

Pastor's Pen

Anxiety.

"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6

Webster defines anxious as: "afraid or nervous, especially about what may happen : feeling anxiety". We are commanded not to be afraid or worried about what might happen. Because of the presence of God, believers are to be anxious for nothing. Nothing is outside of His sovereign control or too difficult for Him to handle. There is nothing that can happen to a believer outside the will of God. General Thomas "Stonewall" Jackson was a devoted follower of Christ and rested in the sovereignty of God. When asked if he was fearful of dying in battle, he replied, "I feel as safe during a battle as I do in bed."

When we worry about what might happen, we are doubting God. Jesus told His disciples, "*Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows (Matthew 10:29-31).*" I find deep comfort in the sovereignty of God. I belong to Him, and nothing can snatch me out of His hand. Be at peace, fellow believers. God has not given us a spirit of fear but of power and love, and self-control (1 Timothy 1:7).

Paul gives us the cure for anxiety in our lives in three steps. First step, Take your concerns to God in prayer, whatever they might be. Put them at his feet. He wants to have a conversation with you, and he wants to hear what is on your heart and causing your anxiety, so don't hold back.

Second step, Bring your request before the Lord and let them be known to God. The writer in Hebrews tells us, "Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need (4:16)".

Third step, Let your request be known with thanksgiving. First Thessalonians 5:18 says, "In everything give thanks; for this is God's will for you in Christ Jesus." We are to be thankful for the things we like and the circumstances we don't like. When we thank God for everything He allows to come into our lives, we don't make a home for bitterness. We cannot be both thankful and bitter at the same time.

We can have thankful hearts toward God even when we do not feel thankful for the circumstance. We can grieve and still be thankful. We can hurt and still be thankful. We can be angry at sin and still be thankful toward God.

Do you want to live a life free from worry and fear? Trust God, knowing that He will take care of you till the day He calls you home.

Your shepherd,
Pastor Mark

Grace Gems

Will worrying make matters any better?
(J.R. Miller 1890)

**"Who of you by worrying, can add a single cubit to his height?"
Matthew 6:27**

So it is useless to worry! A short person cannot, by any amount of anxiety, make himself an inch taller. Why, therefore, should he waste his energy and fret his life away—in wishing he were taller?

One worries because he is too short—another because he is too tall; one worries because he is too lean—another because he is too heavy; one worries because he has a lame foot—another because he has a mole on his face. No amount of fretting will change any of these things!

Quote of the Week

"Worry, by nature, is the product of a lack of faith and trust in God."
- John MacArthur

People worry, too, over their circumstances. They are poor, and have to work hard. They have troubles, losses, and disappointments which come through causes entirely beyond their own control. They find difficulties in their environment which they cannot surmount. There are hard conditions in their lot which they cannot change.

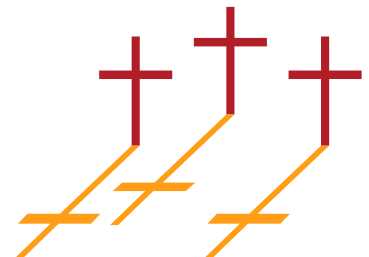
Now why should they worry about these things? Will worrying make matters any better? Will discontent cure the blind eye, or remove the ugly mole, or give health to the infirm body? Will chafing make . . . the hard work, lighter; or the burdens, easier; or the troubles, fewer?

Will anxiety . . . keep the winter away, or keep the storm from rising, or put coal in the cellar, or put bread in the pantry, or get clothes for the children?

Even human reason shows the uselessness of worrying, since it helps nothing, and only wastes one's strength and unfits one for doing one's best! The Christian gospel goes farther, and says that even the hard things and the obstacles—are blessings, if we meet them in the right spirit. They are stepping-stones lifting our feet upward—disciplinary experiences in which we grow.

So we learn that we should quietly, and with faith in God's Providence, accept life as it comes to us—fretting at nothing, yet changing hard conditions to easier ones if we can. And if we cannot, then we must use them as means for growth and advancement.

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well." Matthew 6:31-33



Weekly Gatherings



Bible Classes

Old Testament
New Testament
Young Parents
Young Adults
Sunday Morning @ 9AM



Weekday Meetings

Mondays | 7PM
Men's Bible Study
Every other Saturday:
Women of Grace | 9am



Family Groups

Thursdays @ 7PM @ Royall's
Every other Thursday @7PM
@ Patrick's & Cox's



Build the Body Teams

If you would like to serve on a BtB Team and forgot to sign up, please contact the team leader at the appropriate email address.



Youth Study

Wednesdays @6:30PM
Youth Study
AWANA @6:30PM



Service Times

Sunday Service 10:30AM
Children's Church @10:30AM

Giving from service on 11/28/2021

General Offering	11,951.45
Building Fund	1,219.95
Uganda	665.00
Total	\$13,836.40

Attendance	177
Sunday School	108
Online	25

Build the Body Ministries

Women's Ministry-women@ghbcva.org
AWANA-awana@ghbcva.org
Outreach Ministry-outreach@ghbcva.org
Worship Ministry-worship@ghbcva.org
Men's Ministry-men@ghbcva.org
Children's Ministry-children@ghbcva.org
Youth Ministry-youth@ghbcva.org
Prayer Team-prayer@ghbcva.org
Maintenance-maintenance @ghbcva.org
Fellowship-fellowship@ghbcva.org
Communications-communications@ghbcva.org
Front Line-frontline@ghbcva.org
Security-security@ghbcva.org



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Grace Harvest Baptist Church

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