

THE SPIRITUAL CONNECTION'S



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Psalm 32:7: You are my hiding place; You will protect me from trouble and surround me with songs of deliverance.

WORRY AND FEAR.
By Evangelist Dennis A. Palma

Hello again my brothers and sisters in the Lord Christ Jesus; welcome to the Spiritual Connection's monthly Inspired Journal, for September 2016. This month, the Holy Spirit has touched my heart to talk about worry and fear. Worry and fear are a daily part of life's mysterious circumstances. They seem to have an adverse effect on all of us in different walks of life. Why are people so affected by these mysteries? Reason being, worry and fear comes directly from the devil, not God. Why is worry and fear so contagious to our mind, body and soul? Because, once we give them a reason to grow emotionally, they can escalate and spread real fast. So fast that they can consume our mind, soul, and body, faster than a ragging fire! Worry and fear actually got its roots from original sin. Original sin can be traced back through the Bible to Adam and Eve. Before sin entered into the world, fear and worry did not exist! Adam and Eve had a worry free life in the beginning, but gave it all up for sin! Where there is no fear, there is no worry! Jesus commands us not to worry or fear anything but Him! How can we avoid worry and fear? Only faith can free us from the anxieties caused from fear and worry. Working and planning responsibly are good; however, dwelling on all the ways our planning could go wrong is bad. Worry is pointless, because it can't fill any of our needs; fear is foolish, because, the Creator of the universe loves us and already knows what we need. The Lord promises to meet all our needs, but not necessarily our desires. Overcoming worry/fear requires: (1) Complete trust in God, our heavenly Father. This trust is expressed by *praying to Him rather than worrying*. (2) Have a clear perspective on your problems. This can be gained by developing a strategy for addressing and correcting your problem. (3) A support team would be beneficial to help you stay connected. Find some believers who will pray for you to find the wisdom and strength you need, to deal with your worries. Seeking the Kingdom of God first above all else, means making Jesus the Lord and King of our lives. In order to free ourselves from this emotional, debilitating disease, we must let the Lord control every area of our life. Our work our play, our plans and our relationships. Is the Kingdom of God only one of your many concerns, or is it central to all you do? Are you holding back any areas of your life from God's control? As Lord, Creator, and Savior, He wants to help provide what we need as well as guide us how we use what He provides. In **Philippians 4:6-7** the Lord says: **And my God will meet all your needs according to His glorious riches in Christ Jesus.**

The Lord also says in **Isaiah 32:17** that: **The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever.**

God acts from above to change man's condition here on earth.

Only when God's Holy Spirit is among us, can we achieve true peace! When we are following our own will and not doing God's, we leave ourselves wide open and vulnerable for the devil attacks; just like Adam and Eve did back in the Garden of Eden! Satan only needs a little doubt to get us to start worrying. Once doubt gets a foot in the door, at that point in time, fear and worry join together as one destructive force. Once we start to allow fear, and worry to become important is when we make worry our god! The Bible tells us that, God is saddened and disappointed, when we allow worry/fear to become more important than Him. In time they can become idols if we don't ask God to take away our worry/fear. God reinforces His Will through the Holy Bible. The Bible will help restore us from worry/fear, back to a sense of peacefulness! When we trust in Jesus, He gives us His Grace through His Holy Spirit, letting us know that everything is going to be alright. Some of my favorite scriptures that help me to overcome fear /worry, can be found in

Psalm 46:1-3. The Lord said that: **God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountain quake with their surging.**

Another one of my favorites can be found in **Jeremiah 17:8.** The Lord also said: **“He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.** Furthermore it is written in **Philippians 4:1-3** **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 our hearts and your minds in Christ Jesus.**

In times of my own worry/fear, these scriptures have helped me combat and conquer my own personal fears and worries from time to time. The fact of the matter is that, every time we take our eyes off of Jesus, we give fear/worry a foothold. I know from past experience, that when I am walking in God's Holy Presence, that His Peace prevails instead of the devils lies and deceptions. When I finally became born again in the Holy Spirit, is when I first began to develop a personal relationship with Christ Jesus. After surrendering myself to Jesus, I started to grow stronger and more aware of my own personal sins. Since my conversion from darkness to God's Light, the Lord has been teaching me a lot of painful lessons regarding staying real

close to Him or else. Once we are truly reborn in the Holy Spirit, there is no turning back to our old sinful ways. Most people get turned off quickly when it comes to God's mandates. Reason being is the fact that, humans want to stay in control of themselves, not God! For me personally, I used to think that I was in control of myself, till one day God started to show me the difference. He made me see through years of my own prideful control, and trials, that I really don't have control at all! The truth of the matter is that we only have finite control, compared to God's Infinite control. The only actual control we have is our own personal choices we make. We can either have peace by following the Lord Christ Jesus, or continue to have doubt, worry and fear by following the devil's lies, deceptions and evil ways!!!

So my brothers and sisters in the Lord Christ Jesus, it is my hope that this Month's inspired message will help you to better understand the remedy it takes to deal with our fears and worries. May we all ask God to help us find His Peace for our souls, through these times of darkness and uncertainties! With Christ Peace, we have no need to fear the future. Sin, fear, worry, uncertainty, doubt, and numerous other forces are at war within us, and the Peace of the Lord moves into our hearts and lives to restrain these hostile forces and offer comfort in place of conflict.....Hallelujah!!...Amen!!!

JESUS CALLING

By Sarah Young

TRUST ME AND DON'T BE AFRAID, for I am your Strength and Song. Think what it means to have Me, as your Strength. I spoke the universe into existence! My power is absolutely unlimited! Human weakness, consecrated to Me, is like a magnet, drawing My Power into your neediness. However, worry/fear can block the flow of My Strength into you. Instead of trying to fight your fears, concentrate on trusting Me. When you relate to me in confident trust, there is no limit to how much I can strengthen you!!

(Isaiah 12:2-3; Psalm 21:6)

PROVERBIAL WISDOM FOR APRIL 2016

Proverbs 26:24-26: A malicious man disguises himself with his lips, but in his heart he harbors deceit. Though his speech is charming, do not believe him, for seven abominations fill his heart. His malice may be concealed by his deception, but his wickedness will be exposed in the assembly.

SCRIPTURE OF THE MONTH

Titus 3:4-6; But when the kindness and love of God our Savior appeared, He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth and

[renewal by the Holy Spirit, whom He poured out on us generously through Jesus Christ our Savior.](#)

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Well my friends, it is my hope that this month's inspired message is helpful to you in better understanding what God's Will is all about. If you like this month's message, please pass it on to your family and friends!! Until next month's Inspired message, with God's help, may the good Lord richly bless you.....Amen!!

Website updates: We have added face book, twitter, a Christian testimonial and devotional prayer section. Also, a inspirational Christian radio and music section that lets you listen to Christian radio locally and across the country 24/7!! Anyone with a smart phone or computer can log on and enjoy all the spiritual wealth and knowledge that is available on this website. We are going to continue to upgrade, with God's help! Furthermore, we have made improvements on the devotional study tools and spiritual resource sections.

THE SPIRITUAL CONNECTION'S DAILY PRAYER LIST

Please pray with this ministry for: Diana Mattia, Joyce Vella Maggio, Elena Logan, Jeff Ron, Rob Lynn, Michael Santarpio Theresa Wade, Zach, Warren Wisdom, Janet Young, Joe Lakes, Janelle Owens, Anne Marie Hess, Natalie Lott, Marianne Wilson, Jonathan Baker, Paige Parker and Family, Russ Holman. Kevin Palma. Larry Tautman, Cindy Heinz Kickligther, Vera, Bill Lang, Joyce Villa Maggio, Mary Ann Fernandez. If you have someone that is in need of prayer at this time go to the Spiritual Connection's website at: makethespiritualconnection.com

