

NEWSLETTER 2021-6

To: My Fellow Saints

Date: November 22, 2021

Re: **“Blessed or Stressed?”**

Beloved and Fellow Saints-in-the Lord, what an awesome privilege to be a child of God and be assured of our glorious hope in Jesus Christ our soon coming King! The following was strongly laid on my heart and it's my prayer that it will be a blessing to you and God be glorified!

The song: **Jesus Is Coming Soon** (*Partial quote*).

Verse 1

Troublesome times are here filling men's heart with fear
Freedom we all hold dear now is at stake
Humbling our hearts to God saves from the chastening rod
See the way pilgrims trod, Christians awake.

The conditions of the times continue to be a major concern worldwide . . . I will note a few areas: (a) The political controversies are horrifying (b) COVID19 and other health issues create great havoc (c) Neither can we overlook the violence, racial disparity and discrimination, social injustice, etc. (d) The economy continues on a downward spiral, adversely affecting millions especially with the cost of living skyrocketing, foreclosures, with so many being evicted, etc. (d) and the list goes on and on.

One other area I can only briefly note has to do with “Climate Change.” In August of 2021, I read an article in which an official of the United Nations Environment Program said: “We must treat climate change as an immediate threat.” He also notes “Nobody is safe, and it is getting worse, faster.”

As we look towards another “Thanksgiving” (and yes, we need to give thanks **every day**), it should be remembered that there are so many hurting and anguished souls all around us whether near or far away, and they need the hope that is found only in Jesus Christ!!

As noted, the caption for this newsletter is **“Blessed or Stressed?”** I am sure that you have heard the phrase **“Too Blessed to be Stressed.”** We are not sure who originally coined the phrase but it is closely related to **Phil. 4:6-7. Phil. 4:6-9** *which has much more than we can share at this time. I will be looking at verses 6-7 briefly but keep in mind there is more to this passage than we are able to discuss in this presentation.*

Imagine, never worry about anything! It seems like an impossibility; we all have worries on the job, in our homes and at school. **But Paul's advice is to turn our worries into prayers. Do you want to worry less? Then pray more! Whenever you start to worry, stop and pray!** *I will briefly present three important points (Phil. 4:6-7):*

1. *Anxiety Must Be Avoided v. 6a*
2. *Answer for Anxiety v. 6b*
3. *Assurance, Confidence and Security v. 7*

If we are giving our Creator the **praise** and **thanksgiving** that He deserves, we are truly blessed people with the peace of God that passes all understanding that shall keep our hearts and minds through Jesus Christ. **BE THANKFUL!!**

A. Anxiety Must Be Avoided Phil. 4:6a

NKJV: *“Be anxious for nothing . . .”*

Amplified Bible: *“Do not Fret or have any anxiety about anything . . .”*

1. The challenge given here is that we, as believers, are not to worry or fret about anything . . . **nothing!!**
2. This was challenging for the Philippian brethren because they were besieged with some difficult situations.
 - (a) They were experiencing severe persecution (Phil. 1:28-30)
 - (b) They were having internal church problems (Phil. 1:27; 2:14)
 - (c) They had carnal members within their fellowship, some members who were prideful and self-centered, etc. (Phil 2:3-4).
 - (d) Etc.
3. They were confronted with just about all the adverse situations which were possible; the kind of problems that bring around anxiety and worry.
4. Worry and anxiety produces great suffering in the lives of many and they lack the peace of God.
 - (a) **However, Scripture emphatically charges that we should not be anxious or stressed about anything!**
 - (b) Paul was hereby reflecting on Jesus’ teaching . . . see Matt. 6:25-34, NB Vv. 31-33.

B. Answer for Anxiety Phil. 4:6b

NKJV: *“. . . but in everything by **prayer** and **supplication**, with thanksgiving, let your **request** be made known to God . . .”*

Amplified Bible: *“. . . but in every circumstances and in everything, by **prayer** and **petition** (definite request), with thanksgiving, continue to make your **wants** known to God.”*

1. The four words used for prayer shows exactly how prayer is the answer for anxiety.
 - (a) The word **“prayer”** refers to the special times of prayer that we share during our devotions and worship.
 - (b) The word **“supplication”** (NKJV) **“petition”** (Amp. Bible) refers to prayers that focus upon special needs.
 - (c) **The word “thanksgiving” means that we thank and praise God for all that He is and for all that He has done for us!**

- (d) The word **“request” (NKJV) “wants” (Amp. Bible)** means specific and definite requests.
2. **We are to pray about everything** no matter how small or insignificant it may seem.
- (a) Beloved, there is no area in our lives that God is not interested in . . . **NONE!!**
- (b) It is the desire of God that we acknowledge Him in **all our ways** because He wants to care for us in every way.

C. Assurance, Confidence and Security Phil 4:7

“. . . and the God of peace, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Phil. 4:7 NKJV).

1. A wonderful promise is made here and that of **“peace.”**
 - (a) Peace as used here means to bound, joined, and woven together.
 - (b) It means to be assured, confident, and secured in the love and care of God.
2. The wonderful promise about peace of God is twofold.
 - (a) **First, the peace of God passes all understanding.** It is beyond anything we can ask or think.
 - (b) **Second, the peace keeps our hearts and minds.** The peace of God is like a most elite soldier who guards and protect the most precious possession of God: the believers heart and mind.

Serving God really pays and as noted before, our **“Thanksgiving” need to flow freely every day.** In our life of gratitude and praise we must reach out to those who need salvation!! Despite the uncertainties that characterize the world, beloved, **we are blessed!! “Too Blessed to be Stressed!!”**

Inspirational Quotes

“Reflect upon your present blessings of which every man has plenty; not on your past misfortunes, of which all men have some.” (Charles Dickens)

“If we would take time to step aside each day and count the blessings that God has bestowed upon us, in His mercy and grace, I think we would be happier people.” (Daniella Whyte)

“Dear Jesus, so many times you opened doors for me. And if had not been for You Lord, I wouldn’t be standing here today. You made a way for me, and you did it over and over again! **Thank You!!**” (Unknown)

“Let **gratitude** be the pillow upon which you kneel to say your nightly prayer and let faith be the bridge to overcome evil with good.” (Unknown)

Prayer . . . Thank You!!

Psalm 119:14 NKJV

“I have rejoiced in the way of your testimonies, As much as in all riches.”

*“God thank You for being my refuge in times of trouble. I choose to put my hope in Your Word and not in the things of this world. Sometimes it can be hard to focus on You when all I see is uncertainty, but I know You are in control and is able and cares. I can always trust that Your promises for me are perfect. **With grateful heart, I am saying “Thank You!” “Thank You!” We glorify You in Jesus name!”***

The song: **Give Thanks** by Don Moen (Partial quote)

. . . Father, we wanna thank you

For givin’ us and gifted Your Son, Jesus
And in return we wanna give You all that we have
Our hearts, our lives our thanks

. . . Give thanks with a grateful heart

Give thanks to the Holy One
Give thanks because He’s given
Jesus Christ, His Son

... ..

. . . Lord God, we thank You

Thank you from the bottom of our hearts
For giving Jesus to us
And we can say for a weak, “I am strong”
Because You promised
Your strength will be perfect in our weakness

. . . And for every financial need we have

We can sing, “I am rich”
Because You promised to provide all of our needs
According to Your riches and glory
By Christ Jesus, let’s sing it together

. . . Give thanks (give thanks)

We give You thanks (we give You thanks)
Give thanks
We give thanks.

Website Update

We have added Psalms 3 and 4 and will add Psalm 6 sometime in December. I am sure that you will be richly blessed by these lessons and ask that you go through them prayerfully. It is my prayer that you will share these lessons with others, as we do everything to continue sharing the Word of God in these last and closing days. As I have stated before, these lessons are going out **solely** to the glory of God and it’s our goal that He will be glorified in all that we do.

Please remember, when using **phone**, for browser please use either Fire Fox or Internet Explorer in place of Chrome (*In regards to computer use we do not have an issue*). I also want to express my thanks to my second son who, although not a web specialist, has been the one who not only suggested that I make the lessons available by website but he went and set up the website and has been adding lessons and the overall needs of the website. Thanks also to my wife who has faithfully read through all my lessons. Thank you all for your support and I am truly thankful that together we can work as one to the glory of God, I do not take your support for granted and really appreciate your availability, some of you from the days when I was sending lessons by email. Can't say it too much: **"it's ALL to the glory and praise of God!!"**

It is my sincere prayer that you and family will have a blessed and wonderful Thanksgiving!! Despite all the chaos and adverse situations worldwide, we are anchored in Jesus Christ and in Him we are more than conquerors. Our ships may be battered and the sails are torn but glory to God our anchors hold!! Oh Bless His Holy and Glorious Name!!

"Give thanks not just on Thanksgiving Day but every day of your life. Appreciate and never take for granted all that you have." (Unknown)

Psa. 107:1 NKJV

"Oh, give thanks to the LORD, for He is good! For His mercy *endures* forever."

1 Thess. 5:18 NKJV

"In everything give thanks; for this is the will of God in Christ Jesus for you."

Beloved, you are genuinely loved and highly appreciated! **Thank God for you!!** It has been a blessing sharing with you; let us continue to be ambassadors (2 Cor. 5:20) for Christ, which is even a more essential need in the world today!! (Eph. 5:16). **God richly bless you and family!!**

Yours-in-Christ

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