

"Pink – In the Pink"

Pastor Cathy L Hamblin

Genesis 20:17; Exodus 2:2-3; Daniel 1:12-15; Matthew 6:22; Mark 2:17; James 5:13-15

Twelfth Sunday of Summer August 18, 2019

Hayward United Methodist Church

Call to Worship

Come, God's people! Be anointed by the Spirit for the work ahead.

**Come to this place of respite and sanctuary to be strengthened for the ministry we share!
Come this day to worship, adore, and praise!**

Prayer of Invocation

**Living Word, write upon our hearts a new story this day. Record the hope that will be fulfilled, the promises that will be kept, the waiting that is not in vain. Enrich us with the words that are spoken, the songs that are sung, and the faces of all who worship with us here today. Make us, together, one with you. One body, in one faith, with one vision.
Amen.**

The Scavenger Hunt – 'Pink'

Bubble Gum & Cotton Candy; A Blond Lady's Pink Blouse; Law Enforcement – The Pinkertons; Pink Panther; Sky Blue Pink; Early Morning glow in the sky; a Color in Sunsets; Sunsets; A Pink Carnation; Carnations, Roses, peonies, petunias, water lilies, and other flowers; things for baby girls; a little girl's nursery; A bunny's nose; flamingos; pigs; baby mice when first born; little finger - the pinkie; tongues; Breast Cancer Awareness; "in the pink" as in a good mood or good health.

The Word

'Healthy' Scripture Litany

Abraham prayed to God; and God restored Abimelech, his wife, and his women servants to health, and they were able to have children. Genesis 20:17

The woman became pregnant and gave birth to a son. She saw that the baby was healthy and beautiful, so she hid him for three months. When she couldn't hide him any longer, she took a reed basket and sealed it up with black tar. She put the child in the basket and set the basket among the reeds at the riverbank. Exodus 2:2-3

"Why not test your servants for ten days? You could give us a diet of vegetables to eat and water to drink. Then compare our appearance to the appearance of the young men who eat the king's food. Then deal with your servants according to what you see."

The guard decided to go along with their plan and tested them for ten days. At the end of ten days they looked better and healthier than all the young men who were eating the king's food. Daniel 1:12-15

"The eye is the lamp of the body. Therefore, if your eye is healthy, your whole body will be full of light. Matthew 6:22

When Jesus heard it, he said to them, "Healthy people don't need a doctor, but sick people do. I didn't come to call righteous people, but sinners." Mark 2:17

If any of you are suffering, they should pray. If any of you are happy, they should sing. If any of you are sick, they should call for the elders of the church, and the elders should pray over them, anointing them with oil in the name of the Lord.

Prayer that comes from faith will heal the sick, for the Lord will restore them to health. And if they have sinned, they will be forgiven. James 5:13-15

Pink is any of the colors between bluish red (purple) and red, of medium to high brightness and of low to moderate saturation. Commonly used for Valentine's Day and Easter, pink is sometimes referred to as "the color of love." The use of the word for the color "pink" was first recorded in the late 17th century.

- The color pink, as a noun, is named after the flowers called pinks, a flowering plant. The name derives from the frilled edge of the flowers
- the verb "to pink" dates from the 14th century and means "to decorate with a perforated or punched pattern."
- Seeing pink elephants is a euphemism for hallucinations caused by delirium. The concept was used in the Disney's animated film *Dumbo* when the title character accidentally becomes drunk and sees a parade of pink elephants. Where might we find God in the midst of that?
- In 1968, Mary Kay Ash, founder of Mary Kay Cosmetics, purchased the first Pink Cadillac, which eventually became the trademark of her company.
- When one gets laid off or fired from one's job, in the United States, it is called *getting a pink slip*.
- Pink is commonly used today to symbolize efforts to raise awareness of Breast Cancer.
- The 'pink of the mode', or the height of excellence of fashion, was a common early usage and continued to be used throughout the 19th century. The earliest citation I've found for this saying is from humorous author, John Leigh's *Kensington Gardens*, written in 1720:

"'Tis the Pink of the Mode, to marry at first Sight: - And some, indeed, marry without any Sight at all."

'In the pink' today is an English idiomatic expression for *in good condition* or *in good health*. Since the word Pink wasn't around until 1700 years after Christ lived, explains why it isn't in the Bible anywhere. But there are many referrals to health and healthy, so that is where today's scripture takes us.

Closer look at today's scripture: In how they speak of being 'in the pink.'

Begin with Abraham, who prayed to spare Abimelech and his family from death and the inability to produce children. This and other stories remind us of the power of prayers. We often pray for God to heal others and bring them back to health.

Our second scripture is from Exodus. What baby was laid in a reed basket? and how many of you recognized it as you read it? Do you remember why she had to hide him for 3 months?

The third scripture from the book of Daniel. If you recall, Daniel was taken into exile, but through his gift of interpreting dreams, he became a favorite of the King. Even so, Daniel was Hebrew and didn't eat meat for religious reasons, yet his guard had strict orders as to what he and the others should eat. The guard was afraid that they would get sick and die if they didn't eat meat and then he would be in trouble with the King.

Daniel challenged the guard to a ten day test. The Hebrew's against the king's men: vegetables versus meat. To the guards surprise the vegetable eaters were healthier. But don't put away your steak knives just yet...I know that even today some people eat only vegetables and no meat, but today there are benefits to including meat in your diets. This scripture was written in a time when there was no refrigeration or safe way to store meat, other than drying it.

So what can we learn from this scripture? God wants us to live a holistic life, with our physical health a consideration. We know that when we eat right, we feel better, health wise. We also know that once an adult, we are ultimately responsible for only our own health, though mentoring and support can guide us in the best directions.

God wants us to have a healthy and happy life and lifestyle, but our habits are difficult to break, sometimes to the point of inability. I struggle like everyone else. I have been working on a better diet and exercise since Easter. I have lost a few pounds and I feel better, but I miss all of the variety of foods and the extra playtime that the workouts take each day. Like Daniel, we need to help each other with better ways to live, without shame or scolding, but with encouragement and love. God wants us to be healthy for our sakes, not God's sake.

Which leads us to the book of Matthew and Jesus word's for us: *"The eye is the lamp of the body. Therefore, if your eye is healthy, your whole body will be full of light."* Possibly the verse was meant to remind us that our eyes shine when we are happy and healthy...Yet, it is about much more than just our physical health.

This always brings to mind the words of a song from my childhood. 'Oh be careful little eyes what you see, oh be careful little eyes what you see, for the Father up above is looking down in love. Oh be careful little eyes what you see.' I think that it was taught to us so we would never look at something that we weren't supposed to, with the thread of God watching...but instead I now understand that when we allow ourselves to be exposed to things that aren't healthy for us, we do become sick in some way.

Then Jesus said, *"Healthy people don't need a doctor, but sick people do. I didn't come to call righteous people, but sinners."* Today we might say, "The church is not a country club for saints, but a hospital for sinners." We turn to Christ in our weakest moments, filled with shame and guilt, broken inside and then if we listen we can hear Jesus say, 'My life was poured out for you, so that you don't have to carry all of that with you. You have all sinned and will sin again, but God is the great healer. Come to me and be healthy again.'

Lastly from the book of James, we have the words of the great encourager, Paul. He was the one that condemned the new Christians at first, but was convinced both through physical and spiritual healing that God was a God of love, not trying to make us miserable, but wanting us to live joyful and healthy lives together.

I invite you to take a look at your life and decide where you might need some healing. Know that a healthy life doesn't mean that it is healed completely. We know that there is for most of us, a physical decline as we get older, yet our spiritual health can help us overcome or at least live with whatever we might face until we find a healthy place in the hereafter with our Creator.

We began with a scripture to turn us to prayer and we end with one as well. *"If any of you are suffering, they should pray. If any of you are happy, they should sing. If any of you are sick, they should call for the elders of the church, and the elders should pray over them, anointing them with oil in the name of the Lord. Prayer that comes from faith will heal the sick, for the Lord will restore them to health. And if they have sinned, they will be forgiven."*

That is very good news for us...I invite you to sing in celebration of this 'In the Pink' good news:

We Are Singing for the Lord is our Light

Verses: Singing, Dancing, Praying, Healthy