

How to defeat self-destruction

Have you ever heard that you were your own worst enemy?

Paul writes of feeling that way in Romans 7. In Romans 8, he writes his own 7 step plan for defeating self-destruction.

The steps are: 1. Remind yourself daily what Jesus did for you; 2. Ask the Holy Spirit to give you better thoughts; 3. Realize you have the ability to say no; 4. Turn your thoughts to God whenever you are afraid; 5. Focus on the long-term; 6. Remind yourself God is good and in control; and 7. Trust that God will never stop loving you.

Paul writes that there are 3 enemies to life and peace; the world around you Satan coming after you; and the battle between your old nature and your new nature within you. You may ask, how can I be set free from me? Paul asked "who will save me from me?"

He realized most of his unhappiness in life was because he listened to himself rather than to God.

What about you? Can you benefit from the seven mental habits Paul shares with us in Romans 8? Many bible scholars agree that Romans 8 is the most important chapter in the Christian bible to born-again Christians.

Remind yourself daily what Jesus did for you. Ask yourself "what is salvation" and "what are the benefits of knowing Jesus Christ." Romans 8:1 "...there is no condemnation for those who know Jesus Christ..." To be free from "me" you have to remind yourself what Jesus did for you. Jesus was hung on the cross for you to be free of your hang-ups.

Ask the Holy Spirit to give

"This is the day the Lord has made."

- PSALM 118:24



PASTOR RANDALL WOODARD

you better thoughts. The mindset of the flesh is hostile to God because it does not submit to God's law. You have to ask for life and peace. Life and peace won't find you until you ask for it, search for it, work for it, and willingly receive it.

Realize you have the ability to say no. Romans 8:12 "we are not obligated to the flesh to live according to the flesh." Galatians 5:16 "let the Spirit direct your life..." You will never be free from self-destruction until you decide not to self-destruct. Ask God for the wisdom and the strength to say no.

Turn your thoughts to God whenever you are afraid. Romans 8:14-16 "the Spirit makes you God's child..." 2 Timothy 1-17 "a spirit of power, love, and self-control..." You will have your old nature and your new Christian nature with you always. When you feed your new nature, it will win the battle against self-destruction and despair going on within you. Pray, "God, help me fight my invisible war within me."

Focus on the long-term, not the short-term. A study at Harvard University concluded the more long-term your thinking is, the more successful you will be. Eternity is long-term thinking by Christians.

The flesh thirsts and hungers

for immediate gratification. The Holy Spirit blesses us with life and peace and through delayed gratification we lay up treasures for eternity and share in his glory. Romans 8:17 "we are heirs of God...we may also share in his glory."

Remind yourself God is good and in control. Romans 8:28 "God works for the good of those who love him..." Remind yourself that God is a good god, and he is in control. Pray "Lord, get me out of the way of the solutions to my problems. Intercede for me to keep me from self-destructing. I stand in the way of right and good. You work for the good in all things. I trust you Lord. I am leaning on your everlasting love."

Trust God will never stop loving you. Romans 8:38-39 "nor anything else in all creation will be able to separate us from the love of God." He gave his only begotten son that you may have everlasting life. God never stops loving a child of God. Once you have salvation, God is not letting you go. God's everlasting love sets you free from your self-destructive behavior.

Get serious about changing your heart and commit to edify others, testify Jesus Christ, and glorify God. When you change yourself, you can help change others. You can change the world around you, put Satan behind you, and win the invisible battle within you by practicing the seven mental habits in Romans 8. God blesses you.

Randall Woodard is the pastor of First Baptist Church in Robersonville. He may be reached at randallwoodard69@yahoo.com.

Build up!

"Be still and know that I am God."

- PSALM 46:10



PASTOR WALLACE PHILLIPS

What does the Bible have to say about this? Paul the Apostle spoke to the church at Ephesus and said, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Put quite simply we need to exercise care in the manner in which we speak to others. Our words can be destructive and the Scriptures call us to a place of guarding our mouths; being careful absent what we say.

Have you ever heard someone say this? - "If you can't say something good about someone, then

don't say anything," or "If you can't say something positive, don't say anything." Certainly you have. Let's do our very best to be careful not to harm others with our words. Let's build up...not tear down. Jesus said in Matthew 12:36,37..."But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. For by your words you will be acquitted, and by your words you will be condemned."

Have a great week and remember to attend a local church of your choice this Sunday. You are welcome at Carpenter's Shop International Church located at 903 South Catherine Creek in Ahoskie. You may also visit us on the web at csicministries.com.

Pastor Wallace Phillips is Senior Pastor of Carpenter's Shop International Church in Ahoskie. He can be reached at csicministries.com.

Remember when you were a kid and one of your peers called you names or spoke negative things to you? Of course you do. Sometimes you didn't know what to say. Your spirit was injured as a mark was made upon you that perhaps you would never forget, but still you came back with a statement that you thought was appropriate - "Sticks and stones may break my bones, but words will never hurt me."

While you may have felt some sense of power to fire back, the reality was still there - you were hurt. Words were harmful to you and would long be remembered.

This is something that is not limited to kid life. We can experience the very same as adults; often experiencing the ugliness of someone's comments that can potentially injure our spirit and stay with us for a long time. Likewise, we may be the very person who often inflicts injury on people by what we say.

Church announcements are published each week in the Bertie Ledger-Advance. The deadline to submit news items for this listing is 10 a.m. each Monday. Submissions may be emailed to twhite@ncweeklies.com.

Special events

March 8-12

Enlightenment Conference

WINDSOR - The Enlightenment Conference 2017 is continuing at Eveninglight Church of God in Christ Jesus.

The conference includes praise and worship services, Bible teaching and training, single and marriage ministries, prayer breakfast and fellowship and many others.

For more information, call the church office at 252-794-5023 or Pastor Luther Cherry at 919-678-9915.

March 11

Cake Service

WINDSOR - The inaugural Spiritual Cake Service will be held at 1 p.m. Saturday, March 11 at Indian Woods Missionary Baptist Church.

The service, sponsored by the Women's Ministry, will be held in the church's Family Life Center located at 2330 Indian Woods Rd.

The speakers for this fellowship include Buneva Everett and Tiara Watford of Cedar Landing Missionary Baptist Church, Vickie Watford of Zion Bethlehem Missionary Baptist Church, Vivian Saunders of Victory Temple Church of God in Christ, Minister Geneva Gladney of World Harvest Church, Sheila Craig of St. Paul Missionary Baptist Church, Edna Brown of St. Luke Missionary Baptist Church, Patricia Harris of United Full Gospel Church of Murfreesboro, Scarlett Spivey of St. Elmo Missionary Baptist Church, Gloria Outlaw, Viola Bond and Lisa Freeman of Indian Woods Missionary Baptist Church and Lakesha Outlaw.

Music will be rendered by the church's Praise Team under the direction of Minister Churchill Thomas.

The Pastor, the Rev. David E. Moore Jr., and congregation invite the public to attend.

Special Program

WINDSOR - A special program titled "I Thank God for My Age, How Many has He Blessed You with?" is planned for 1 p.m. Saturday, March 11 at Zion Bethlehem Missionary Baptist Church.

Deaconess Lucy Dameron, Mother of the Church, will share while Florine Cutliff will present a poem.

Zion Bethlehem's Combine Choir, under the direction of Musician John Holley Jr., will render a mini-concert, and the church's "Angels of Praise will perform praise dances.

The church is located at 403 Ghent St. in Windsor.

The Pastor, the Rev. John W. Felton, and congregation invite the public to attend.

March 12

Pastoral Installation

WINDSOR - The members of St. Elmo Missionary Baptist Church have announced the welcoming of the Rev. Margaret Barber as Pastor.

The celebration is planned for 3 p.m. Sunday, March 12 at the church, which is located at 108 St. Elmo St. in Windsor.

The celebration will continue at the Sen. Bob Martin Eastern Agricultural Center in Williamston following the service.

The congregation invites the public to attend.

Pastoral Anniversary

KELFORD - The third Pastoral Anniversary of the Rev. Darren R. Whitehurst will be observed at 3 p.m. Sunday, March 12 at The First Baptist Church of Kelford.

The guest speaker will be Pastor Alvin Boone of Melton Grove Baptist Church in Winfall.

The congregation invites the public to attend.

Choral Anniversary

COLERAIN - The Zion Hill Inspirational Male Chorus will celebrate its 31st anniversary at 4 p.m. Sunday, March 12 at Zion Hill Missionary Baptist Church.

The program will include the Calvary Baptist Male Chorus, New Ahoskie Male Chorus, The Zionaries of Gaston, The Metropolitan Male Chorus and The Women of Zion.

The Pastor, the Rev. Nathaniel J. Thompson, and congregation invite the public to attend.

Deaconess Anniversary

EDENTON - The Deaconess Anniversary will be observed at 3 p.m. Sunday, March 12 at Kadesh AME Zion Church.

The guest speaker will be Pastor Ingrid Hackett of Williams Chapel AME Zion Church.

The church is located at 1001 Badham Rd. in Edenton.

The congregation invites the public to attend.

March 14-16

Revival Services

WINDSOR - Revival Services are planned March 14-16 at Pleasant Oak Missionary Baptist Church.

Services begin nightly at 7 p.m.

Guest speakers include: the Rev. Frank Holiday Jr. of Williams Chapel Missionary Baptist Church in Scotland Neck (Tuesday), the Rev. Darren Whitehurst of First Baptist Church of Kelford (Wednesday) and the Rev. Ronald Taylor of First Baptist Aulander (Thursday).

Each pastor will be accompanied by his choir, ushers and congregation.

The Pastor, the Rev. Linward James, and congregation invite the public to attend.

March 18

Youth Talent Explosion

POWELLSVILLE - The Youth Ministry will hold a Youth Talent Explosion at 5 p.m. Saturday, March 18 at First Missionary Baptist Church of Powellsville.

The event will include singing, dancing, comedy, giveaways, food and more.

THE ILLUSTRATED BIBLE

Behold, how good and how pleasant it is for brothers to dwell together in unity! It is like the precious oil upon the head, coming down upon the beard, even Aaron's beard, coming down upon the edge of his robes. It is like the dew of Hermon coming down upon the mountains of Zion; for there the Lord commanded the blessing - life forever.

Psalm 133

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Ezekiel in the Old or New Testament or neither?
2. Who/what does "their eyes stand out with fatness" refer to in Psalms 73? Demons, Wicked rich, Serpents, Unholy
3. From 1 Kings 17, what was the widow's cruse miraculously kept full of? Milk, Water, Oil, Light
4. Who reaped a crop a hundred times the grain he sowed? Gideon, Isaac, Samson, Hanun
5. Whose daughter was referred to as Talitha by Jesus? Zeresh, Jairus, Jeremiah, Shelomith
6. From Acts 16, who sold purple cloth? Lydia, Zimri, Sisera, Hannah

ANSWERS: 1) Old; 2) Wicked rich; 3) Oil; 4) Isaac; 5) Jairus; 6) Lydia

Comments? More Trivia? Visit www.TriviaGuy.com

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