

# 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 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.



THE REV. RANDALL WOODARD  
Be Still

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 bless you.

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

# A hope that is alive

A few years ago the psychology department at Duke University conducted an interesting experiment. They wanted to see how long rats could swim.

In one container they placed a rat for whom there was no possibility of escape. He swam a few moments, saw that there was no possibility of escape, and ducked his head to drown.

In the other container, they made the hope of escape possible for the rat. The rat swam for several hours before finally drowning. We usually say, "As long as there's life, there is hope." The Duke experiment proved, "As long as there's hope, there is life."

1 Peter 1:3 says "Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead."

In the Bible the word "hope" means to believe in something that is certain to happen. It's not, as some today say: "Well, I hope maybe someday I'll make it to Heaven." Biblical hope says, "I KNOW I'm on my way to Heaven to stay!"

The apostle Peter says the hope of the believer in Christ is the absolute assurance of a home in Heaven. This living hope is alive because it has a daily impact upon our lives, not just in death.

The apostle Paul said in 1 Corinthians 15:19 that "If in this life only we have hope in Christ, we are of all men most miserable." Then goes on to explain that we aren't most miserable...but most blessed!



THE REV. JOHN KEETER  
The Winning Side

With faith in the Lord, we possess an exciting expectation and an amazing anticipation. 1 Peter 1:4 speaks of this blessed heavenly hope as "an inheritance incorruptible, and undefiled, and that

fadeth not away, reserved in heaven for you."

This hope we have is unchanging ("incorruptible"). The word means imperishable or not subject to destruction. Our heavenly inheritance is something constant and forever the same. In other words, all of our heavenly blessings will never change but be there forever for us to enjoy throughout eternity!

This hope is unblemished ("undefiled"). This word describes our future heavenly inheritance as something that is unstained or unpolluted from a spiritual perspective, something that is flawless and perfect. No sin is found inside the pearly gates! (Rev. 21:27).

This reminds us that Heaven

is a prepared place for prepared people! (John 14:1-3) We must confess our sins and be forgiven to enter in.

This hope is unending ("and that fadeth not away"). This means that our future inheritance in Heaven will never lose its wonder, glory, amazement, and magnificence.

Heaven will retain its beauty and continue to bring us joy forever. We will never lose the wonder of it all. Finally, this hope is untouched ("reserved in heaven for you"). This means that our inheritance will be there when we get there! The word "reserved" means guarded, protected, and watched over.

Our future inheritance is fixed in the most secure place in all the universe. If we know Jesus as our Savior, our inheritance is certain. Philippians 3:20 says that "our conversation (citizenship) is in Heaven."

Do you have this living hope? Our hope of Heaven should be growing in our hearts more and more as the days go by.

Time destroys most hopes; they fade and then they die. But the passing of time only makes a Christian's hope that much more glorious! It is a hope that is alive!

Jim Keeter is Pastor of Immanuel Baptist Church of Edenton. He can be reached via email at jm-keeter@yahoo.com.

BY WILSON CASEY

1. Which book of the Bible (KJV) mentions the word "thanksgiving" the most times at eight? Genesis, Nehemiah, Psalms, Isaiah  
2. From Leviticus 22, a sacrifice of thanksgiving is most meaningful when it is ... ? Sincere,

Often, At your own will, Extravagant  
3. What items of food and drink did Jesus give thanks for at the Last Supper? Figs/water, Bread/wine, Fishes/nectar, Honey/milk  
4. In 1 Thessalonians 5:18, "In every thing give thanks: for this is the ... of God"? Power,

Will, Gratitude, Travail  
5. Where was Jonah when he prayed with the voice of thanksgiving? Fish's belly, Aboard ship, In the wilderness, Mountaintop  
6. Whose thanksgiving is expressed in Philippians 4:10-20? Paul, John the Baptist, James, David

ANSWERS: 1) Psalms; 2) At your own will; 3) Bread/wine; 4) Will; 5) Fish's belly; 6) Paul

Comments? More Trivia? Gift ideas? Visit www.TriviaGuy.com

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# Special Events

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](mailto:twhite@ncweeklies.com).

## Nov. 18

### Evening Prayer

**ROXBEL** – Evening Prayer will be observed at 5 p.m. Saturday, Nov. 18 at St. Mark's Episcopal Church.

Light refreshments will be served following the service. The church is located at 206 West Church St. in Roxobel.

The Rev. Canon Sonny Browne and congregation invite the public to attend.

## Nov. 19

### Anniversary

**MERRY HILL** – The 152nd Church Anniversary will be observed at 4 p.m. Sunday, Nov. 19 at Peterson Chapel Missionary Baptist Church.

The anniversary theme is "Many Members, But One Body" taken from I Corinthians 12:19-20.

The guest speaker will be the Rev. O.D. Sykes, 3rd Vice President of the General Baptist State Convention of North Carolina. The Zion Bethlehem Mass Choir will provide musical selections.

The Pastor, the Rev. Percell Whitaker, and congregation invite the public to attend.

### Scholarship Drive

**POWELLSVILLE** – The Bertie County Alumni Chapter of Elizabeth City State University will celebrate its annual Scholarship Drive at 4 p.m. Sunday, Nov. 19 at Piney Wood Chapel Baptist Church.

The guest speaker will be Dr. Ricky L. Banks of St. Stephens Missionary Baptist Church in Elizabeth City. Music will be provided by Harmony.

The alumni invite the public to attend.

### Family, Friends Day

**AHOSKIE** – Family and Friends Day will be observed at 3 p.m. Sunday, Nov. 19 at Wactor Temple A.M.E. Zion Church.

The theme for the event is "We are Family." The guest speaker is the Rev. Michael Gaddy of Kadesh A.M.E. Zion Church.

The church is located at 501 First St. East in Ahoskie.

The congregation invites the public to attend.

## Ongoing

### Women's Ministry

**WINDSOR** – The Women's Ministry meets from 6-8 p.m. on the second Friday of each month at Cedar Landing Missionary Baptist Church.

The meetings include fun activities, free food, door prizes and lots of love.

The congregation invites the public to attend.

### Battleground for Success

**WINTON** – Pastor Keith Urquhart will host a Facebook broadcast from 7-7:30 p.m. each Wednesday.

The educational presentation "Battleground for Success" will be for school-aged students, parents and business-minded people.

### Help needed

**WILLIAMSTON** – New Fellowship Church and Project Feed The 5000 is asking for help with donations of pet food for older adults who have pets as their only family member.

For information on how to donate bagged or canned dog/cat food, call 252-792-7191.

### Women Praying

**WILLIAMSTON** – Prayer is being made for Williamston. All women are welcome to come and pray any time between noon and 2 p.m. at Word of Truth Fellowship, 1003 Washington St., Williamston.

For more information, call 252-792-0678.

### Food Pantry

**WILLIAMSTON** – The Food Pantry at the Bible Way Apostolic Church is open from 8-10 a.m. The church is located at Sycamore and Center streets in Williamston.



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# Bible Trivia