

VICTORY VOICE OF THE KINGDOM

VOLUME 6, ISSUE 4 – OCT/NOV/DEC 2020 NEWSLETTER

Come Back to Church



Eric Susberry
Pastor

As we all begin to make plans to gradually head back to the house of God, let us do it with a renewed attitude. Let me begin by sharing how I found out how important my coming to church actually was.

In 1987 through 1989, I experienced the privilege of becoming a Chicago Police Officer. It was a

prayer request of mine that I had since a little boy. The reason I shortly ended my career, was that I had to work on many Sundays.

That meant I could not attend church regularly, but also I would not be able to be in church with my immediate family; as well as my church family. Missing a Sunday in church was a bummer, an annoying disappointment.

Not being able to go to church made me feel

mentally, emotionally and spiritually sluggish.

Everything seemed to go into slow motion and every task or activity seemed to require so much more effort. Not only that, but I found myself being more anxious and upset with everything.

I might even venture to say, I doubt I'm the only Christian who feels that way with extended absences from church.

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SPECIAL POINTS OF INTEREST:

- Articles by the Pastors
- Article by Brittany Scott
- Bible Studies

Coping with Stress and Anxiety



Caren Susberry
Assistant Pastor

I can clearly recall times of stress. I spent close to four years in Greeley, Colorado working on my bachelor's degree in Speech and language therapy; only to realize in the very last quarter I did not have the money to finish. You can only imagine the stress and anxiety.

I raised three daughters; two of them fell in love and decided to get married in the same year. Although it was a joyful occasion, it was taxing especially on their wedding days.

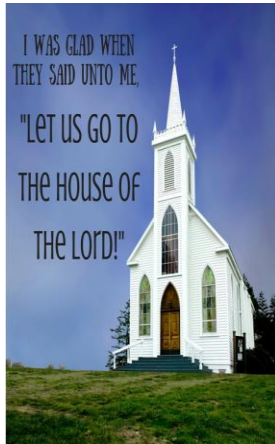
Losing my sister shortly after receiving the call to ministry was devastatingly stressful. Dealing with a painful skin disease for over a year was stressful. Having to wait ten years for a church building was extremely stressful.

Even now, living during this global pandemic and social/moral upheaval has

brought on a season of great stress. Although stress is a normal part of life, it has the ability to negatively impact our lives.

Stress is defined as a physical, mental, or emotional strain or tension. Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. All a normal part of life but can be managed.

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Come Back to Church...cont.

Here are five clear reasons on why we as Christians have to go to church and one of King David's major reasons for attending church.

1. We all need to hear the truth being taught and shared with us. The truth sets us all free from wrong thinking and wrong ways. God's truth is the ultimate standard.
2. To remind us of the fact that all trails in this life have a joyful end, Romans 8:28 makes this very clear.
3. We come to church to encourage growth and fight stagnation. I heard this from Dr. Edwin Louis Cole, which is true. "Anything left to itself will be taken out by the devil".
4. To meet up and connect with your new spiritual family in Christ. When you come to church you

get a new adoptive Father, Mother, Sister or Brother in Christ.

5. To remind us of our responsibility to share our faith in Jesus Christ with others. Church helps us learn how to share our faith.

Finally, the sixth reason, which I feel is the most important; to experience the presence of God in His house. King David said in Psalm 122:1, "I was glad when they said let us go into the house of the Lord". So, the question is, why would someone who practically had everything one could imagine, want to go to church. We can understand why when you examine closely the discourse of David and his advisor in 2 Samuel 6:13-14. In this passage David

was told by his military and staff to lay down his sword, go into hiding and above all don't go to church. They said the reason is you are the light of Israel and if you die, the nation of Israel will be extinguished. David response was ... I'm not the light; I am just the reflection of a greater light. In other words, the blessings, successes, favor, guidance, wisdom, miracles, mercy, power, stamina, joy and peace all comes from being where God is and God is found in His house.

Let's all take the reasons for coming back to church with the same attitude as King David, who said "I WAS GLAD WHEN THEY SAID UNTO ME LET US GO INTO THE HOUSE OF THE LORD!

"Cast your burden on the Lord. And He shall sustain you; He shall never permit the righteous to be moved"

*Psalms 55:22 13:5
NKJV*

Coping with Stress...cont.

The Bible doesn't use the word stress; it uses the words *anxiety*, *worry*, and *trouble*—things we often associate with stress.

Although stress is a normal part of life, it can be toxic. Toxic stress is chronic stress that happens without supportive relationships. Prolonged toxic stress is generally bad for your health and wellbeing. The truth is, stress impacts us all differently.

Some can easily pull through stress and change, while others have more difficulty.

It is no secret that we

are living in stressful times. The pandemic, the killing, the riots, destruction, hatred, the loss of businesses & jobs, the political fighting, not to mention personal illnesses and having loved ones die.

The good news in all of this is, our heavenly Father is very much aware of what is going on and has not abandoned us during stressful times. He has given us His Word to instruct and encourage us during times like these. I have taken great comfort in this.

Being stressed out (toxic stress) is not of God.

Scripture reminds us to give our stress/anxieties to the Lord. Psalm 55:22- "Cast your burden on the Lord. And He shall sustain you; He shall never permit the righteous to be moved."

Making simple changes can help improve your overall health and reduce stress. It is important to have practical and spiritual solutions you can turn to in stressful times.

Please see my Facebook page for a post with a list of **Practical and Spiritual Solutions to Stress**.

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Limitless Me ~Brittany Scott~

I recently wrote a children's book called, "Limitless Me," a tale of overcoming fear. On the front cover it says, #NOTBOXMATERIAL. Well, what does that mean? That means we were not made to live inside of our comfort zones.

Sometimes we put limits on ourselves because of fear. A lot of times our fears stem from our past and things we have internalized. As a result, we do not step out into our purpose.

We allow the "what ifs" to consume us until we have talked ourselves out of His perfect plan. We can live out our God-given

dreams if we believe we can. Believing you have won, before you've even started, is half the battle.

It is not about what we see in the natural world, it's about believing in what we cannot see and not letting fear dictate our actions.

I remember, growing up, there were times I struggled with self-doubt and fear. My dad would have me repeat Philippians 4:13 three times a day. I'd say, "I can do all things through Christ who strengthens me". At first I didn't believe it, but after saying it over and over, it finally resonated with me, and I truly believed that with God's help, I could!

You see, once I believed I could, then I could. I learned some valuable lessons from saying that scripture over and over for all those years.

One, I needed to change my stinkin' thinkin'. Two, I had to "Say It" first. Slowly I began to "Think It". Once it resonated with me, I started to "Believe It". Finally, I had to "DO IT".

Even if I had to do it afraid, I knew that God was with me. There is nothing holding you back, BUT YOU! Step into your purpose and embrace your world of possibility. God will blow your mind!



Weekly Bible Studies

Young Adult Elevate Bible Study



**Every Thursday at
7pm on Zoom*!**

Children's Ministry Bible Study



**Every Monday at
7pm on Zoom!**

Teen's Ministry Living Proof Bible Study



**Every Sunday at
3pm on Google Meet!**

Dear Mother Eunice, I know gossiping is a sin, but is it still considered gossiping to talk about someone if they've already put their business out on social media anyway?

It is true that some of the power of gossip is undercut when the nature of a thing has already been revealed. Merriam-Webster defines gossip as a person who habitually reveals personal or sensational facts about others; and a rumor or report of an intimate nature. The idea behind gossip is that you are discussing private information that has not been made public. If the information is already public, it's not quite gossip as defined. And yet, I still do not believe that talking about other people is conduct in which a believer of Jesus Christ ought to take part in—whether the information has been shared with the class or not. The Bible really and truly sums up how we should respond. Ephesians 4:29 says "Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers." The book of Proverbs constantly cautions us to have discretion. "Discretion will preserve you; understanding will keep you." (Prov 2:11). People may be willing to embarrass themselves and others online, but that does not mean that you have been given the green light to join in on the conversation. As 1 Thessalonians 4:10-11 says, "aspire to lead a quiet life...mind your own business."

*Please contact the church for more information regarding all electronic meetings; answering service is 24/7.

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VICTORY IN CHRIST KINGDOM CHURCH

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Facebook: Victory in Christ Kingdom

Please visit us!

SERVICE TIMES

Sunday Service*

at: 8:00 am

at: 10:00 am

Midweek Service

Wednesday at 7pm

*The Nursery is temporarily closed during Sunday & Midweek Services. The church is open with limited seating for each service.

Want to Know More About Our Church?



Praise God we paid off our church last year and now we can do some much needed repairs to our church building! Don't forget to finish your Building Fund Pledge!

Weekly Intercessory Prayer Schedule:

1st and 3rd Tuesday
10:00 am

Prayer Conference Call

Every Saturday
7:00 am - 8:30 am
At Church While
Maintaining Social
Distancing Guidelines

Fast Day Every Tuesday
Fast until Noon

Sunday Bible School classes are temporarily suspended due to the Covid-19 Pandemic.

We hope to see you once classes resume!



**Coming in 2020:
Bookstore**

Victory in Christ Kingdom a place where you can walk in total success in all areas of your life!

VICTORY IN CHRIST
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