

## Trivia question ...

### What was said in the first football huddle?

If you don't know how the (American) football huddle originated, you would never be able to guess. In the beginning, players just stood around and talked about what play to use next. The opposition was far enough away so that they usually couldn't overhear it.

But at Gallaudet University in Washington, D.C., the university for deaf people, that wouldn't do. If an opposing coach learned sign language, the team's secrets weren't safe. So Paul Hubbard, the school's star quarterback in the 1890s, developed the huddle, with the team facing away from its opponents, concealing their finger talk. It caught on and became part of the game. (Source: *Washington Monthly*, 1987)

Nothing was said in the huddle.



Do we have 'secret plans' or are we telling people about "the REAL game of life"? **Eternal life. We all will live forever.**

The question is, "Where?"

Here's the **game plan** – Since we are going to live forever, and forever is a long, long time, we should be concerned about the *where*, right?

A football play, told to the team in the huddle, might be a fairly complicated plan to execute. In life, the plan is really pretty simple. — The Bible says in John 3:16 that God so loved the world (actually the people, and that includes you and me) that He gave His only son (that's Jesus dying) that whoever believes in Him (trusts that Jesus paid the price for our not meeting God's required standard) will have eternal life (that's eternity in Heaven, rather than Hell).

Now if you really believe that, you would want to *live* in such a way that is honoring to Jesus, who paid for your "ticket" to Heaven, wouldn't you? That's the "hard part." Just like executing the play on the football field is the hard part, because the opponent will try to interfere.

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## Is laughter really the best medicine?

Obviously there are some ailments which require a good dose of antibiotics and rest, but don't discount the healing power of a cheerful chuckle. Science has long known that our minds have great influence over our health. For instance, too much stress can over stimulate hormone production, leaving us less able to cope.

Happiness and laughter, on the other hand, do just the opposite. Laughter triggers nerves in the brain to begin a chain of good-feeling reactions. The body starts by secreting natural painkillers and tranquilizers. Other substances aid in digestion, while relaxed arteries improve blood flow. The overall effect leaves your mind and body better able to cope with whatever life sends your way. (Source: *Reader's Digest* "Why In The World?")

Not meeting God's standard is nothing to laugh about. **There is one cure for not meeting God's expectation ... it is Jesus. He is the only cure for the ultimate effect of sin.**



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