

From Pastor Jim's Desk:

The Cure for Anxiety

Do you ever worry? That's a ridiculous question, right? Everyone worries at some time, and some people are serious worriers. Life surely confronts us with plenty of things about which to worry, if we want to. There are those things that **might** happen!?! And then, on the other hand, there are those things that **might NOT** happen!?!

The truth is, however, no amount of worry had ever really contributed to the solution to any of our problems. Worry can be best compared to a rocking chair. Rocking requires energy, but doesn't get you anywhere.

Is there a cure for anxiety, something that will help us overcome our tendency to worry? The Bible offers the ultimate prescription when it encourages us to "cast all your care upon God, because He cares for you" (1 Peter 5:7).

That sounds about right, doesn't it? But how do we know for sure? Listen to the One who is God's guarantee that He cares for you and will care for you eternally: "Do not let your hearts be troubled (worried). Trust in God; trust also in Me. In My Father's house are many rooms. I am going to prepare a place for you, and I will come back and take you to be with Me so you may be where I am" (John 14:1-3).

That's the Good News of Jesus Christ, who gave Himself in an atoning death for sin and rose again in victory on the third day, so that you and I may have forgiveness of sins and eternal life in His Name. Trusting Jesus dismisses anxiety about eternity. St. Paul says it this way, "If God did not spare His own Son, but delivered Him up for us all, will He not along with Jesus give us all we need?" (Romans 8:32) The answer he is looking for is "Yes!"

If our eternity is assured by a loving God, then can we count on Him to care for us in the "meanwhile" of our earthly lives? The answer I am looking for is "Yes!" Jesus said it very clearly in His sermon on the mount. "Do not worry about your life. Is not life more important than food and the body more important than clothing? Don't worry about your daily needs. Your heavenly Father knows that you need them. Seek first God's kingdom and His righteousness and all these things will be given to you as well" (Matthew 6:25-34).

The cure for anxiety is a faith which turns life over to God. That kind of faith is a gracious gift received from Jesus Christ through His Holy Spirit. It becomes a process to be repeated throughout life. It is the secret of focus: Will you look at what you **need**, or at the **One** who can supply all your needs?

St. Paul wrote to the Philippian Christians: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7). What Paul is really saying is it is time to get out of the rocking chair and down on our knees.

Here is the old story of "Why Worry?" Did you know that there are only two things to worry about: Either you are well or you are sick. If you are well, there is nothing to worry about. But if you are sick... There are only two things to worry about: Either you get well or you die. If you get well, there is nothing to worry about. But if you die... There are only two things to worry about: Either you go to heaven or hell. If you go to heaven, there is nothing to worry about. But if you go to hell... then you got something to worry about! But then, it will be TOO late, so why worry!

Blessing to you
Pastor Jim

Holy Week Services

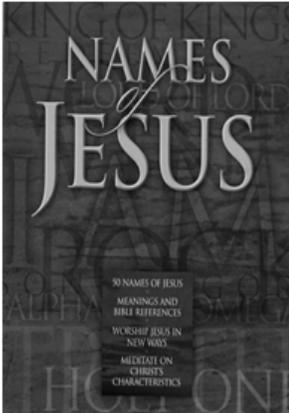
We will have **Maundy Thursday Service** on March 28th at 7 PM and we will celebrate the Lord's Supper that evening. Our **Good Friday Service** will be at 7 PM. **For Easter Sunday**, we will again have a 7 AM Sunrise service and our regular service time at 10 AM. Both services will celebrate the Lord's Supper.

Coming Teaching Events for March, April and May

(Mark your calendars now)

Sunday, March 24th

The Names of Jesus in the Bible



Did you know that there are some 50 different names for Jesus? And each one has their own unique meaning and character?

On Sunday, March 24th at 7 pm, Pastor Jim will teach on the Names of Jesus which will help you worship this Jesus in new inspiring ways for the coming Holy Week!

Christianity Cults & Religions



On Sunday, April 14th, at 7 PM, Pastor Jim will lead you through a side-by-side comparison of 20 different Cults & Other Religions.

We will learn about:

- Founder, date and location?
- Who is their God?
- How does Jesus factor in?
- How is one saved?
- What happens after death?
- What are their key writings?

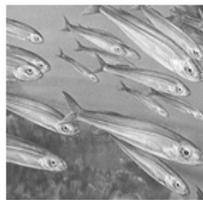


Character Sketches of the Bible "Abraham"

Learn how the life of Abraham and the Grunion are sensitive to "God's Timing."

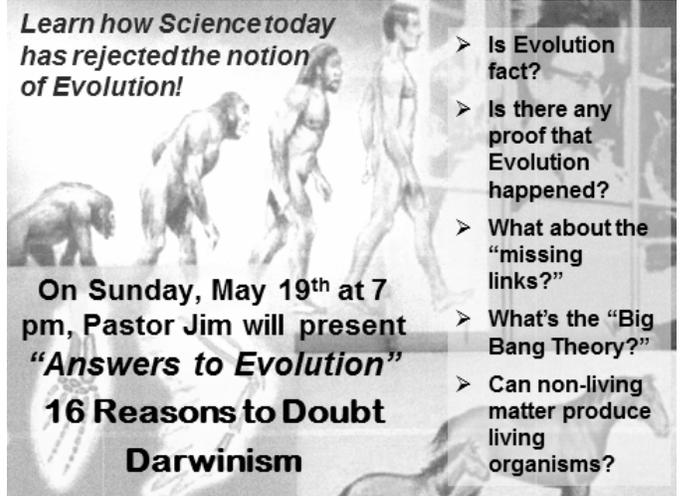


Sunday,
April
28th 7 pm



Learn spiritual truths from the Pages of Scripture and the World of Nature. Surprised? Why?
"Isn't God the author of both?"

Learn how Science today has rejected the notion of Evolution!



On Sunday, May 19th at 7 pm, Pastor Jim will present "Answers to Evolution"

16 Reasons to Doubt

Darwinism

- Is Evolution fact?
- Is there any proof that Evolution happened?
- What about the "missing links?"
- What's the "Big Bang Theory?"
- Can non-living matter produce living organisms?