



# GOOD NEWS OF GRACE

*building faith...sharing hope...living love.*



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## Do Not Be Anxious by Pastor Matthews'

“Therefore, I tell you, do not be anxious about our life . . .” (Matthew 6:25).

At the Prayer and Renewal Retreat, BJ and I are attending, each person is randomly given a Bible passage to think about, reflect on, meditate upon—basically focus your energy and attention to—for the 48 hours we are getting away from it all. The verses given to me are Matthew 6:25-34.

“Do not be anxious . . .” My spiritual journey began with a denial of anxiety in my life. I am not anxious, I tell myself. Life is good now. With a new oven in our house, does it get any better?! I am not anxious about life, I tell myself over and over and over again. I don’t have time to be anxious.

Then as we slowed our pace down at the retreat. As I let the Spirit speak to me in the Word of God, my “non-anxious” defense begins to unravel. Concerns have crept into my life that rob me of the true joy that is to be found in total confidence in God’s promises. Financial, relationship, family, church, community, political and world concerns weave their way into life on a daily basis and draw us away from the peace that God gives us when we abide by God’s call to “not be anxious.”

“Do not be anxious” is easier said than done though isn’t it? We talk of decompressing, or getting away for a few days, to ease our bodies and minds. We “retreat” to regain our health. Jesus did it. He would often go up on the mountain to pray and communicate with the Father. He did not have to go far. He just stepped outside the swirl of activity and entered the anxiety reducing presence of God.

We are approaching the Lenten Season. February 18<sup>th</sup> is Ash Wednesday. Lent is a time to reflect on our life and our need for a Savior. It is a great time to step back and examine what is causing anxiety in our life and to let God fill us with peace.

We often talk about giving something up for Lent. Many will give up chocolate, or coffee, or soda, or television, or even Facebook. This season of deprivation is intended to be a way to draw us closer to Christ. The point of giving something up for Lent is to give the savings from our changed activities to the poor and

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## Pastor's article continued from front page



needy in our communities.

What if this year, we give up a little bit of time to focus on becoming less anxious? Maybe retreat to a quiet place (the backyard, the park, a bedroom, behind a closed door) daily to let God ease our anxiety through renewal of our hearts and minds in His Word. Let the Holy Spirit speak to you through the Words of Scripture.

May our Lenten preparations, help us to not be anxious. Then as Easter bursts forth, we will be focused on all that God promises to us in Christ, and in our life of building faith, sharing hope and living love.

## Lenten Living



Lent begins on Ash Wednesday, February 18 this year. Christians have observed this season of the church year since the fourth century. It's traditionally a time of reflection, penitence and spiritual renewal before Easter.

During Lent, some Christians give up something that hinders their relationship with God. Others do something extra for their spiritual growth or make a special sacrifice. The key is to make Lent a memorable season of sincere spiritual growth – a time that can set the tone for the rest of the year.

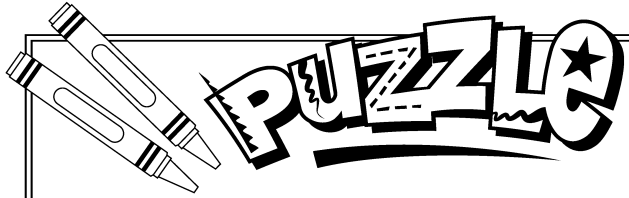
## Humbled Before God

In *A Quiet Place in a Crazy World* (Multnomah), Joni Eareckson Tada writes about approaching God with humility, out of “a place of dust and ashes.” God rewards an attitude of deep humility by lifting us up (see James 4:10 and 1 Peter 5:6).



Abraham, for example, boldly approached God in prayer, “though I am nothing but dust and ashes” (Genesis 18:27, NIV). “The lower Abraham humbled himself, the ‘higher’ he must have felt,” Tada writes. “I can imagine that when Abraham spoke to God, he felt as though he were carried up on eagle’s wings to the heights of heaven. It must have awed him to be allowed, of all things, access to God Almighty.”

Such an attitude of humility helps us appreciate God’s real presence with us in prayer, Tada says, because “we will know the assurance of talking to Someone who is really there.”



## Conversation hearts

The world encourages people to look out for themselves and seek success, but in Micah 6:8, God tells us to live differently.

*Directions: Put the conversation hearts in the correct order by writing the words on the lines below. Hint: Capitalization and quotation marks are included.*



"

\_\_\_\_\_

\_\_\_\_\_ ? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ " \_\_\_\_\_ 6:8 , \_\_\_\_\_

Answer: "And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God." Micah 6:8, NIV

### Anniversaries

- 7th- Kirk & Heidi Danielson
- 16th-Robert & Dawn Masko
- 24th- Bruce & Eileen Tipton

### Birthdays

- 4th- Eileen Tipton
- 7th- Janice Jorden
- 19th- Joshua Wolf
- 20th- Bruce Zornes
- 27th- Scott Bartholomew



### Memorial Commemorations

- |                                |                                |
|--------------------------------|--------------------------------|
| 5 Agnus Ostrander (1918-2001)  | 15 Margaret Strauch(1906-1991) |
| 6 Elsie Schalchlin (1919-2013) | 16 Dona Ford (1913-1987)       |
| 8 Evayne Williams (1918-2007)  | 23 Juanita Henry (1917-1996)   |
| 11 Newton Sherill (1903-1985)  | 25 Emily Sherrill (1913-1999)  |
| 13 Laura Bauman (1915-2004)    | 29 Emma Nee (1894-1988)        |
| 14 Patricia McCord (1929=1998) |                                |
| Gladys Dailey (1917-1999)      |                                |



"Blessed are the dead who die in the Lord from now on.

"Yes, says the spirit, "They will rest from their labor, for their deeds will follow them." Rev. 14:13

# FEBRUARY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 10a-Betty Ann	4	5 10:30a- Bible Study	6	7
8	9	10 10a-Betty Ann	11	12 10:30a- Bible Study	13	14
15 3p- Ordination of Mark Zier- Immanuel LC 7p-Ron Ziegler new pastor @ POP	16	17 10a-Betty Ann	18 <i>Ash Wednesday</i>	19 10:30a- Bible Study	20	21
22	23	24 10a-Betty Ann	25 6p-Soup Supper	26 10:30a- Bible Study	27	28



