Paston's Pen

Fear Not!

"The Lord is my helper, I will not be afraid. What will man do to me?" Hebrews 13:6

My father was a Colonel in the United States Army, and when I was a boy of 12, my family moved to Frankfurt, Germany. I visited many countries in Europe, including France, Belgium, Holland, Switzerland, and Italy. I learned to snow Ski at Berchtesgaden in the Bavarian Alps and water ski on lake Geneva. It was an incredible experience. I was extremely fortunate. However, I lived almost constantly in a state of fear. In 1968 we were in the middle of the Cold war with the Soviet Union. On August 20, 1968, the Soviet Union led Warsaw Pact troops in an invasion of Czechoslovakia. I remember the night that I heard my dad get a phone call, and he immediately got dressed in his Army fatigues, put on his sidearm, grabbed his combat helmet, and left in the staff car that came to pick him up. I ran to ask my mom what was going on, and she told me that we might be going to war with Russia. I was terrified. What would happen to my dad? What would happen to us? I was so afraid. Dad came home the next day and reassured me that we were safe. For the next two years, any time my parents left the house, I was a frightened little boy. I had no peace and no assurance that I would be safe. I could not wait to get back to the States. Once I was back, I felt safe and was not afraid about the commies coming to kill my family or me. The threat was no less. It was just my state of mind that changed.

As Christians, we have far more security than just living in the United States of America away from those who would do us physical harm. We have the promise from God that we belong to Him for all eternity, and we do not need to live in fear of losing this life because nothing can harm us outside of God allowing it to happen.

Yahweh is my light and my salvation; Whom shall I fear? Yahweh is the strong defense of my life; Whom shall I dread? Psalm 27:1

Your shepherd, Pastor Mark

Grace Gems

There is no such thing as "chance," "luck," or "accident" -Don Fortner

"But even the very hairs of your head are all numbered! Fear not therefore: you are of more value than many sparrows." Luke 12:7

With these words, our Lord Jesus Christ assures us that none of God's elect shall ever be in any real danger or suffer any real harm, for we are under the special care and protection of God Himself. I see six things in this sentence, which are a constant source of peace and encouragement to my soul.

- 1. The Blessed Fact of Divine Predestination-The text might be better translated "the very hairs of your head have all been numbered." Before the world began, our heavenly Father counted up and ordained the number of hairs that were to be upon your head at this very moment! This is meticulous predestination. What does it tell us? God's sovereign purpose of grace in predestination, includes all that we do and all that we experience.
- 2. A Comforting Assurance of Divine Providence-The primary intent of the text is to show us our Father's constant rule of all things. The sparrow cannot fall to the ground, and a hair cannot fall from your head without your Father's eternal decree in predestination, and His direction in providence.
- 3. Our Heavenly Father's Perfect Knowledge of All Things Concerning Us-Our God, who predestined all things and rules all things knows all things! We are so well known by God, that He has even numbered the hairs of our heads. "Your Father knows." We need no other comfort. The Lord's knowledge of us is constant and entire. His knowledge of us is the knowledge of a tender, sympathetic Father.

Quote of the Week

"The remarkable thing about fearing God is that when you fear God you fear nothing else." – Oswald Chambers

- 4. Our Father's Constant Care-He who takes the trouble to number the hairs of our heads, must surely care for us. We are the apple of His eye. Cast all your care upon Him. "He cares for you!"
- 5. The Honor and High Esteem our God has for His Elect-God has numbered our hairs because He values them. He holds us in honor and high esteem above all the people of the world, because of His gracious purpose toward us in Christ, because He has made us one with His darling Son, the Lord Jesus Christ (Isaiah 43:3-5; 1 John 4:9-11).
- 6. The Promise of Divine Protection-The hairs of our head are all numbered, because our God intends that "Not a hair of your head shall perish!" Trials are certain. Temptations are sure. Tribulations are constant in this world. But there is no cause for fear. "The very hairs of your head are all numbered!" Nothing whatever, whether great or small, can happen to one of God's elect — without God's decree and direction. The providential government of our great God over everything in this world, is a truth which is clearly revealed and constantly taught in the Word of God. Just as the telescope and microscope show us that there is order and design in all the works of God's hand, from the greatest planet down to the least insect so the Book of God teaches us that there is an infinite wisdom, Divine order, and gracious design in all the events of our daily lives. There is no such thing as "chance," "luck," or "accident" in God's creation, or in our journey through this world. All is arranged and appointed by God, our heavenly Father. "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose!" Romans 8:28

Let us seek to have an abiding sense of God's hand in all our affairs. Our Father's hand measures out our daily portion. All our steps are ordered by Him who loves us with an everlasting love. Confidence in God's wise and good providence, is a mighty antidote against murmuring and discontent. In the day of trial and disappointment, as in the day of joy and happiness — all is right and all is well done. When we are laid on the bed of sickness, there is a "needs be" for it. Else, it would not come to pass. Because it comes to pass, the very fact that it comes to pass should assure us that it is for our souls' advantage. Let us bow and be still, and bear all things patiently. Ours is "an everlasting covenant, ordered in all things and sure" (2 Samuel 23:5). That which pleases our God, ought to please us. Truly, "He has done all things well!" And He will yet do all things well.



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 every other week @ Chambers & Cox's & @ Patrick's Every Thursday @ 7pm @ Royall'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 5/08/2022

 General Offering
 8,747.05

 Building Fund
 1,745.60

 Uganda
 100.00

 Total
 10,592.65

Attendance 235
Sunday School 147
Online 19

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
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May 15, 2022

