

# **Sentinel Watch - December 2019**

These descriptions are intended to support branch churches and individuals who would like to share and promote the upcoming Sentinel Watch topics. You're more than welcome to adapt these descriptions for your individual use. Feel free to use the information in the way that best meets the needs of your community.

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December 2-8, 2019

## **A Christian Science response to hatred and aggression**

Guest: Brian Kissock

On the upcoming Sentinel Watch podcast, our guest discusses how outbursts of anger and aggression can be overcome by understanding God's all-powerful love. Our guest shares how a thorough study of the Bible and Mary Baker Eddy's book Science and Health with Key to the Scriptures provided him with peace, calm, and genuine compassion when a gun was pointed at him. No matter how complex hatred and resentment seem to be, they can give way to a change of thought—a change attributed to the action and love of God. To learn more about the healing ways to respond to hatred and aggression, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

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December 9-15, 2019

## **Overcoming suicidal thinking**

Guest: Susan Collins

On the upcoming Sentinel Watch podcast, our guest shares how she faced to a variety of problems. Life was so hard that she wanted to escape from it all—she wanted to take her life. It was at this point that she heard a message from God that turned her in a new direction. What she heard put her on a path to finding solutions to her problems and a new way to think and live that made life worth living. To learn more about how suicidal thinking can be overcome and how to discover more peace and joy and a life worth living, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

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December 16-22, 2019

## **Riding the wave of God's spiritual power**

Guest: Rob Gilbert

On the upcoming Sentinel Watch podcast, discover how to “ride the wave of God’s spiritual power.” Our guest discusses how God’s promises, as announced in the Bible, are spiritual forces moving by God’s own energy, and how these promises can lift us and infuse our efforts at healing with power. Responding to questions sent in via JSH-Online.com, our guest explains what our role is and how it will bring healing and good into our lives and our world. To learn more about how to “ride the wave of God’s spiritual power,” listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

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December 23-29, 2019

## **A Christmas gift: Health, joy, and love are ours now!**

Guests: JSH Staff

On the upcoming Sentinel Watch podcast, hear members of our staff share how they received gifts of health, joy, and love from God—the kind of gifts that brought healing and transformation in their lives. This was the Christmas message of Christ Jesus, and his message is still practical today. To learn more about how you, too, can receive your Christmas gift of God’s love and care, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

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December 30, 2019 - January 5, 2020

## **Discovering your essential place in God's creation**

Guest: Michael Pabst

On the upcoming Sentinel Watch podcast, our guest shares how each of us are essential to God’s creation, and how God’s creation would not be complete without every unique expression. Responding to questions that were sent in via our website, JSH-Online.com, our guest shares insights from the Bible and the writings of Mary Baker Eddy that show just how vital each individual is to God’s purpose and plan. To learn more about how you can discover your essential place, listen to the upcoming Sentinel Watch podcast on JSH-Online.com