



My Answer

By Billy Graham

DEAR DR. GRAHAM: My problem is that I cannot seem to stop eating. Particularly when I get a bit depressed or something I will stop eating. Should I be worried about this? — Mrs. S.J.

DEAR MRS. S.J.: Yes, you should be concerned about this because overeating can be very harmful to your health. God has given you your body, and the Bible tells us to "honor God with your body" (1 Corinthians 6:20). In addition, your letter suggests that you are not really coming to grips with some of the problems you may be having, and you need to face them and allow God to help you.

There are really two aspects or levels to your problems — although they are related. First is the problem of overeating, or (as the Bible terms it) gluttony. I wish I had a quick and painless answer to this problem, but there are no real shortcuts to personal discipline. You have probably found, however, that you do not have the strength to deal with this problem. But God can help you, if you will turn to him and confess your need of him — not just for this problem, but for every detail of your life.

But the other aspect of this problem is more crucial. You eat because of other problems, such as boredom or depression. You need to find ways of combatting these things in your life before you will really be successful in combatting your problem of overeating. And the important thing. And the important thing for you to see is that God does not want you to be bored or depressed all the time.

It is difficult for me to give you too detailed an answer to your problems because I do not know exactly what they are or why they plague you. But my prayer is that you would begin dealing with these problems by taking a very definite step — a step of commitment to Jesus Christ. He is able to help you have purpose and meaning in life, and he can fill your life with joy and love and service for others if you will turn your life over to him. Then get involved in a church where Christ is preached and seek the help of other Christians who can encourage you.

Denominations Split Over Morals

When the opinions and behavior of persons attending what the Gallup Poll denotes as "mainline" churches — Lutheran, Presbyterian, Methodist, Episcopal — are compared with those of persons in evangelical churches — National Baptist Convention of America, National Baptist Convention U.S.A. — their sharp differences:

Persons in evangelical and mainline churches share similar views on certain issues; both, for example, want tougher laws on pornography. But those in evangelical churches are far more likely than their counterparts to favor a ban

on abortion, to want to see prayer in the public schools, to oppose the E.R.A., and to be against the hiring of homosexuals as teachers in public schools.

Persons in the evangelical group of churches are more likely to place high importance on one's following a strict moral code than are persons who affiliate with mainline churches.

Persons in evangelical churches are twice as likely as persons in mainline churches to say they would be interested in joining the Moral Majority. However,

like their counterparts, the evangelical churchgoers lean toward an unfavorable view of this organization.

Both groups pray with about equal frequency, but persons who affiliate with the evangelical group of churches are more likely to say they "seek forgiveness" in their prayers.

Those within the evangelical sphere of churches are far more inclined, according to the poll, than those in the mainline churches to say they believe in the divinity of Jesus Christ — 78 percent to 65 percent.

Foothills Area Church Directory



BAPTIST

- ALLEN MEMORIAL
- BEAVER DAM
- BETHANY
- BETHEL
- BETHLEHEM
- BOILING SPRINGS
- BUFFALO
- CALVARY
- CAMPS CREEK
- CARPENTERS GROVE
- CASAR
- COMMUNITY
- CORINTH
- DAVID
- DAVIDSON MEMORIAL
- DOUBLE SHOALS
- DOUBLE SPRINGS
- DOVER
- DREWERY-DOBBS
- EASTSIDE
- EASTSIDE (K.M.)
- ELIZABETH
- ELLIOTT MEMORIAL
- EMMANUEL
- ESKRIDGE GROVE
- FAITH (K.M.)
- FALLSTON
- FLINT HILL
- GOLDEN RIDGE
- GREEN BETHEL
- GROVER FIRST
- HIGHLAND
- HOPEWELL
- KINGS MOUNTAIN
- KINGS MOUNTAIN 1ST
- KINGS MOUNTAIN 2ND
- LATTIMORE
- LAWNDALE
- LILY MEMORIAL
- LOVE VALLEY
- MACEDONIA
- LAVONIA
- MIDVIEW
- MORRIS MEMORIAL
- MOUNTAIN VIEW
- MOUNT CALVARY
- MOUNT SINAI
- MT. GILEAD
- MULLIS MEMORIAL
- NEW BETHEL
- NEW BUFFALO
- NEW CAMPS CREEK
- NEW HOPE
- NEW PROSPECT
- NORMANS GROVE
- NORTH BROOK

- NORTHSIDE
- OAK GROVE
- OAK VIEW
- OLIVE GROVE
- PATTERSON SPRINGS
- PEACH STREET
- PIEDMONT
- PLAINS VIEW
- PLEASANT GROVE
- PLEASANT HILL
- PLEASANT RIDGE
- POLKVILLE
- POPLAR SPRINGS
- PUTNAM MEMORIAL
- RACEPATH
- ROSS GROVE
- SANDY PLAINS
- SANDY RUN
- SHELBY 1ST
- SHELBY 2ND
- SHILOH
- ST PAUL (CASAR)
- TEMPLE
- TRINITY
- MOORESBORO
- UNION
- VICTORY
- WACO
- WALLACE GROVE
- WASHINGTON
- WESTOVER
- WESTVIEW
- ZION
- ZOAR
- WALLS MEMORIAL

METHODIST

- ALDERSGATE
- BELWOOD
- BEULAH
- BOILING SPRINGS
- CASAR
- CENTRAL
- EL-BETHEL-HOEY
- MEMORIAL
- DURHAM CHAPEL
- FRIENDSHIP
- HOYLE MEMORIAL
- KADESH
- KINGS MOUNTAIN CENTRAL
- KISTLERS UNION
- KNOB CREEK
- LAFAYETTE STREET
- LAWNDALE
- LEE'S CHAPEL
- MARTIN STREET
- MT. HARMONY

- MT. PLEASANT
- NEW HOME
- OAK GROVE
- PALM TREE
- PINE GROVE
- PLEASANT HILL
- POLKVILLE
- REHOBETH UNITED
- ROBERTS TABERNACLE
- RUSSELL'S CHAPEL
- SHARON
- ST. PAUL
- ST. PETER
- SULPHUR SPRINGS
- ZION
- MISSIONARY METHODIST

PRESBYTERIAN

- FIRST
- JOHN KNOX
- RYBURN MEMORIAL UNITED

LUTHERAN

- ASCENSION
- RESURRECTION
- ST. MATTHEWS (K.M.)

CATHOLIC

- CHRIST THE KING
- ST. MARYS

CHURCH OF CHRIST

- CHURCH OF CHRIST
- CHURCH OF THE NAZARENE

SEVENTH DAY ADVENTIST

- BLISS MEMORIAL

EPISCOPAL

- CHURCH OF THE REDEEMER
- TRINITY

INTERDENOMINATIONAL

- CHRISTIAN TABERNACLE

ASSEMBLY OF GOD

- FIRST ASSEMBLY OF GOD
- CHURCH OF GOD
- RIGHTEOUS CHURCH OF GOD

WESLEYAN

- FIRST CHURCH OF SHELBY

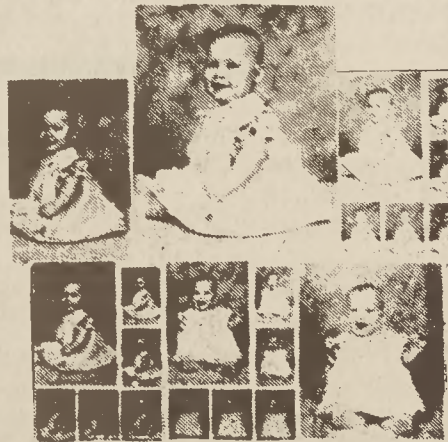
MORMON

- CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

SPONSORED BY THE FOLLOWING

Baird Furniture Co. Phone 482-7205 217 E. Marion Street Shelby, N. C.	Francis Bros. Used Cars Don & Jerry Francis Boiling Springs, N. C.
Johnny Green Used Cars Flint Hills Rd. Boiling Springs	McKinney-Landreth Funeral Home Hwy. 221 Cliffside, N. C.
C. J. Hamrick & Sons Phone 434-2554 John Deere Dealer	Palmer Mortuary 514 North Lafayette Street Shelby, N. C.
Maxwell B. Hamrick Insurance Agency Phone 434-2554 Boiling Springs, N. C.	Hamrick Bros. Licensed Grain Dealers Phone 434-6373 Boiling Springs, N. C.
Gardner-Webb College	First Federal Savings And Loan Association Boiling Springs - Shelby - Cherryville
Lutz-Austell Funeral Home 409 W. Marion Street Shelby, N. C.	Foothills View Newspaper Boiling Springs, N. C.

Look one of the biggest portrait packages ever.



\$5.00 Deposit
Balance Due When Picked Up
No Extra Charge For Groups
No Age Limit

Only
\$14.95

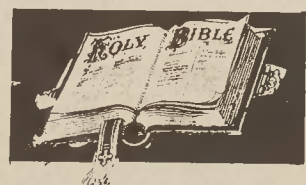
6 DAYS A WEEK Mon. - Sat.
Hours: 9 - 6
4 8x10
3 5x7
15 WS

DAVIS STUDIO

Main St. Phone 434-7898 Boiling Springs, N. C.

**Lutz-Austell
Funeral Home**

PHONE 487-7211



**CLAY—
BARNETTE**

Funeral Home