



January 2021

Rejoice in the Lord always. And again I say Rejoice! Let your gentleness be evident to all. The Lord is near. Be anxious for nothing, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:4-7

What could be more appropriate than these verses, at this time, in our lives! Who could have foreseen all that 2020 has brought! The Pandemic, the racial riots, the Election results, the protest on and in our Nation’s capital, and now the apparent attempt to impeach our President! These are desperate times! Uncertain times! Many are discouraged, confused, angry, and afraid. But, all that comes into our lives is orchestrated or allowed by the Lord, either to reveal something in our own hearts that we haven’t seen or to give us an opportunity to manifest the sweet gentleness of the Lord Jesus. Isaiah 41:10 says, “Do not fear, for I am with you. Do not anxiously look about you, for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right arm.” In the midst of chaos, He calls us to be like Jesus. So he adds these words, v. 5, “Let your gentleness be evident to all.” That’s your mercy, your patience, your forbearance — your sweet reasonableness. Let everyone see that’s why you are a Christian; that they might see Jesus in you.

The Lord is available. We are not alone in these times of distress. We have someone who

lives in us and wants to shine His life and light through you. This is the mystery or secret of Colossians 1:27: “Christ in you, the hope of Glory!” That’s why he emphasizes and commands us to rejoice!

Nothing is more prevalent, in this age in which we live, than the increasing problem of tension. Ulcers have become the badge of modern life. Worry is a powerful force to disintegrate the human personality, leaving us frustrated, puzzled, baffled, and bewildered by life. Some even say: “I’m sick with worry.” But, Paul’s answer to this is a blunt, “Have no anxiety about anything.” These are not just Paul’s words, but from Genesis through Revelation, the Word of God exhorts believers to stop worrying. Worrying is unbelief and a lack of trust in God to protect us.



The solution: “In everything by prayer and thanksgiving let your requests be made known unto God.” That means there is nothing too small to bring to him so take everything to him in prayer.

Prayer is the expression of our dependence upon his promises, recognizing his grace and strength comes from the indwelling life of God the Son in you. We look forward with gratefulness in our hearts to his answer by faith. Not my will, but thine be done.

Trusting God, instead of ourselves, sustains and strengthens us. Then our heart is quiet and peaceful even in the midst of the pressures, demands, harassments, and sometimes the chaos of life. It comes by committing our way to Him.

Jesus spoke to His disciples about the true source of anxiety. He told them, “My Peace I

Mission

Freedom Ministries of the Quad Cities exists to help couples and individuals experience freedom in Christ through identifying and resolving spiritual and emotional conflicts thus strengthening, empowering and helping fulfill their relationship with Jesus Christ and others.

Thanks

Thanks to all who helped this ministry through 2020 by praying, serving, and giving of your time and money. God bless each of you!

leave with you" (John 14:27); and there, He's offering true relief from anxiety. But He says that His solution is not like the world's offer of peace, ". . . not as the world gives do I give to you." But the peace that Jesus gives is one that He Himself defines in this way: "Let not your heart be troubled, neither let it be afraid" (v. 27). He focuses the solution to anxiety on the inner man - in the heart and mind - because that's where the cause of anxiety is really rooted, no matter what the external circumstances may be.

He says, ". . . the peace of God, which surpasses understanding, will guard your hearts and minds . . ." Its not just *peace* but *the peace of God*. The peace which has God as its source of origin. It's not a peace I create or obtain for myself through my own efforts. Rather, it is a peace that comes from outside of myself and that God gives me as a gift of His grace. It's just as Jesus said, "My peace I give to you."

adapted from Ray Stedman

Testimony

Thank you for helping me work through my issues so many years ago. It has helped me tremendously to break some bad generational habits. Also, you have helped me to raise my family in a more healthy lifestyle.

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Thank you so much for our time with you last summer. It was life changing! It was a turning point in our marriage! What a blessing you are!

Nigeria Trip

Our Biblical Counseling class at West Africa Theological Seminary in Lagos, Nigeria is scheduled for July 19—August 6. Please pray that the COVID 19 virus would be contained as we have had to postpone this trip twice. Also, please pray for us as we prepare for this teaching opportunity. Thank you for praying!

CFTH Zoom Conference

AN INVITATION TO JOIN US

for our first

CARING FOR THE HEART CONFERENCE ON ZOOM

January 21-23, 2021

There is **NO Charge** for this Conference, however...
**REGISTRATION IS NECESSARY TO RECEIVE
AN INVITATION LINK TO JOIN THE WEBINAR
AND WORKSHOPS!**

SCHEDULE: Thursday, January 21 and Friday, January 22 evenings from 7:00 – 9:00 pm **Central Time Zone**
Saturday, January 23 morning from 9:00 – 11:00 am

Central Time Zone

**REGISTRATION FOR ZOOM WEBINAR IS
AVAILABLE ON OUR WEBSITE:**

www.caringfortheheart.com

Praise and Prayer

Praise

- ◆ Praise for God's faithful provision through 2020. He provided the needed support and health to continue this ministry.
- ◆ Praise for Caring for the Heart Ministries who provide training and materials to help people find spiritual and emotional healing.

Prayer

- ◆ For God to bring those who need healing in their hearts.
- ◆ For us to stay close to God and draw on His wisdom and strength.

If you no longer want to receive the newsletter, please contact us. Our email address is: freedomministries@att.net or write to: Freedom Ministries, P.O. Box 953, Moline, IL 61266-0953