

July 17 &amp; 18, 2021

Sometimes we receive an email and the person signs off with the word “shalom” - a Hebrew greeting. When we wish someone “shalom,” we are expressing our desire for them to experience well-being, a state where their souls and their relationships are flourishing. Shalom is “life as it should be!” It’s like living in the Garden of Eden.

Unfortunately, we often feel like we are living under a heat dome. At the end of June, the Metro Vancouver region was covered by a heat dome for days. We experienced extreme temperatures – 42C! Air pollution levels increased. If we could not find air-conditioned environments, we were irritated. Some really suffered.

At times, our minds are like heat domes. Anxious, worrisome, fear-filled thoughts swirl around our brains and it seems we cannot find relief anywhere. When we find ourselves under a toxic mental dome, is it possible to get out from under it? Is there a way of wisdom toward spiritual, mental, and emotional health?

- Begin your walk to healing by fearing God and listening to His Word
- Be careful with the words you hear and the words you speak
- Pay attention to what strengthens your inner life and what dries it up
- Receive the words of healing Jesus has for you
- Be an agent of God carrying words of healing

### Questions for Reflection:

- In what are of your life do you need healing today?
- What would it look like for you to walk into the way of wisdom that leads to healing?
- What would Jesus be saying to you today?
- Is there a person close to you who needs to hear a word of encouragement and hope today? Will you share that word with them?

### WILLINGDON CHURCH ELDERS

Phil Balzer	Jim Eisenhauer	Paul Lee	Mark Reimer	Norm Schmidt
John Best	Ray Harms-Wiebe	Mark Loewen	Rick Reimer	Ed Thiessen
Roman Bondartchouk	Ruben Heyn	Dave Marshall	Vince Reimer	Wayne Wiebe
Ken Dyck	Danny Lee	Ken Redekopp	Willy Reimer	Rick Wilson

*Please continue to pray for the elders.*

*If you wish to contact an elder, please email [elders@willingdon.org](mailto:elders@willingdon.org).*