



GraceNet

Knoxville, TN

May 2015

Cancelling Out Worry

This is a message I gave on March 25 at a Wednesday evening Lenten Service.

Have you ever had someone come up to you on a hot summer day and get in your face and say: "Stop sweating!"

It is almost analogous to someone coming up to you and saying: "Stop worrying!"

And if you ever find yourself not worrying then suddenly you are worried that there is something you ought to be worried about! Then, too, you worry about how much you are worrying!

So what is it that we worry about? Much worry is called the "what ifs." What if I lose my job? What if I lose my scholarship? What if I have an accident? What if I come down with cancer?

There is also the category of: "Do I have enough?" Will I have enough money - for now? for retirement? Will there be enough time? Will I have enough strength, endurance or smarts?

Then, of course, there are the everyday things: teaching my teenager to drive; when they do have their license - watching them drive away; worried about the test; worried about a confrontation with another person; worried about whether I am a good parent or spouse; worried what people will think of me if I do such and such - at being laughed at or excluded.

This list can go on and on because we can worry about anything.

Just why do we worry? The chief reason, I believe, is to think that worrying about things increases our ability to control our world. "If I worry about it, I'll be ready and I can handle it." But the fallacy here is to think we are in control. The belief that if we stop worrying about some-

thing completely it will really go wrong is an entirely false and misguided belief. Nevertheless, that's why people worry.

Welded together with this imagined control through worrying is a simple lack of trust in God. He said He would take care of us, provide for us, protect us, even, but we are unsure of this. We don't trust Him.

Why do we worry? Because, we have been taught to worry. Fear sells. That's why the media continually hurls alarms - threats. In commercials we see ghastly pictures of people with psoriasis or shingles. This could happen to you if you don't buy this medication or get this vaccination. You need to buy this car because it is safer. Subaru ad: "They survived!" (If they were in a Malibu, they'd be in little pieces.)

The message in Matthew 6:25-34 is so simple and clear. There are essentially four points.

1. If God takes care with the birds regarding food and the lilies regarding clothing - don't you know you are much more valuable than they are. God will provide.
2. Worry doesn't benefit you in the least. Worrying won't add one hour to your life. On the contrary, we know that worry diminishes your life. It can knock off days, months, even years of your life.
3. Pagans/idolaters/unbelievers are big-time worriers. They run after the things of this world and they that obtain them by their own efforts. But there is no need for the faithful to fret, worry, be come tense and stressed. God knows what we need. He will provide.

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Cancelling Out Worry (Continued)

4. Don't worry about tomorrow. Each day has enough concerns of its own. Many of the things we worry about in the future never happen – in fact most don't. God is in control of the future – not us.

So how do we defeat worry? Realistically I don't know if we will ever eliminate it. We are sinners living in a fallen world. So we worry. But maybe we can reduce it. Actually there are no maybes about it. We can lessen and decrease our worrying.

John Ortberg has a marvelous quote in his book, "**If You Want to Walk on Water You've Got to Get Out of the Boat.**" He writes: "Peace doesn't come from finding a lake with no storms. It comes from having Jesus in the boat."

We can meditate on these words of Jesus in Matthew 6. Ortberg says: "If you can worry, you can meditate. To meditate merely means to think about something over and over. Let it simmer in your mind. Reflect on it from different angles until it become part of you."

So take verse 33 of Matthew 6: "But seek first His Kingdom and His righteousness and all these things will be given to you as well." Memorize it – bring it to mind when you are worried you won't have enough.

There are so many promises that will cancel out worry if they become a part of you. "Never will I leave you or forsake you." "All things work together for the good for those who love Him and are called according to His purpose."

In Romans 12: 2 it says, "...be transformed by the renewing of your mind." Consider that Jesus gives us a whole new way of thinking:

What if I wreck my car?... I can get a new one.
 What if I lose my job? ...I will find another one.
 What if I get cancer?...God will heal me or take me to Heaven. wo-ho!!
 What if I have a series of bad sermons?...well the church board can decide I must be overworked

and send me to Hawaii for a sabbatical! (All the above section comes from John Ortberg in a modified way).

Then we have the church – Christian brothers and sisters and yes, pastors. A powerful way to cancel out worry is simply to disclose our worries and fears to a trusted friend. So never worry alone. Take strength in people that God has compassionately placed in your life.

Finally, it will sound so elementary, maybe to your ears just a platitude, but just trust Jesus more. Trust the Father more. Jesus said He would take care of us – believe Him.

In fact, this is what it means to follow Him: to believe His words and to believe what He has done for us on the cross and with His resurrection. So in the end we can say: Jesus cancels out worry!

~ Pastor Rich



Linley Grace Moore

Born:
April 2, 2015

Proud Parents:
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If you have a special event you would like to have publicized in GraceNet, please submit the information to Debbie Booher by the 1st of each month for publication in the following month's newsletter.

Our Grace Family

Meet Michelle Lappin Wade

Michelle Lappin Wade might have appeared in that grand movie "Meet Me in St. Louis" with Judy Garland since she was born there. However, she grew up in Decatur, Illinois. Now married to David, she dotes on Jackson and Cameron, her beloved sons.

After college, Michelle spent a summer doing public relations for Wayne Newton and several other country music artists! How memorable! On a quiet note, she enjoys Sadie, her beagle/lab mix sitting beside her as she nibbles on a slice or two or more of pizza, her favorite food!

Quiet moments involve reading, scrapbooking or just playing guitar, all of which do lead to a state of tranquility! She might need more of that had she achieved her desire to become a FBI profiler, which can become somewhat adventure-some in itself.

Now that Michelle has reached his stage of life, of what does she fondly dream? Trips to Spain and Portugal, some rest, and then off on road trips to visit all of the presidential libraries. If you start missing Michelle's presence, at least you will know where she is! And having fun at the same time!



LWML News

The last LWML meeting for this year was held on April 11. We will be looking forward to some exciting things when we resume our meeting schedule in the Fall.

We are already planning for next year's Parade of Tables which will be held on March 5, 2016. Watch your bulletins for news on next year's theme which will be announced soon. We would like to have someone head up the kitchen duties for the event. If you are interested, please contact Nancy Duthey.

Membership dues have increased from \$10 to \$13. The LWML Quarterly publication is still \$5. You'll find extra copies of the LWML Quarterly on the information table in the Family Life Center if you are interested in picking one up.

We had a good year of planned events and we are grateful to everyone who helped to make the year a success.

Again, we encourage the ladies of Grace, O.W.L., and The Point to come to our meetings again this Fall. We have lots of information and are always looking for new ideas for everyone to share.



*Happy
Mother's Day
May 10*

Healthline is a 30-minute Medical Education television show hosted by Grace's very own Sheila Wittke.

AIR TIME: Sunday afternoons at 6:00 p.m.

STATIONS:

CTV COMCAST Cable Channel 12 (Knoxville)

CTV CHARTER 193 + WOW Channel 6 (Farragut)

AT&T U-Verse Channel 99

Direct TV and Others: You can stream HealthLine on your computers, but it must be done at the time it is aired. Go to CTVKnox.org, click the CTV icon and watch.

MAY 2015 SCHEDULE OF TOPICS AND GUESTS

- 03 - Dry Eyes: Allergies or Infection - Dr. Matthew D. Lowrance
- 10 - Acid Reflux/Gerd Surgery - Dr. Roland B. Weast
- 17 - Sunburn and Skin Cancer - Dr. Paul Dudrick
- 24 - Brain Aneurysms - Dr. Michael T. Walsh
- 31 - Understanding Liver Masses and Cancer - Dr. Troy Kimsey



Something New for Every Reader

For the Youngest “Readers”

Always Daddy's Princess by Karen Kingsbury (J Kin): Kingsbury chronicles the special bond between a daughter and her father as she grows from childhood and tea parties to soccer games, braces, boys, college, and marriage up to the day she has a “princess” of her own.

Lucado Treasury of Bedtime Prayers: Prayers For Bedtime and Every Time of Day! by Max and Denalyn Lucado (J 242 Luc): This beautifully illustrated book presents to parents prayers they can teach their children; morning and evening prayers, prayers for mealtimes, playtime, and for special days; all designed to lay a strong foundation of faith.

For Tweens/Teens

Mean Girl Makeover by Nancy Rue (YA Fic Rue): Bullying and cyber-bullying are serious issues among young people today. Rue, who has written several books for tweens/teens, has begun a new series, **Mean Girl Makeover**. Rue explores the topic of bullying from the viewpoint of the bully, the victim, and the “helpless” bystander. Titles in this timely series include: **So Not Okay, You Can't Sit With Us**, and **Sorry, I'm Not Sorry**.

New Non-Fiction

The Upper Room: Jesus' Parting Promises for Troubled Hearts by John MacArthur (232.9 Mac): The occasion was the Passover Meal. Jesus meets with his disciples in “the Upper Room” for the Passover meal. His public ministry to the masses is complete. He would soon give His life for others' sins. So, He turns His attention to the disciples, alone, intensely teaching them in His last few hours.

The Case for Grace by Lee Strobel (234.2 Str) Writing with unusual candor, Strobel draws on his own journey from atheism to Christianity to explore the depth of God's redeeming love for spiritually wayward people. These are stories of everyday people whose lives have been changed as they discovered the truths of God's amazing grace.

All the Places to Go, How Will You Know? By John Ortberg (248.4 Ort) Ortberg structures his latest book around the changes we face in life, the doors of opportunity that open for us, and the choices we ultimately make. We all respond to opportunities differently.

Rise of ISIS: A Threat We Can't Ignore by Jay Sekulow (297 Sek): Sekulow provides a clear understanding of the rise of ISIS, their objectives and the unlawful tactics used by these terrorists. Readers are urged to be informed and remained engaged to defeat them. But he also offers hope in the face of the dangers.

New Fiction Titles

Twisted Innocence by Terri Blackstock (Fic Bla): Blackstock continues the suspense and intrigue begun in her **Moonlighters Series** with this third installment.

The Beekeeper's Son by Kelly Irvin (Fic Irv): Irving begins a new series, **The Amish of Bee County**, set in Texas. Phineas is left horribly scarred following a tragic accident. He is attracted to beautiful Deborah, but she needs to find the man behind the scars.

An Amish Cradle by Beth Wiseman (Fic Wis): A collection of four short novels about Amish mothers and their new babies and the impact each arrival has on their families.

Lady of Milkweed Manor by Julie Klassen (Fic Kla): Details the life of a vicar's daughter in Regency England who must pay the high price for her “fall from grace.” She is sent to London's milkweed Manor, a mysterious place filled with old secrets, but also new chances.

Like a Flower in Bloom by Siri Mitchell (Fic Mit) Charlotte assists her botanist father with his work until he decides she needs to step into proper society, get married and become a mother. But that world baffles her. Then Edward, another botanist, recognizes Charlotte for her talent as well as her beauty.

After a Fashion by Jen Turano (Fic Tur) Turano sets her newest “high fashion” story in New York City in 1882. Harriet Peabody dreams of opening a dress shop, and Oliver Addleshow hopes to land his biggest business deal yet. But, Oliver needs to be married to impress his potential partner. When he and Harriet agree to a “fake relationship,” they discover that real love can be found in the most unexpected places.

Always On My Mind by Susan May Warren (Fic War) Warren continues the Christiansen Family series with this fifth installment. Casper returns home to Minnesota to resolve many unaddressed feelings and issues. There are many surprises in store for him, as well as restoration and redemption.

Find all these and other materials new to the library on display throughout the month. Also, in honor of mothers, look for titles honoring mothers, motherhood, grandmothers and women. Happy Mother's Day!!



~ Mary Schultz

From Pastor Justin . . .

Christian Persecution Has Never Been Worse

Open Doors USA Advocacy Director Kristin Wright on the Church's Unprecedented Challenge

by Jesse Carey - Contributing Editor to RELEVANT

February 23, 2015

Last week, the world reacted in horror as ISIS released a new video showing militants beheading a group of 21 men for being “people of the cross.” The latest gruesome display of religious persecution is part of a troubling trend of violence targeting Christians and other religious minorities. According to the group Open Door USA, the persecution has never been worse.

Kristin Wright is the director of advocacy at Open Doors USA, a group dedicated to helping Christians facing persecution around the world. We recently spoke with Wright about where Christian persecution is the worst, what Christians are facing and how people can help those suffering.

Has Open Doors seen an uptick in persecution against the Church?

We certainly have. Last year—2014—will go down in history as having the highest level of global persecution of Christians in the modern era. The worst thing, though, is conditions suggest this is only going to worsen around the world in many areas where Christians face a lot of persecution.

Have you identified anything in particular that has contributed to such a dramatic increase in persecution of Christians?

Each year, Open Doors produces our World Watch List that identifies 50 countries where Christians face intense persecution because of their faith. So there are a lot of different factors that are analyzed and taken into account when we’re creating this list. But one thing we have found is that for the most recently released list for 2015, Islamic extremism is the source of persecution in 40 out of 50 of those countries. So that says something about a growing issue throughout the world today—and one that isn’t just impacting minority Christians in different countries, but impacting many minority groups. Syria and Iraq are among those countries with the worst persecution. What are the conditions actually like for people who have fled the conflicts in those countries?

I’ve visited camps in a number of different regions. My last trip was to Lebanon. Conditions were pretty dire when I was there.

In Lebanon, there are not official authorized refugee camps. So what ends up happening is that Christians, Muslims, many of these refugees are having to purchase the ground on which their pitching their tent. They’re having to pay for it, and most of these don’t have any money.

I talked to a number of families that were paying exorbitant amounts of money just to put a tent up in the Mecca valley. I met with families that were living in a chicken coop. Entire families were living in each coop, simply to have a roof over their heads. Winter has been very brutal. There has been a lot of snow and so you can just imagine trying to brave those elements with very little shelter.

We’ve been hearing about the atrocities committed by ISIS, and one of their intentions is to drive people away from other faiths. Has going through all this strengthened people’s resolve to follow their faith? What is the mindset for people on the ground there who have actually seen and suffered violence firsthand?

I’ve spoken to many, many refugee families coming from both Syria and Iraq, and I think that the resolve varies. It depends on the way the family has reacted to the suffering they’ve experienced. It depends on where they are in that process. They’ve lost everything, including members of their family, in many cases. And when you’re up close and personal with that kind of suffering on a daily basis, it’s easy for resolve to weaken.

I’ve also talked to many families that have held strong to their faith in the midst of persecution, and their faith is a source of comfort for them. Their faith is a source of strength. But there’s also the reality of grief and how hard it is to be a refugee, how hard it is to leave everything behind you.

Christian Persecution *(Continued)*

Something that we talk a lot about at Open Doors is this concept of *presence ministry*; being present for the persecuted church, being present for people who are suffering. For some people, that means going there and visiting firsthand with refugees and hearing their stories and crying with them and praying with them. For others, that means praying just from afar, from wherever you are. Praying for peace.

Prayer is such a crucial aspect of this ministry and every time I visit with families that have fled from Iraq and Syria and different areas, and they're always saying, "We need your prayers. We need your prayers on a daily basis."

A lot of Western Christians hear these stories and find them absolutely heartbreaking, but they wonder what can they actually do to help.

I think prayer is a great place to start. Our prayers can go where we cannot go, and I think that prayer is absolutely the best way to begin. Prayer is also a powerful way for us to identify with those who are suffering.

But taking it a step further, there are so many ways people can get involved. I have to mention the advocacy aspect, because I think it's so important right now. You can visit the Open Doors website—there's a button to take action, and there are many resources there.

For instance, we often encourage people to write letters to persecuted Christians, and that's a very popular way to take action, and I'm just amazed at how many people take the time to handwrite these letters of encouragement to Christians in Congo, to Christians in China, to Christians all over the Middle East. So that's one very powerful, practical way you can make a difference.

Another way is through advocating, and so you can sign up for the advocacy newsletter. We have campaigns going throughout the year where you can sign a petition, where you can call your member of Congress in support of a resolution that will help to protect persecuted Christians in different countries. So we keep people up to date via those newsletters.

Open Doors has a very active presence in Capitol Hill, and I'm meeting with members of Congress and with their staff to brief them on the plight of persecuted Christians. And every time I return from a trip, I bring that new information to Congress, usually in the format of a briefing to let people know what's going on and how they can become more involved and more educated.

In addition to this, the very practical things of giving to provide for education, provide for child-friendly spaces, to provide for practical shelter for families.

No. 1 on the list of the countries with the greatest amount of persecution is North Korea. There's a leader and a regime that has for decades enforced this cult of personality and made Christianity a crime. So how do we make a difference there?

Many Christians are confined in modern-day concentration camps throughout North Korea. They're punished in unspeakable ways. Open Doors works to assist those who have fled. We're working to equip them, to strengthen their faith, which has endured so much, and then also to assist them with very practical needs, whether they're inside the country or just outside the country, to be there for them and provide those basic needs like shelter and food, clean water, sanitation [and other] very basic needs. Also to pray with them, to support them, to provide trauma counseling.

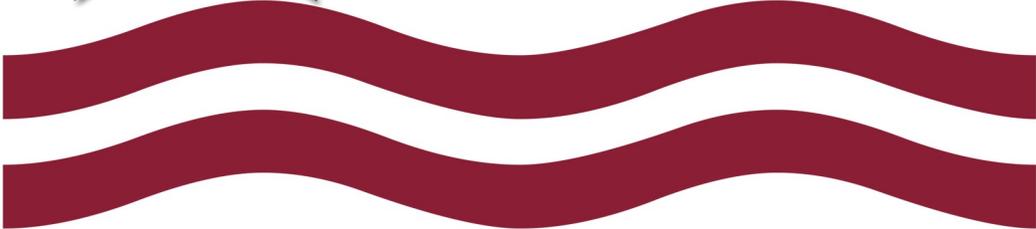
Everything's just more challenging, when it comes to North Korea, for obvious reasons. But we've been able to be at work there for some time now and really see a positive change among believers that we've been able to come alongside and support them in times of trouble.

One of the best ways that people can become involved in helping Christians in North Korea is through educating themselves on what Christians are facing. A number of North Korean defectors have made their way to Washington D.C. to testify before Congress and share their experiences. I think that it's really important to listen and to hear what people have gone through, and then to take that next step of prayer. And then, practical action to follow that, to help to encourage and strengthen persecuted believers from such an intense area of the world.

Thanks for your time. This is an issue that a lot of people are interested in helping in.

I often see that there is quite a high level of interest in persecuted Christians, particularly now. And I think that that's very timely because, like I mentioned earlier, things are definitely getting worse.

memorial ★ DAY



Remembering Their Service and Sacrifice

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Wednesday Worship: 6:30 p.m. (Blended)
Sunday School & Bible Classes @ 9:30 a.m./11:00 a.m.

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TO:

