



# Golden Agers Rock!

CELEBRATING SENIORS MAKING THE BEST OF THE REST OF THEIR LIVES

VOLUME 4, ISSUE 40

OCTOBER 23, 2020

## Should We Celebrate Cranky Day?

We all know them, the negative Nancy or Doubting Thomas, the one that no matter what is happening, they always have something negative to say.

Cranky Day is a day designed as the perfect opportunity to just let it all out, and maybe give yourself a break from the sunshine & coconuts attitude you tend to carry around with you. Sometimes it's worth it to just stop being a nice person for a day, and grumble at everyone and everything. Cranky Day celebrates that little dose of freedom.

What I have witnessed during 2020, is that everyday is Cranky Day for some folks. In fact, even friends who are usually all sunshine & rainbows are having cranky days. And the ones who are always cranky, well, they're taking it to a whole different place!

What does the Bible say about being cranky? Well, it turns out that the word "cranky" is not in the Bible AT ALL! Imagine that! BUT, the word "JOY" is in there 187 times (KJV) -

34 times in Psalms, 109 times in the Old Testament, and 44 times in the New Testament. Hmmm. Do you think perhaps the Bible is trying to tell us something?

As Christians, we were not made to be cranky. In 2 Corinthians 6:10, Paul says that Christians can even be "*sorrowful, yet always rejoicing*". So even when we are in the midst of a situation that legitimately brings us sorrow, our inner joy is never taken away. The very core of our being can still rejoice in the fact that we are forgiven children of God who enjoy an intimate relationship with the Creator of the universe. Our personal joy is strengthened when we remember that, no matter what the circumstances, God is with us and He is above all!

In the NT, James writes that we should, "*Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.*" (James 1:2-3).

According to the Bible, the only thing that can steal our joy is sin. It is difficult to experience the joy of our relationship with God when we have done something that damages that relationship. Joy is a gift of the Holy Spirit. When we sin, we interfere with the flow of joy from God. If we find we are not joyful, we may need to reevaluate our relationship with God.

1 Thessalonians 5:16-18 *“Rejoice always, pray without ceasing, and give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”*

Granted the circumstances in 2020 haven't been great, but they are still far better than the ones Paul was experiencing when he wrote this. Do you have shelter? Food? Clothes? Indoor plumbing? Well, then joy should also be on your list!

**Now on to “important” stuff...**

**The last week of October is:**

- Pastoral Care Week
- Sherlock Holmes Week
- Give Wildlife a Brake! Week

**Some fun only lasts a day.**

**24th**-Food Day

Make a Difference Day

**25th**-Mother-in-Law Day

World Pasta Day

**26th**-Cupcake Day

Howl at the Moon Night

Mule Day

**27th**-Black Cat Day

Cranky Day

**28th**-Champagne Day

National Chocolate Day

**29th**-Internet Day

National Hermit Day

National Cat Day

**30th**-Checklist Day

National Bread Sticks Day

Bandanna Day

World Radio Drama Day

National Candy Corn Day

Haunted Refrigerator Night

**31st**-Beggars' Night

Books for Treats Day

Caramel Apple Day

National Doorbell Day

Knock-Knock Jokes Day

Have a great week & call if you need anything!

Serving Him & Loving it!

Carol 😊

Pastor Bill 901-569-1428

Pastor Cassie 678-492-3956

Carol 803-360-7137

