A Thoughtful Hour: Tracing the Final Footsteps of Jesus
By: Jerry D. Thomas

A Thoughtful Hour

Most of us tend to rush through life and our spiritual life can end up taking a back seat to other non-essentials.

- Duke University studied some four thousand people to see what effect faith has on health. They also gathered data on health habits. After six years of
follow up, they said that those who attended church weekly had a 28% lower risk of dying.

- In an Alameda County study of some 4,690 people, researchers found that those who scored low on happiness and life satisfaction were two times (men) to three times (women) more likely to die during the study compared to those who scored high in happiness and life satisfaction. Taking time to develop good mental and spiritual health can give you a health and longevity advantage.

We are encouraged in the book *Desire of Ages* to "spend a thoughtful hour each day in contemplation of the life of Christ." That this would build our confidence and love for Him.

That's why this little book exists. It is designed to make the thoughtful hour easier, to help provide structure and focus to a study of the life of Christ. Whether you work through the pages as part of a study group or on your own, you will find a fresh look at the gospel story. The questions can be answered as part of a discussion or in your own heart as you read in thoughtful consideration. I hope that soon those 60 minutes grow to become driving force of your day, and not just taking a back seat!

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-Chris

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