

Guest editorial: Four spiritual essentials for surviving election season

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Jayne Hugo Davis I can't fall asleep with the TV on if political commentators and campaign surrogates are debating the implications of the latest speech, poll, tweet or primary result. It gives me nightmares. ... Sometimes, I change the channel and seek comfort in a rerun of *Fixer Upper*. More often in those moments, I close my eyes and pray. Lately, I think about my friend Chuck.

Read it at [Baptist News Global](#).