

OPENING SCRIPTURE

In the Gospel of Matthew, chapter 11, Jesus said: "Come unto me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

INVOCATION

O Lord, our heavenly Father, ~~you~~ did give to us in your son new meaning to life, new strength for weakness, new comfort for sorrow and renewed hope in time of loss -- In the power of your Holy Spirit may our griefs be transformed into understanding, our infirmities into strength, our sins into repentance, and our doubts into full assurance, through Jesus Christ our Lord.

Amen.

SCRIPTURE READING:

The Lord is my light and my salvation; whom shall I fear: The Lord is the stronghold of my life; of whom shall I be afraid?" - Ps 27:1

Blessed be the God and father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may

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God's Psychiatry by Charles Allen

This is a good title for Dr Allen's book because it shows so well how the Bible can guide you into a happier and healthier way of life. Dr. Allen offers meaningful interpretations of the Bible's four best known passages: 23rd Psalm, The Ten Commandments, The Lord's Prayer and the Beatitudes.

For Henry this book became a prescription which God continually filled.