of 2022. The deadline for submission is

November 30, 2022.

You can send an email to: share@gomixradio.org Attn: PathPointe Magazine Or write to: Pathway Ministries PO Box 1895 Goldsboro, NC 27533











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