

## Coping Power

**A**cting out. Avoidance. Denial. Rationalization. Repression. All of these are examples of coping mechanisms people use to handle the pressures and difficulties they experience, but none of them cures the root issue. If you have money problems, for instance, avoiding the mailbox that may contain bills will not solve your financial issues.

Some researchers see a direct correlation between increased pressure and coping mechanisms that result in alcoholism, drug addiction, divorce, abuse, and other social problems. Is there something that can free us from these worries and tensions, so we can better handle them in a healthy way?

Jesus confronted head-on the issue of handling everyday problems. He said that people should give God—who already knows their needs—the central place in their lives, and these concerns will then be cared for. “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need” (Matthew 6:33).

This advice runs counter to our inclinations. Many of us get frenzied over our problems—both real and imagined. We don’t feel we have time for God be-

cause our energy becomes depleted by simply coping—just getting by in this crazy world. But when we make God our number one priority, he gives us the resources and strength to successfully face the demands of each day.

You assign God first place by believing that although your sin has separated you from him (Romans 3:23), Jesus Christ, the Son of God, sacrificed his life to pay the debt for your sin (John 3:16).

**“Many of us  
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Admit to God your need for him and trust in Jesus as the one who rescues you from sin. Give God control of your life and live as the Bible, God’s Word, instructs you.

When you do that, you have obeyed the command to seek his Kingdom above

all else, and God will provide the rest. He becomes your Lord, and his strength will empower you to meet whatever problems you will face.

The gospel isn’t a coping mechanism. It is the truth that will set you free.

[Jim Kraus]



|| March 2019 ||

## Soothing Music to Their Ears

When pianist Paul Barton and his wife settled in Thailand, they learned about the gentle giants at ElephantsWorld in Kanchanaburi, a rescue sanctuary for former logging and trekking elephants. Many of the animals had been blinded or sustained debilitating injuries from hauling teak or owner abuse. Decades ago, Barton and his wife began helping with the rehabilitation of the elephants. On his fiftieth birthday, Barton wanted to do something extra special for the animals, something he was very adept at—classical music.

With the sanctuary’s permission, Barton moved a piano himself (without the help of an elephant) to a favorite gathering place. Elephants are foodies. You can’t distract them from food once they begin eating. So the first time Barton sat down at the piano, he was shocked when a blind elephant named Plara suddenly stopped chewing a bamboo shoot and stared in his direction.

“[She] was often in pain, and I like to think maybe the soothing music gave her some comfort in the darkness,” Barton says.

Barton documents his experiences on YouTube and Facebook, sharing the music’s title and composer, along with information on the elephant: “‘Clair de Lune’ by Debussy on piano for a gentle female elephant called Ampan. Ampan is 80 years old.” Thank you, Paul Barton, for your peaceful serenades.



NAME &  
ADDRESS:

HAVE A GOOD DAY AND A SPLENDID *forever!*



A MESSAGE OF CHEER AND GOOD NEWS. *Pass it along!*

## A Cuppa Busted Myths

Think you know everything about coffee? Think again. Here are some myths that may surprise you.

*Your afternoon cup will lead to insomnia.* Though caffeine is a stimulant, drinking a post-lunch cup won't keep you awake at night. The caffeine you consume is processed fairly quickly through the liver, and about 75 percent of it will get flushed out of your body within four to seven hours.

*Coffee dehydrates you.* Caffeine does have slight dehydrating effects, but since coffee consists of so much water, it balances out.

*The darker the roast, the stronger the coffee.* Sorry. It's actually the opposite. Roasting burns off the caffeine and gives you more of an acidic taste.



## Book by Book

How do you move 2,000 books from one location to another in an hour? One book at a time. October Books, a small bookstore in Southampton, England, needed to relocate down the street. Rather than spend a fortune on movers, they recruited volunteers who formed a human conveyor belt. As people from the community showed up, they stood shoulder to

shoulder, creating a line 500 feet long that stretched from the stockroom of the old shop, down the sidewalk, and into the new store. The line gained enough attention and excitement that local cafe workers brought cups of tea to 200-plus volunteers and even passersby joined the "movement."



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## Thanks for the Donuts

When Stella Chhan suffered an aneurysm and could no longer work at the small donut shop she and her husband, John, have owned for 28 years in Seal Beach, California, customers wanted to help.

Dawn Caviola had an idea. "If enough people would buy a dozen doughnuts every morning, [John] could close early and go be with his wife." She posted her idea on Nextdoor, a neighborhood networking site, and people responded immediately. By noon every day, customers bought all Donut City's sweets so John could close up early, giving him three extra hours with Stella.

By the end of last year, Stella was on the road to recovery. "We are so thankful," says Chhan.



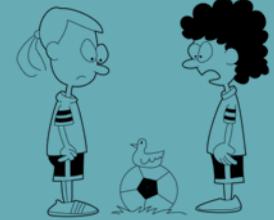
## Long-Lived Barber

He earned the Guinness World Record for oldest working barber in 2007 when he was 96. But Anthony Mancinelli has not put down his shears yet. The 107-year-old barber from New Windsor, New York, gave his first haircut when he was 11, and is still going strong,

cutting hair full-time, five days a week at Fantastic Cuts. He has snipped three generations of the same family in his shop.

Mancinelli, whose wife died in 2004, does his own cooking, laundry, shopping, and yard work. He's stumped by his health and longevity. "I only go to the doctor because people tell me to, but even he can't understand it," he says.

Just for laughs



"I just want to play, not face an ecological dilemma!"



"I wish I could be as productive as you, Mittens. You shed like crazy!"

There is no better tranquilizer than a clear conscience.

Well done is better than well said.

He who is full of himself is likely to be the most empty.