

Aches & Pains

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September is National Arthritis Month in Canada.

Pre- arrangements:

Invite a Health Worker to speak about Arthritis
Acquire hand-out information from Health Canada
Vocalist: “*Wonderful Healer*” (Salvation Army Songbook 610)



Arrangements:

Set up display about arthritis

Background:

According to information provided by the Canadian Minister of Health, arthritis affects nearly four million Canadians. Arthritis is a chronic condition that affects people of all ages. According to the website *Medical News Today*, “About one in six people over 15 years of age suffer from the disease. Two-thirds of arthritis sufferers are women, and three people out of every five with arthritis are younger than 65 years of age”

(<http://www.medicalnewstoday.com/articles/51064.php>).

Songs:

“*The Great Physician now is near*” (Salvation Army Songbook 67)
“*Say but the word, thy servant shall be healed*” (Salvation Army Songbook 456)
“*When shall I come unto thy healing waters*” (Salvation Army Songbook 647)

Scripture Reading: Job 30: 15-19
Psalm 6: 2-4

Vocalist: “*Wonderful Healer*” (Salvation Army Songbook 610)

Devotional: He Heals the Aches and Pains

As indicated already in the background information, many people suffer the chronic pains of arthritis. This constant nagging in the joints can make for a miserable life and can decrease our quality of life. However, maintaining a healthy weight and being physically active can decrease the chances of arthritis. But arthritis (meaning joint pain) is a mystery; there is no known cause, therefore this enigma affects the ability to provide a preventative means or a cure for it. Thus, we find ourselves taking pills, watching our weight, and being physically active—with the hope that it will reduce our suffering.

Job, a man who endured much, speaks about his pain in Job 30: 15-19. He has experienced the loss of his livelihood, his family, his friends, and now his health. He tells us that the aching in his bones is constant, robbing him of a good night's sleep.

Then there is the experience of the psalmist, who also writes about this pain in the bones. He describes it as 'agony'. In Psalm 6, it is his prayer that the Lord will heal him.

Our present reality is that while healing can and does happen, quite often we find ourselves going through life enduring the aches and pains of the body, just as did many people of the past. Does that mean that God does not hear our cry for help? No! What, then does it mean? 1. The human body is frail and prone to disease and decay; 2. The onus is on each of us to care for the body God has given us; 3. We must learn to trust the Lord despite the ailments of the human body (just as Job did).

Let this be our prayer:

Sovereign Lord—you who made us from the dust of the earth
and breathed into us the breath of life:

We acknowledge your presence in all circumstances.

When the signs of aging makes itself known
through the means of aching bones,
remind us that even in this we can trust in You.

Like Job, may we forever acknowledge that our Redeemer lives
and on that great resurrection morning,

for those who continue to place their faith in you,
all aches and pains will be forgotten,

as we sing and dance in the very presence of the Lord!

Give us patience to endure; give us strength to stand,

Give us faith to follow you.

This we ask, through the matchless name of the Great Physician, Jesus Christ.

Amen



Game: Name the Bone

Objective: To label the parts of the skeleton correctly

Instructions:

Print off and enlarge several copies of the skeleton.

Print off the bone labels, without the numbers.

Divide group into several teams.

The team that is able to get the most correct is the winner of a small prize.

Information about the skeleton can be found at:

<http://www.enchantedlearning.com/subjects/anatomy/skeleton/Skelprintout.shtml>

Images of the skeleton:

http://www.lesstutor.com/jm_skeleton.html

#	Name
1	cranium, skull
2	mandible
3	clavicle
4	sternum
5	humerus
6	rib
7	vertebra
8	pelvis
9	radius
10	ulna
11	carpals
12	metacarpals
13	phalanges
14	femur
15	patella
16	tibia
17	fibula
18	tarsals
19	metatarsals
20	phalanges

