

**“First Watch” Touch Points for Evangel’s Prayer Vigil team**  
**For the week of May 15, 2016**

**When You Don’t Feel Like Smiling**

*The current series of Touch Points is taken from “Time Out in Tough Times,” from the editors of Guide-posts (MIF Books, 2009). The reflections come from a variety of writers.*

**READ:** A merry heart does good, like medicine. . . . *Proverbs 17:22*

**REFLECT:** As I waited to see my doctor, I angrily leafed through a tattered magazine. One item described a scientific study on the physiological effects of smiling. It seems the act of smiling releases certain chemicals in the brain that act as natural mood elevators and painkillers, regardless of whether the smile was spontaneous or forced!

Could a smile, even a forced one, really improve my mood? It couldn’t hurt to try, I decided.

I caught the eye of another patient and deliberately smiled as broadly as I could. She looked surprised, but smiled back. I held up the magazine and told her, “It says here that smiling makes us feel better—whether we have a reason to smile or not. What do you think?”

She paused, then laughed. “Now that you mention it, I think I do feel a little better.”

I had to admit, so did I.

—Susan Williams

**PRAY:** *I pray for people who don’t feel like smiling today. I’m one of them, Lord. Bring a smile to our faces, please.*

**DO:** Force yourself to smile at someone each day this week and tell them why you’re smiling.

**ADDITIONAL PRAYER PROMPTS**

- Use the Pause to Pray as a guide to focus on other concerns through the week. Copies can be found in the lobby and in the Archive section on the website ([evbapt.org/archive](http://evbapt.org/archive)). The full Pause to Pray is used in our Wednesday prayer time. An abbreviated version appears in the Sunday bulletin.
- Reflect on this week’s worship service—the music, Scripture, Pastor Dave’s message “The Lost He Came to Save” (2 Thessalonians 1:6-9)\*—that all will help as you go through this week; for your own walk with Christ, and that you may be a blessing and witness to people you have contact with during the week.
- Continue to pray for opportunities to invite people to our services and to become engaged in spiritual discovery with the people of Evangel in other ways as well. Ask the Lord to open doors of conversation, connection and compassion with others to enable that engagement this week.
- Pray that God will bless our succession planning efforts (Pastor Dave and Jennie anticipate retirement, tentatively late spring 2017). Pray specifically this week for the Open Forums on May 15 and 22. See the Succession Planning page on our [website](http://evbapt.org), with additional updates and information to help you better understand our succession planning process. (The handout from the forum will not be posted on the website. See Stu Johnson or Pastor Dave if you missed the sessions and would like a copy).

\* A podcast of the sermon and PDF files of other material will be posted on the website by Monday.

*Touch Points is e-mailed every Friday, posted on the website ([www.evbapt.org](http://www.evbapt.org)), with printed copies available in the lobby. To be included in the weekly e-mail, use the Contact Us form on the website and request “add me to the Prayer Vigil list.”*