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Maintaining Health and Wellness After the Election



Coming off a major election cycle is a time of special concern and care for any pastor who desires to shepherd those serving our nation. It's a pivotal time: whereas a win can lead to an adrenaline rush absent of rest, personal inventory, and humble reflection, a loss can lead to months, sometimes years, of debilitating depression.

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WEEKLY BIBLE STUDIES

- White House Senior Staff: Thursdays 7am, OMB Conference Room, hot breakfast served.*
- Cabinet Members: Wednesdays 7am, location undisclosed, refreshments served.*
- Senate Members: Tuesdays 8am, rotating offices, hot breakfast served.*
- House Members: Thursdays 7:45am, The Capitol Hill Club, hot breakfast served.*

The views expressed in each Bible study are those of the author, and do not necessarily reflect the position of any individual Bible Study Sponsor.



★ PUBLIC SERVANT ENDORSEMENT

Stephanie Borowicz

Pennsylvania State Representative, District 76



“The mission of Capitol Ministries is exactly what we need. We need to get back to teaching the Bible word by word, line by line, and regularly reading the Bible and letting the Holy Spirit speak to us through God’s Word.

“Many people try to hide their faith. I am not one of those people. That is not why I was put in this position. There is a specific reason why God has put me in office and I rely completely on Him.

“When I was campaigning, people cautioned me to tone it down, saying, ‘You can promote Jesus until after you get there.’ And I said, ‘If I don’t promote Jesus while I’m running, there is no way to promote Jesus in that venue.’ And now being in office, many don’t want me speaking

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How specifically can the Scriptures help you after the rigors of campaigning and the adjustments you need to make after months of always-on-the-go, necessarily imbalanced living?

Let’s turn to Proverbs and contemplate the sobriety of King Solomon and what he has to say about a sense of normal living—one that garners His blessing, spiritual, mental and physical health, and meaningful relationships. Sound good? This is an important study for someone who is always on the go; certainly that was the case by the one who penned the following Proverbs that we will be studying.

I trust this study will help you navigate to a more balanced way of life. Read on my friend.


Ralph Drollinger

I. INTRODUCTION

The main thesis of the Bible pertains to God’s exaltation through man’s redemption. Ephesians 2:7 states, “*so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus.*” God’s whole economy of salvation is meant to show His attribute of *grace*. The context of this statement has to do with the redeeming work of Christ—in that the cross displays God’s *grace*—that He would save anyone from personal rebellion toward Him reflects His very nature; it is by His abundant *grace* alone that anyone is saved. Through these salvific kindnesses, God’s goodness and glory redound to all mankind in the past, present, and future. Why the Fall? Why the Cross? God’s economy of the Fall and the Cross (compared to if man never fell and God didn’t graciously

save through His Son) serve to illuminate the *grace* of God. Otherwise, His attribute of *grace* would be inconspicuous to man. The point is that nothing else in the Bible eclipses this overarching theme. Make no mistake here: The big picture? It is all about the greatness of God!

A. THE BIG PICTURE

But what does all that have to do with this week’s Bible study? There are many other truths within His Holy Writ that comport with this theme, such as one’s health, peace of mind, and well being. They are not the central focus of Scripture but nonetheless, serve to illustrate as well “the surpassing *riches* of His *grace*.” The Scriptures for sure instruct one regarding a variety of things such as self-help, relationships, ancient history, and they provide a roadmap for a happy family, among many other things.



In that God was in no way bound to provide us with all of the above, they too, serve to a lesser degree to illustrate “the surpassing *riches* of His *grace*.” (I say “lesser” because the former, in order to provide redemption, cost Him far more.) These somewhat hierarchical truths need to be clear at the introduction of this study, because:

There are many “ministries” that would have you seek health, wealth, and prosperity as if they were primary objectives of the Bible.

Such ministries represent an aberrant man-centered, not God-centered, theology. It’s not about you, it’s about Him! And that is the essential reason why one must begin a topical study on health, wealth, and prosperity with Ephesians 2:7 in view.

B. PROSPERITY AND PERSECUTION

The Proverbs which follow are general principles of Scripture, not promises, and importantly, one must synthesize this subject theologically with the Beatitudes (Matthew 5:1–12), wherein Jesus deems persecution as normative for all believers who live godly lives. Generally speaking, the following Proverbs are true—if not externally because of persecution, then internally due to the ministry of the indwelling Holy Spirit. This seeming dichotomy is captured in Proverbs 14:13:

“Even in laughter the heart may be in pain, and the end of joy may be grief.”

C. SUMMARY OF INTRODUCTION

With the big picture of the preeminence of God’s glory noted, and the tension between prosperity and persecution better understood, Proverbs states, in those contexts, much about health, well-being, and blessings: How one gains and how one loses them, both as a recipient and as a giver. What follows herein is an attempt to unfurl the breadth and depth that this preceding sentence in and by the following outline—with the hope that it will minister to your present needs given your ultra-fast paced calling in life.

II. PERSONAL BLESSINGS

A. THE PRECURSOR TO GOD’S BLESSING

Everyone wants God’s blessing in his or her life. But disobedience to Him and His Word often plays into Christians’ lives. Obedience is the precursor to blessing. People sometimes wonder why they are not being blessed. For example, lazy believers may live with a prepossession of obedience to God’s Word when, in fact, they lack habitual industriousness. There is a disconnect. Perhaps they’ve developed a skill of “spiritualizing” their way out of hard work (as if Genesis 3:17–19 were not in the Bible). Many wonder why their lives are not characterized by God’s blessing and well-being, when, in fact, they are disobedient to His principles that are plainly revealed in Scripture! Being a *bearer* of the *Word* and not a *doer* (James 1:21–27) leads to a jaundiced Christian life; those people who struggle with the connection between hearing God’s Word and doing His

VERSE OF THE WEEK

Proverbs 3:7–8

“Do not be wise in your own eyes; fear the LORD and turn away from evil. It will be healing to your body and refreshment to your bones.”



Fearing the Lord and imbibing His Word will be refreshment to your bones like nothing else.





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about Jesus and certainly not professing it.

“Yes, you get bashed, but I love where God has placed me and I love being in the fight. There is no place else I’d want to be.

“Capitol Ministries is awesome. It’s exactly what we need. Jesus is our only hope. I continue to stand on that.”

PA State Rep. Borowicz attends the weekly Bible study that Pastor Joseph Green leads to Pennsylvania legislators.

— STEPHANIE BOROWICZ

will, will experience respective difficulties instead of blessings in this life.

Blessings from God are directly proportional to obedience to God in each area of our lives.

James 1:25 is a wonderful passage that has often and continually sobered me to the gravity of obedience. Memorizing and meditating on this verse has helped me to be serious about applying what I learn from Scripture—versus going through the motions and nonetheless expecting God’s blessing:

“But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.”

This New Testament passage summarizes well what Proverbs states is the

key to personal blessing. *Effectual doers* of the Word are those who are serious about obedience, who struggle and war against their sin nature, whose lifestyles are characterized by constant repentance, change and growth. These are the people who make the tough choices to *abide* by God’s precepts. A key word to understand in this passage is *abide* (*parameno*) which means, “to remain beside or near.” The word also translates as *effectual doer*. Their other English equivalents are “work” and “making” respectively. It follows that if you fail to continually work at making God’s Word beside or near your life then you are to some degree disobedient to Christ’s Lordship and therefore should not expect His abundances of blessings as listed in the following Proverbs. This cause and effect relationship should not be underestimated.

Accordingly, in your post-election exhilaration, the degree to which you





are obedient to God's Word is the degree to which you will experience the following aspects of His blessings as depicted by these specific Proverbs. Don't be self-deceived into thinking otherwise my friend.

B. GOD'S BLESSING OF PHYSICAL HEALTH

In Proverbs, the spiritual/mental well being of an individual is often indicated by the blessing of physical health. Again, that is not always absolutely the case, but in principle it often is. Ask yourself if any of the following health-robbers apply to you. Here are some of the mental/spiritual causes of problems that diminish physical health and this sense of personal blessing. Again, note the connection between the spiritual/mental to the physical in each of the subpoints that follow.

1. Arrogance

“Do not be wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your body and refreshment to your bones.” (Proverbs 3:7–8)

The second stanza of this Proverb provides a remedy for the first stanza. After winning a campaign or two, it is easy to fall into the trap of self-importance. Instead, ***fear the Lord***: Why? Because He is the one who appointed you to office—it's not your cleverness. Do not forget Romans 13:1 in this regard:

“Every person is to be in subjection to the governing authorities. For there is no authority except from God, and those which exist are established by God.”

You did not gain office by yourself! Remember that God ***establishes*** all ***governing authorities***. Such meditations will greatly curtail being ***wise in your own eyes***. Whereas arrogance leads to ill health, to ***fear the Lord*** instead will prove healing and ***refreshment*** to your bones.

2. Disobedience

“My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your sight; keep them in the midst of your heart. For they are life to those who find them and health to all their body.” (Proverbs 4:20–22)

This is the Proverbial passage that parallels and amplifies the passage we have previously examined, James 1:25. Notice the verbs, ***give attention, incline, do not let them depart, keep them***. All such words are cherished in the hearts of ***effectual doers***, take them seriously. The result? They are ***health to all*** [your] ***body***.

3. Jealousy

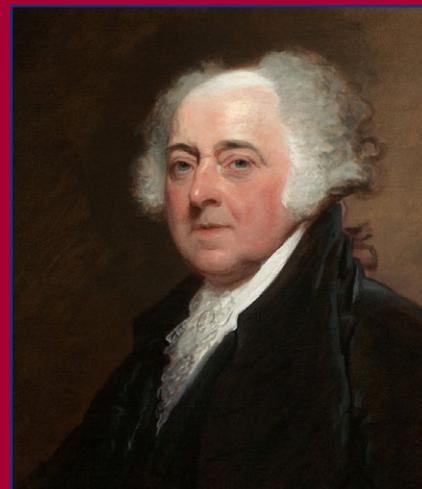
“A tranquil heart is life to the body, but jealousy is rotteness to the bones.” (Proverbs 14:30, HCSB)

Prolonged attitudes of ***jealousy***, like desiring the office that another possesses, Proverbs states, can lead to personal health issues and the lack of blessing. What are you doing conscientiously after the election to guard against this?

4. Self Pity

“A joyful heart is good medicine, but a broken spirit dries up the bones.”

John Adams



“I Pray Heaven to Bestow The Best of Blessing on THIS HOUSE, and on ALL that shall hereafter Inhabit it. May none but Honest and Wise Men ever rule under This Roof!”

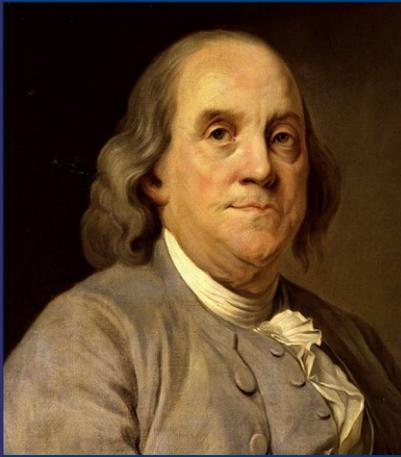
— John Adams, second president of the United States, signer of the Declaration of Independence, judge, diplomat, a signer of the Bill of Rights.

John Adams, letter to Abigail Adams, November 2, 1800.





Benjamin Franklin



“Strive to be the greatest man in your country, and you may be disappointed. Strive to be the best and you may succeed: he may well win the race that runs by himself.”

— Benjamin Franklin, signer of the Declaration of Independence, diplomat, printer, scientist, signer of the Constitution, governor of Pennsylvania.

Benjamin Franklin, *Poor Richard's Almanack*, 1747.

(Proverbs 17:22)

“*The spirit of a man can endure his sickness, but as for a broken spirit who can bear it?*” (Proverbs 18:14)

Melancholy dispositions, sunken by afflictions such as the loss of an election are herein referred to as *a broken spirit*. If harbored, self-pity can lead to physical ailments. This mindset must be eradicated and superseded by an immediate, habitual trust in the sovereignty of God. Don't allow the loss of an election to equate to a loss of life! There are so many other opportunities out there that God expects you to fulfill for His glory! The sooner you get over pitying yourself the better off you'll be.

Solomon says arrogance, disobedience, jealousy, and self-pity are gangsters who are out to rob you of your physical health.

Arrest these culprits today and you will experience God's blessings to a greater degree tomorrow!

C. GOD'S BLESSING OF JOY AND HAPPINESS

Another form of blessing that inures to the *effectual doer* is peace, joy, and happiness. When followers of Christ walk in obedience, they set in motion a sowing and reaping kind of blessing. The idea of obedience to God's commandments is personified with a feminine pronoun in chapter three of Proverbs:

“*For length of days and years of life*

and peace they will add to you.” (Proverbs 3:2)

“*Her ways are pleasant ways and all her paths are peace. She is a tree of life to those who take hold of her, and happy are all who hold her fast.*” (Proverbs 3:17–18)

Several other Proverbs that equate obedience with peace and happiness are as follows:

“*When a man's ways are pleasing to the LORD, he makes even his enemies to be at peace with him.*” (Proverbs 16:7)

“*All the days of the afflicted are bad, but a cheerful heart has a continual feast.*” (Proverbs 15:15)

God's blessings come in the forms of health, peace, and joy, and prosperity.

D. GOD'S BLESSING OF PROSPERITY

Effectual doers are blessed with prosperity; The Proverb that follows visually depicts this by the growth of a tree, which naturally expands and gets larger, bearing more fruit. Prosperity and increase should be understood not just in a material sense, but also in the sense of growing God's kingdom, as per the second stanza in the context of the first:

“*The fruit of the righteous is a tree of life, and he who is wise wins souls.*” (Proverbs 11:30)

Notice that part of God's blessing is our sense of being used by Him to expand His kingdom. What an inner joy



Solomon on his throne, painting by Andreas Brugger, 1777

that brings every believer! Notice this idea in the first part of the following Proverb.

“Desire realized is sweet to the soul, but it is an abomination to fools to turn away from evil.” (Proverbs 13:19)

E. GOD’S BLESSING OF LONG LIFE

The Bible is replete with this wonderful promise.

“For length of days and years of life and peace they will add to you.” (Proverbs 3:2)

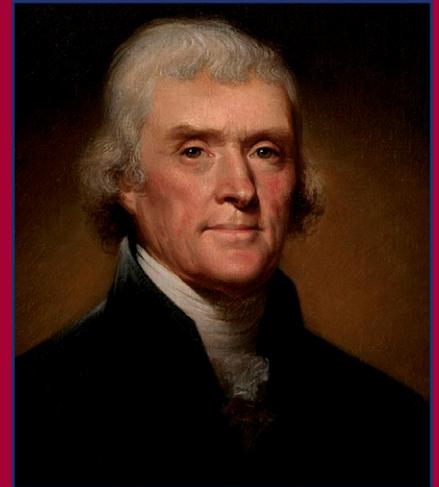
Again, the “*they*” above is a contextual

reference in chapter three of keeping God’s commandments. Ephesians 6:3, which is a quote from Exodus 20:12 in the (Old Testament) OT Torah, promises long life to those who obey their parents: **“SO THAT IT MAY BE WELL WITH YOU, AND THAT YOU MAY LIVE LONG ON THE EARTH.”**

Summarily, health, joy, and happiness, prosperity, and long life, are all forms of blessing that Solomon says come to roost in the life of the *effectual doer* of the Word of God.

**Post-election,
shift your primary focus
back in this direction.**

Thomas Jefferson



“Give up money, give up fame, give up science, give the earth itself and all it contains rather than do an immoral act. And never suppose that in any possible situation, or under any circumstances, it is best for you to do a dishonorable thing, however slightly so it may appear to you... From the practice of the purest virtue, you may be assured you will derive the most sublime comforts in every moment of life, and in the moment of death.”

— Thomas Jefferson, third president of the United States, signer of the Declaration of Independence, diplomat, governor of Virginia, secretary of state.

Thomas Jefferson, letter to Peter Carr, August 19, 1785.



James Madison



“Conscience is the most sacred of all property.”

— James Madison, signer of the Constitution, author of *The Federalist Papers*, framer of the Bill of Rights, secretary of state, fourth president of the United States.

James Madison, *Essay on Property*, March 29, 1792.

III. CORPORATE BLESSINGS

Proverbs provides the formula for well being, not only for individuals but also for society as a whole. Here are some of the ways you can be a blessing to others who voted you into office.

A. THROUGH RIGHTEOUS LIVING

In the passage that follows, Solomon indicates that it is the personal *righteousness* of individuals who engender health, peace and well being to a city, or society:

“When it goes well with the righteous, the city rejoices, and when the wicked perish, there is joyful shouting.” (Proverbs 11:10)

Individuals, be they *righteous* or *wicked*, are the building blocks of culture; a country is no greater than the sum character of its individuals. Much more could be explicated from this Proverb, but of special insight is the following: People yearn for *righteousness* in society! That attests to the truth revealed in the first chapter of the book of Romans: that God’s laws are written on man’s hearts. Internally, people possess a moral compass and even though they may suppress that morality in their personal life (John 3:19 states, *“and men loved the darkness rather than the Light, for their deeds were evil.”*), they give away the fact that they inherently know right from wrong by the mere fact that they yearn for *righteousness* in their city! While they may suppress their personal conscience, they tend not to suppress their corporate conscience!

B. THROUGH RIGHTEOUS LAWS

Whereas the first way for a public servant to bless others is through his or her personal character and *righteousness*, the second way is through the policies he enacts: laws that are just (which means they reflect the attributes of God).

“The exercise of justice is joy for the righteous, but is terror to the workers of iniquity.” (Proverbs 21:15)

When you, the public servant, live both personally and vocationally in obedience to God’s Word, God will use your life as His surrogate to give health, peace, and prosperity to others. Are you a person who brings corporate blessings to others?

Notice from the Proverbs that follow the many ways in which you are blessed as you bless others: via your counsel of others, the use of your home, the proper raising of your children, and the manifest characteristics of nobility and loyalty. To concentrate on sowing blessings on others, will reap personal blessings on you!

Use your position to speak into others’ lives; bless others by sharing precepts from God’s Word with those whose lives you influence. King Solomon speaks to the idea of being a counselor to your colleagues:

“Deceit is in the heart of those who devise evil, but counselors of peace have joy.” (Proverbs 12:20)

“Anxiety in a man’s heart weighs it down, but a good word makes it glad.”



(Proverbs 12:25)

“A man has joy in an apt answer, and how delightful is a timely word!”

(Proverbs 15:23)

“Pleasant words are a honeycomb, sweet to the soul and healing to the bones.” (Proverbs 16:24)

“Like cold water to a weary soul, so is good news from a distant land.” (Proverbs 25:25)

“A sated man loathes honey, but to a famished man any bitter thing is sweet.” (Proverbs 27:7)

“Oil and perfume make the heart glad, so a man’s counsel is sweet to his friend.” (Proverbs 27:9)

The abundant passages regarding speaking into other’s lives indicate what a blessing such actions can be to both you and others!

“Bright eyes gladden the heart; good news puts fat on the bones.” (Proverbs 15:30)

Be a good counselor and encourager to others! It’s all a part of creating a corporate blessing in culture.

C. THROUGH HOSPITALITY

A home with hospitality can be a wonderful blessing and ministry tool to those with whom you personally interact. The spirit of a home where Christ dwells is far more impacting and comforting than that of a materially opulent home where He is nowhere to be found in the speech or atmosphere. People

pick up on the spirit of a home almost immediately.

“Better is a dry morsel and quietness with it, than a house full of feasting with strife.” (Proverbs 17:1)

D. THROUGH CHILD RAISING

Do not sacrifice your children on the altar of your career. If you invest in your kids consistently, they will become a lifetime blessing as the years roll by. Invest in your future by investing in your children today! Notice the plethora of Proverbs that portray the blessing of your offspring. Keep in mind that they will represent the corporate culture of your nation tomorrow.

“A wise son makes a father glad, but a foolish man despises his mother.” (Proverbs 15:20)

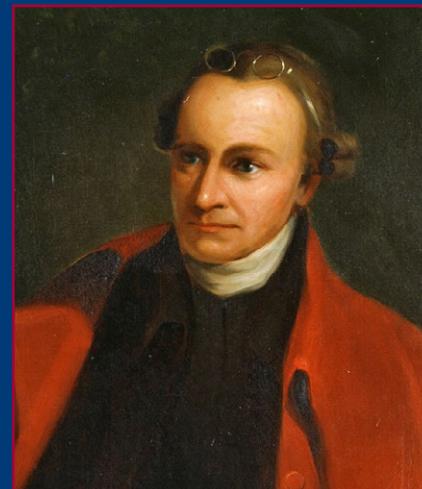
“He who sires a fool does so to his sorrow, and the father of a fool has no joy.” (Proverbs 17:21)

“My son, if your heart is wise, my own heart also will be glad.” (Proverbs 23:15)

“The father of the righteous will greatly rejoice, and he who sires a wise son will be glad in him. Let your father and your mother be glad, and let her rejoice who gave birth to you.” (Proverbs 23:24–25)

This next Proverb is of particular importance to the credibility of a public servant. What better way to quell the character assassins than to be able to point to the nobility of your children:

Patrick Henry



“The great pillars of all government and of social life [are] virtue, morality, and religion. This is the armor, my friend, and this alone, that renders us invincible.”

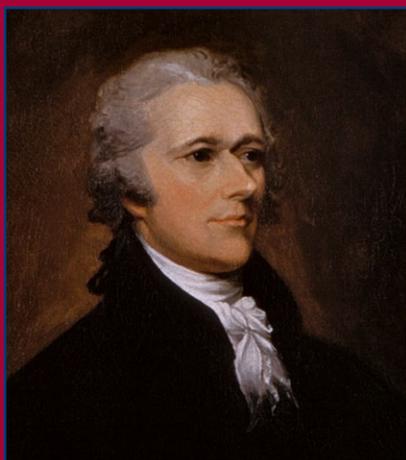
— Patrick Henry, Revolutionary War general, legislator, “The Voice of Liberty,” ratifier of the U.S. Constitution, governor of Virginia.

Patrick Henry, *Patrick Henry: Life, Correspondence and Speeches*, William Wirt Henry, editor (New York: Charles Scribner’s Sons, 1891), Vol. II, p. 592, to Archibald Blair on January 8, 1799.





Alexander Hamilton



“No government, any more than an individual, will long be respected without being truly respectable; nor be truly respectable, without possessing a certain portion of order and stability.”

— Alexander Hamilton, Revolutionary War general, signer of the Constitution, author of the Federalist Papers; secretary of the Treasury.

Alexander Hamilton and Alexander Hamilton, *Federalist* No. 62, 1788.

“Be wise, my son, and make my heart glad, that I may reply to him who reproaches me.” (Proverbs 27:11)

“A man who loves wisdom makes his father glad, but he who keeps company with harlots wastes his wealth.” (Proverbs 29:3)

E. THROUGH NOBILITY

“Do not rejoice when your enemy falls, and do not let your heart be glad when he stumbles.” (Proverbs 24:17)

Those who spike the ball in the end zone lack nobility. One of the fruits of the Spirit is self-control. Remember: It is your personal dignity that leads to our culture’s dignity, or lack thereof.

F. THROUGH LOYALTY

“A wicked messenger falls into adversity, but a faithful envoy brings healing.” (Proverbs 13:17)

This Proverb speaks to the opposite end of faithfulness in relationships: betrayal. Someone with whom you thought you were close, likened above to a messenger (a word portraying someone with whom you’ve become vulnerable) suddenly turns on you (contr. 1 Peter 2:18) for no biblical reason. Such actions create *adversity*: emotions and distance that are not easily remedied. In contrast, steadfastness in your relationships, genuinely *caring for* others, depicted below by the picture of one meticulously *tending a fig tree*, aka loyalty to colleagues creates a bountiful harvest in the future and is befitting of personal *honor*:

“He who tends the fig tree will eat its

fruit, and he who cares for his master will be honored.” (Proverbs 27:18)

Loyalty is an inestimable characteristic that not only *heals* and blesses others but *honors* you as well.

IV. PERSONAL CURSINGS

The opposite of blessing is cursing. Now notice how King Solomon speaks to the flip side in both a personal and corporate sense of prosperity. The practice of any of the following hinders God’s hand of blessing and will serve to thwart your future.

A. NO HEALING

“Who with perversity in his heart continually devises evil, who spreads strife. Therefore his calamity will come suddenly; instantly he will be broken and there will be no healing.” (Proverbs 6:14–15)

Perhaps you just concluded your race against someone who is characterized by these proverbs?

The underlying Hebrew word for *perversity* (*iqqeshuth*) means “to make crooked, to distort, to twist.” Such a heart manifests itself in *devising evil* and *spreading strife*. Biblical synonyms for *strife* are “contentions” and “quarrels.” Whereas Scripture says the pure in heart manifest peace (Matthew 5:1–6), the idea here is just the opposite: “cursed are the quarrelsome!” Continual agitation and *healing* are juxtaposed to one another’s interests; you can’t do both at the same time! After all the



fighting, mud slinging, and devising of evil during a campaign season, 'tis the season to switch gears and heal up from it all! Elsewhere in Solomon's wisdom writings, Ecclesiastes 3:3, he appropriately states:

(There is) *a time to kill and a time to heal; A time to tear down and a time to build up.*

B. BURNING OUT

God promises refreshment and rekindling to men and women who meditate on His Word. Those who are steeped in obedience to it tend more so to live stable lives void of emotional highs and lows. They are invigorated and refreshed by His presence in their inner soul. Again, notice the same Proverb that emphasizes this:

“Do not be wise in your own eyes; fear the LORD and turn away from evil. It will be healing to your body and refreshment to your bones.” (Proverbs 3:7–8)

During the days of November and December after an election, always plan to drink deeply from His well as you recover from your deleterious marathon: you are most likely depleted. *Fearing the Lord* and imbibing from His Word will be *refreshment to your bones* like nothing else.

V. CORPORATE CURSINGS

A. THROUGH RASH AND PERVERSE WORDS

Be especially careful with words:

“There is one who speaks rashly like

the thrusts of a sword, but the tongue of the wise brings healing.” (Proverbs 12:18)

“A soothing tongue is a tree of life, but perversion in it crushes the spirit.” (Proverbs 15:4)

“Like one who takes off a garment on a cold day, or like vinegar on soda, is he who sings songs to a troubled heart.” (Proverbs 25:20)

This is the season to bring healing and blessing to many with your words. Take to heart James 3:4–5:

“Look at the ships also, though they are so great and are driven by strong winds, are still directed by a very small rudder wherever the inclination of the pilot desires. So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire!”

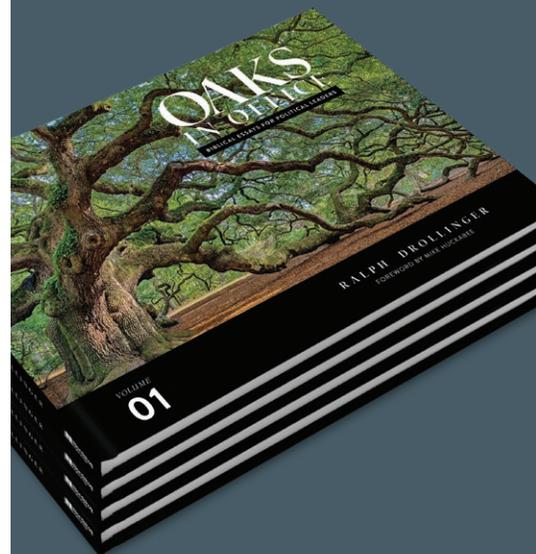
B. THROUGH UNKEPT PROMISES

It hurts your spouse, child, peer, employee, or constituent when you keep not a promise:

“Hope deferred makes the heart sick, but desire fulfilled is a tree of life.” (Proverbs 13:12)

“A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken.” (Proverbs 15:13)

“Folly is joy to him who lacks sense, but a man of understanding walks straight.” (Proverbs 15:21)



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“The spirit of a man can endure his sickness, but as for a broken spirit who can bear it?” (Proverbs 18:14)

As a leader, it is important to follow through so as to not crush the spirit of another.

VI. CONCLUSION

Most everyone wants to experience God’s maximum blessings in his life. In order to best understand that, we need not only survey what it is He indeed blesses, but also come to grips with what God indeed despises. What does He curse? Be especially diligent to avoid the things that diminish His blessings in your life and your country.

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