

IN THE NAME OF
THE FATHER, THE
SON, AND THE
HOLY GHOST

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Love And Compassion Ministries News Letter

Volume 3, Issue 10

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~ FEAR ~

Today many people are living in fear! There are many causes of anxiety and fear such as conflicts, health problems, dangerous situations, death, unmet needs, spiritual problems, losing your job, home, vehicle, etc.

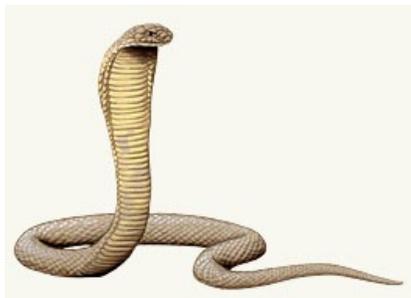
This country is in a financial crisis. Many have lost everything! These are hard times and many are very concerned that things are about to get worse. Food, housing, gas, and our everyday needs are increasing in cost, while less money is coming in. Many people are having panic attacks and nightmares.

Ignorance brings on fear. We don't know, so we fear. We fear the darkness because we can't see! We fear animals and insects because we don't know how to deal with them. We fear people we are not familiar with. We fear exams because we do not know what the questions will be. In short, we fear something or someone because we don't know.



To get rid of fear, we have to educate our minds. If we constantly think of the things we fear we will always be a prisoner of fear. But we can be set free of fear by educating our minds. The apostle Paul said, "Whatever is true, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy, think about such things." Furthermore he also said, "the truth will set you free."

In our lives many things can attack our faith. When the storms come in our lives it is a common response to react with fear! The storm that approaches could be a literal storm like in Mark 4:37-38 when Jesus and the disciples face a storm while on the sea. Jesus is calmly sleeping down below because he isn't worried about the storm above. He's not afraid! The disciples are scared about the storm and it causes them to lose their faith.



The storms could also be figurative storms in your life. Finances can cause someone to lose their faith because they are afraid of being broke. A parent can lose their faith when their child goes somewhere and they are fearful of the child leaving.

It's important to know that there are actually three types of fear. The first type of fear is the Greek word Eulabeia. Eulabeia is the type of fear that shows an utmost respect for something. Eulabeia is the kind of fear we should have towards God. Fear of the Lord brings with it many blessings and benefits. In Psalm 111:10 it says, "The fear of the LORD is

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the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.” And in Proverbs 1:7 it says, “The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.” Thus we see how both wisdom and knowledge begin with the fear of the Lord.

Furthermore, in Proverbs 19:23 it says, “The fear of the LORD leads to life: Then one rests content, untouched by trouble.” Again in Proverbs 14:27, “The fear of the LORD is a fountain of life, turning a man from the snares of death.” Proverbs 14:26 states, “He who fears the LORD has a secure fortress, and for his children it will be a refuge.” In these verses we see that fear of the Lord provides life, security for your children, protection from evil, confidence, and satisfaction. Thus one can see how fear of the Lord should be encouraged.

The second type is the Greek word Phobeo. Phobeo is the type of fear that somebody has that shocks them or causes them to be struck with paralysis. This is also not a bad type of fear. In the Bible this is the type of fear someone is usually struck with when they see an angel.

The third kind of fear is the kind you should avoid. The last type is from the Greek word Deilia which simply means timidity or cowardice. This type of fear mentioned in the Bible is not beneficial and should be not only discouraged but overcome. This is the “spirit of fear” mentioned in 2 Timothy 1:7 where it says, “For God has not given us a spirit of fear, but of power and of love and of a sound mind” (NKJV). Thus we see right from the beginning that this “spirit of fear” does not come from God.

However, sometimes we are afraid, sometimes this “spirit of fear” overcomes us, and to overcome this fear we need to trust in and love God completely. First John 4:18 tells us, “There is no fear in love. But perfect love drives out fear! Beginning in the Book of Genesis and continuing throughout the Book of Revelations God tells us to “Fear not.”

For example, Isaiah 41:10 encourages us “Do not fear, for I am with you; Do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.” And again in Daniel 10:12, the angel of the Lord encourages Daniel: “Then he continued, ‘Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.’” And in the New Testament Jesus says, “So don't be afraid; you are worth more than many sparrows” (Matthew 10:31). Just these few verses cover many different types of fear. God tells us not to be afraid of being alone, of being too weak, of not being heard, and not to be afraid for our physical necessities. And these admonishments continue throughout the Bible covering the many different aspects of the “spirit of fear.”

God has called us to do many things and one of those things is to trust Him in all circumstances. Isaiah 45:22 and Psalm 9:10 says: Look unto me and be ye saved, all the ends of the earth: for I am God, and there is none else. And they that know thy name will put their trust in thee: for thou, Lord, hast not forsaken them that seek thee.

God wants us to trust Him with everything, our families, children, work, school, and all we have and will be. We should give everything over to God and have faith that he will take care of it all.

One of Satan's greatest deceptions is fear. It comes in many forms, shapes, and sizes, and is designed by Satan to prevent us from fully receiving all God has for us.

God wants us to be obedient and be willing to trust Him. Many of us are still living in compromise, trying to have it both ways. I would encourage you to take an inventory of your own walk and where you see compromising, repent. God desires to use those who trust and obey Him in powerful ways. We need to constantly remember that even though darkness is everywhere, the kingdom of God is even closer. It is our safety net in times of trouble.

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However, these “do not be afraid’s” are dependent upon our ability to put our trust and faith in the Lord. In Psalm 56:11 the psalmist writes, “in God I trust; I will not be afraid. What can man do to me?” This is an awesome testimony to the power of trusting in God. What the psalmist is saying is that regardless of what happens, he will trust in God. This is the key to overcoming fear! This trust comes from knowing God and knowing that He is a good God who only wants to give His children good things. It is as Job said when he was experiencing some of the most difficult trials recorded in the Bible, “Though he slay me, yet will I trust in him (Job 13:15 NKJV).”

Once we have learned to put our trust in God, we will no longer be afraid of the things that come against us. “I sought the LORD, and he heard me, and delivered me from all my fears” (Psalm 34:4).

“Then Jesus said to his disciples: ‘Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?’” (Luke 12:22-26, NIV). (Also see Matthew 6:25-34)

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones” (Proverbs 3:5-8).

“...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will. And we know that in all things God works for the good of those who love him, who have been called according to His purpose” (Romans 8:26-28)

Some general, common sense suggestions for those dealing with fear, anxiety or worry...

SIN IN YOUR LIFE - Sometimes fear and anxiety are the result of one’s own sin and guilt. If you have committed a sin or done anything evil, your fear and anxiety is probably God and your own conscience trying to get your attention. You need to repent, confess your sin, seek God’s forgiveness, and set it right.

SLEEP - Humans generally need 8 or 9 hours of sleep per day. Sleep deprivation can increase anxiety.

BE MORE REALISTIC - Many people are worried and anxious about events that will never actually happen to them. Relax. Focus on today. Take life one day at a time.

CHURCH - Get yourself into a good Bible believing Church where you can receive godly fellowship.

TALK - Don’t hold all the anxiety inside. It can be a big relief to share your fears and worries with someone else -- a friend, relative, pastor or counselor. If fear and anxiety is an ongoing problem in your life, schedule a regular time each week to talk with someone.

READ - Find time to Read your Bible every day. Find a quiet time when you can hear God speak to you through His Living Word.

Pray - Our Lord wants to have a personal relationship with us. Pray for others. Ask God to help you. He says we have not for we ask not. **ASK!**

EXERCISE - Medical studies show that exercise can help lower anxiety. If you are healthy enough to exercise, try it. Regular brisk walks, running, swimming or other exercises can be a real stress reducer.

Believe - Trust God. Know that He loves you and wants the very best for your life. Be willing to give up something that means a lot to you so that God can give you something even better.

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Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (NIV)

Romans 8:15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. (KJV)

I Corinthians 16:13 Be on your guard; stand firm in the faith; be men of courage; be strong. (NIV)

Hebrews 13:5-6 For He Himself has said, "I will never leave you nor forsake you." So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?" (NKJV)

I John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. (NIV)

2 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (NLT)

Proverbs 3:5-6 Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take. (NLT)

Matthew 11:28-30 "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light." (NLT)

John 14:27 "I am leaving you with a gift -- peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid." (NLT)

Psalms 23:4 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (NLT)

Dear Lord,

Many are trapped and consumed with fear. They are living under the weight of a spirit of fear. Help us to have faith in You and confirm that You are able to deliver us from all our troubles. Please help us to overcome the spirit of fear by replacing it with love. Your perfect love casts out all fear. Thank you for loving us and providing for us. Lord, as you know we are weak. Help us, for we often fall short of our goals. Grant us your grace, mercy, and power to overcome fear. Where You see fear within us, please convict us of the need to surrender that fear and allow you to reign in our lives. May You always receive the honor and glory -- for You alone are worthy. We ask these things in Your Son's name Jesus Christ.

Amen

Do Not Fear!!!

For fear is no more than:

False evidence appearing real.

FEAR is: F is for False
E is for Evidence
A is for Appearing
R is for Real

Fear can paralyze and trap you, especially in the face of tragedy, uncertainty and circumstances beyond your control. Take courage that God loves you and hears your cries. Have faith in Him!

No matter what you are going through someone is going through even harder times. Reach out to them in their time of need and see how God can meet your needs at the same time.

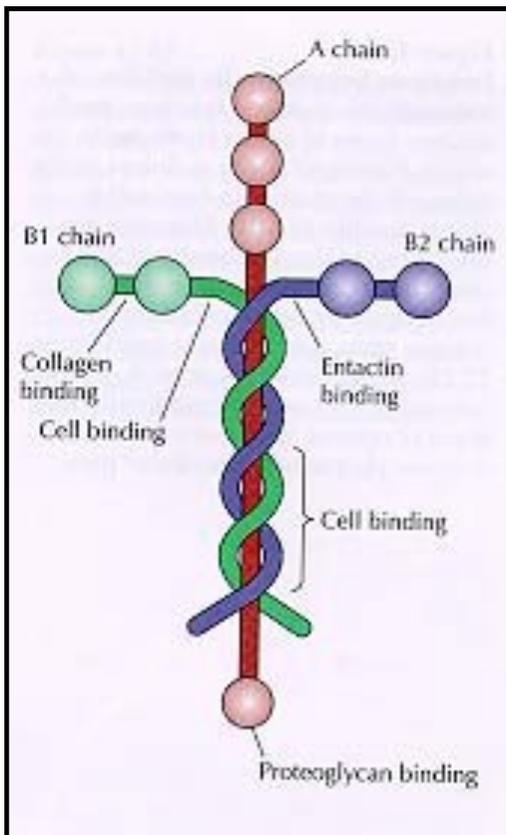
Laminins and GOD

A couple of days ago I was running (I use that term very loosely) on my treadmill, watching a DVD sermon by Louie Giglio... and I was BLOWN AWAY! I want to share what I learned.... but I fear not being able to convey it as well as I want. I will share it anyway.

He (Louie) was talking about how inconceivably BIG our God is... how He spoke the universe into being... how He breathes stars out of His mouth that are huge raging balls of fire... etc. etc. Then He went on to speak of how this star-breathing, universe creating God ALSO knitted our human bodies together with amazing detail and wonder. At this point I am LOVING it (fascinating from a medical standpoint, you know.) and I was remembering how I was constantly amazed during medical school as I learned more and more about God's handiwork. I remember so many times thinking.... 'How can ANYONE deny that a Creator did all of this???'

Louie went on to talk about how we can trust that the God who created all this, also has the power to hold it all together when things seem to be falling apart... how our loving Creator is also our sustainer. And then I lost my breath. And it wasn't because I was running my treadmill, either!!! It was because he started talking about laminin.

I knew about laminin. Here is how wikipedia describes them: 'Laminins are a family of proteins that are an integral part of the structural scaffolding of basement membranes in almost every animal tissue.' You see.... laminins are what hold us together.... LITERALLY. They are cell adhesion molecules. They are what holds one cell of our bodies to the next cell. Without them, we would literally fall apart. And I knew all this already. But what I didn't know is what laminin LOOKED LIKE. But now I do. And I have thought about it a thousand times since then).... Here is what the structure of laminin looks like...AND THIS IS NOT a 'Christian portrayal' of it.... if you look up laminin in any scientific/medical piece of literature, this is what you will see...



Now tell me that our God is not the coolest!!!

Amazing!

The 'glue' that holds us together.... ALL of us.... is in the shape of the cross. Immediately Colossians 1:15-17 comes to mind.

'He is the image of the invisible God, the firstborn over all creation. For by him all things were created; things in heaven and on earth, visible and in visible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things HOLD TOGETHER.' Colossians 1:15-17

Call me crazy. I just think that is very, very, very cool.

Thousands of years before the world knew anything about laminin, Paul penned those words. And now we see that from a very LITERAL standpoint, we are held together... one cell to another.... by the cross.

You would never in a quadrillion years convince me that is anything other than the mark of a Creator who knew EXACTLY what laminin 'glue' would look like long before Adam even breathed his first breath!!

GOD BLESS.....

Paula Phillips

Mayonnaise Jar and 2 cups of Coffee.

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things -- God, your family, your children, your health, your friends and your favorite passions -- and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car. The sand is everything else -- the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life.

If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness.

Play with your children. Spend time with your parents. Visit With grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first -- the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked! --- It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Author Unknown

Lord, please help me to have a vision to see beyond my present circumstances, beyond my present problems or crises, beyond my needs and my desires. By faith I see You working on my behalf to open doors that have been shut, to open up my mind to new ideas and my heart to new passions. With great expectation I anticipate You doing the impossible on my behalf.



Love And Compassion Ministries

Dear Friends:

It is time for all good men and women to come together in the name of Jesus to reach the lost of this world before it is too late. Time is short and the fields are white, ready for harvest, but many of the so called Christian churches and organizations are fighting each other over nothing, causing us to loose our real focus. May GOD help us!

LCM is looking for people that are tender hearted, courageous, and meek that are willing to join us in reaching out to the lost, the imprisoned, the homeless, and the ones who have physical, mental, and emotional problems. Do you find comfort, peace, and joy in GOD'S promises? Are you steadfast in the faith, longing to do GOD'S Will, having a good conscience? Have you been washed in the blood? Is JESUS CHRIST your LORD and SAVIOR? Can you relate to Isaiah who said "Here am I! Send me?"

You must know that you may be persecuted and suffer. Know that you will be up against satan himself, but if you are willing to work with liars, thieves, drug addicts, the homeless, and be willing to give your all for our LORD and SAVIOR, you will overcome. You have to be willing at all times to proclaim that JESUS CHRIST is LORD and SAVIOR.

This is a great opportunity to serve GOD. No experience needed, however you do need to have knowledge of the Word, because there will be many times you will need to stand on it. No seminary education needed. Responsibilities and opportunities are endless.

You must be honest and truthful in all matters. You must have a true love of GOD. You must be dedicated, stable, able to make a commitment, willing to reach out to people who are hurting, and willing to help people with everyday stress and major crisis. We are looking for a person who is willing to put their hand to the plow and not look back as we labor together to bring in the harvest.

If you are this person please prayerfully consider contacting us at 239-574-LOVE (5683) or e-mail me at RonWillis@LoveCompassion.com. For more information on LCM go to our web site at LoveCompassion.com

Please pray that the LORD will send people that will be right for the job. Please keep us in your prayers as we seek GOD'S will for this ministry! If you have not supported us with a donation this month, please inquire of GOD what HE would have you give and send it within the enclosed envelope. We need your support! Thank You!

May God bless you all with peace and love. I pray that The HOLY SPIRIT will minister, direct, and guide all of us to become better servants of God!

In the Presence of our LORD,

Ron Willis

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Stamp

We're on the Web!
www.LoveCompassion.com

If you would like to be a part of our exciting prayer team, please send us your e-mail address and we will send you updates of people who need our prayers. *The LORD is near to all who call upon HIM, to all who call upon HIM in truth.* Psalm 145:18 NKJ

It is a great privilege that we have, as sons and daughters of the KING, to be able to come into HIS presence with our needs, our hurts, and our cares. We know that we can leave them at HIS feet because HE cares for us and will always answer us in our time of need.

Prayer requests are very important to us! We always need people who are caring and willing to personally pray for others needs. As we pray for their physical, moral, and spiritual needs, we must understand that because of JESUS CHRIST'S love for all of us, we are able to do this. CHRIST is the answer to every human's needs.

As members of the Body of CHRIST, we have the privilege and responsibility to pray for our Churches, our missionaries, public officials, other ministries, and each other.