

# Sentinel Watch - January 2020

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 a way that best meets the needs of your community.

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January 6-12, 2020

## **Pausing, praying, and proceeding**

Guests: Mary Trammell, Dave Hohle, and Tony Lobl

On the upcoming Sentinel Watch podcast, our guests discuss the present possibility of finding peace and direction when faced with a problem. The Discoverer of Christian Science, Mary Baker Eddy, faced many situations in which peace and wisdom were needed, and when she paused and waited on God, she always received healing answers. In her textbook on Christian Science she wrote: "Beholding the infinite tasks of truth, we pause,—wait on God." And she even describes what to do next, continuing, "Then we push onward, until boundless thought walks enraptured, and conception unconfined is winged to reach the divine glory" (Science and Health with Key to the Scriptures, p. 323). To hear more about how you can pause, pray, and then proceed, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

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January 13-19, 2020

## **God's guidance through a wilderness of problems**

Guest: Colleen Douglass

On the upcoming Sentinel Watch podcast, we are assured that everyone deserves to find answers to their problems. Our guest shares how she has turned to God for guidance and found healing, even when faced with tough decisions. She found that when we are willing to truly humble ourselves and follow God's guidance, we discover that what God has planned for us is far greater than anything we could have planned for ourselves. To learn more about finding guidance, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

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January 20-26, 2020

## **Need a fresh start? Forgive!**

Guests: Moji George, Nancy Mullen, and Rita Polatin

On the upcoming Sentinel Watch podcast, discover how to have a fresh start in your life. Our guests discuss the fact that many people have found that the first thing they need to do is forgive. Whether you need to forgive another person who has harmed you, or yourself for mistakes you've made, forgiveness can put you on the path to a fresh start and a new life full of promise and joy. To learn more about the freedom of forgiveness, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.

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January 27 - February 2, 2020

## **"I understand God in my head, but I don't feel Her in my heart."**

Guests: Amy Richmond, Mark Unger, and Jenny Sawyer

On the upcoming Sentinel Watch podcast, our guests discuss how to feel and experience God's presence. They share how realizing that God's love and presence have been here all along opens up thought to experiencing God's love and care. And they share experiences where they were able to feel God more tangibly in their heart and God's presence in their life. To learn more about how to tangibly feel God's presence, listen to the upcoming Sentinel Watch podcast on JSH-Online.com.