

THE DOOR POST

Volume 3 • Issue 1

JAMES DAVIS EML Newsletter

JANUARY 2020

James Davis Educational/Library Memorial Fund

The Fund President • Missionary Vicki C. Davis Napper

Recently an Anthropology college graduate, who had received certification in Thailand, went on to teach English, as a foreign language, in Indonesia and Korea. This achieving African American graduate, advanced to become an Archaeological Field Technician. At age **29** (3 days) before their **30th** birthday, committed **suicide**. This real story is today's reality of how serious **Depressive Anxiety** is. This event has prompted the Founder, James Davis, EML **January "DOOR POST"** Newsletter, to reexamine what the **Bible** says about "anxiety!"

"Anxiety:" the state of mind wherein one is concerned about something or someone. This anxiety may range from genuine concern (Phil. 2:20, 28; 2 Cor. 11:28), to **obsessions** that originate from a **distorted perspective** of life (Matt. 6:25-34; Mark 4:10; Luke 12:22-31). Anxiety **shatters** God's flood of **peace** and **joy**. Jesus did not prohibit genuine concern about things, but He did teach that we should keep things in their proper perspective. How? By making God's kingdom our first priority; everything else after, will fall in line (Matt. 6:33). Trust **GOD**, stay in **Jesus' presence!**

"WHERE GOD GUIDES, GOD WILL PROVIDE!"

THE DOOR POST SCRIPTURE:

"We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf." (Hebrews 6:19-20 NIV).

"THE MOTTO: "FAITH IT, 'TIL WE MAKE IT!"



THE DOOR POST James Davis EML Newsletter • Seventeenth Year

Jr. Mother Iris A. B. Barnett, BA, MS • Curator

Anxiety In 2020: Whether it's because of financial difficulty, a strained relationship, death, illnesses, or any overwhelming world load. Changes in unfavorable governmental laws, health care, presidential impeachment, etc., anxiety can creep its way into our lives in many forms. Even believers of Christ have anxiety. Psalm 55:22 doesn't say we'll never experience anxiety. Rather, it says **when we do** have burdens, **give them** to the **Lord**.

What the Bible Says: tell God what you're anxious about in prayer, in journal, and to trusted believers. Stop forgetting who God is, "I am that I am." We've forgot the marvelous wonder of being able to commune with the King of this universe — anytime, and anyplace. Let's never take this amazing privilege for granted! Call out Jesus' name. Instantly, the battle becomes His; our role is simply to **trust** Him as He fights for us. (See Eph. 6:12; Ph 2:9-10; 1 Peter 1:8-9). Our Lord will calm all of our fears.

Fill Us God: "with all joy and peace." When we are filled, there's no room for anxiety (Ro. 15:13). This is not simple! In worldly circumstances today, we have to change our mental habits, before we can receive joy and peace. The scriptures added: "as you trust in Him."



Trust Holds Back Anxiety. Trusting in God leads our mind and spirit to healing. **Praise Him.** Spend time in His presence. **Practice Calming Physical Responses.** Eyes close, take deep breaths, exercise, cleanse the body. Partner physical responses with spiritual truths that shifts our focus. Repeating scriptures are our weapons. They re-calibrate and calms our hearts. Be hopeful!

STEP AHEAD OF ANXIETY IN 2020!

JANUARY 2020

Elder Aaron Waffer • Librarian

Library Hours: Sundays 11-11:30 AM

NEW Article deadline: 3rd Sundays

The Door Post

JAMES DAVIS EML Newsletter (Continued)

Ponder This Image! The awesome mystery is of a love that encompasses us from before birth to beyond the grave (Jer. 31; Lam. 3:22-26).



Remember: PASTOR MARTIN LUTHER KING, JR
HAPPY BIRTHDAY!

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KINGDOM BUILDER TIPS: "ANXIETY"

Pastor Eugene Collins, III

- * **ANXIETY: Worry, Doubt, Strive, Fear?** We should worry today only if our Lord is not in control. We should doubt today only if the Lord is not faithful. We should strive today only if the Lord can't meet our needs. We should fear today only if He doesn't love us.
- * **Peace Be With Us!** Since Jesus is our constant Companion, His Peace is steadfastly with us. Keep focusing on Him, not anxiety; by this, we experience both His Presence and His Peace! Enjoy this journey here on earth in God's Presence and Peace (Is. 9:6; John 20:19-21; Ps. 25:4 NKJV).
- * **Live Without Anxiety:** When we get right down to it, the only thing that really defeats anxiety is to practice daily staying in Jesus' presence.

WARD OFF ANXIETY! "THE DOOR POST"

How to: **Ward off** the bruises of anxiety in our bumpy 2020 "new year!"

God's Presence: He wants to be with us is undeniable. Let His presence override everything we experience. Let His luminous light hover over us and everything around us. By doing so, God is training us to stay conscious of Him in every situation we encounter. Whenever we say, surely the Lord is in this place, and I'm not aware of it "(Gen. 28:11-16, Ps. 31:20) we pray a prayer that God is **delighted to answer.**

A Most efficient and enjoyable practice: it's a way to stay on track. This **Practice:** awakens in us a soul that is **thrilled** by the joy of God's Presence! We are created to **praise** God and enjoy Him forever. He provides the joy! Our part is to glorify Him in

praise and live close to Him. (Deut. 6:5; Col. 3:23; Ps. 16:8,11; 6:12 NKJV.) **Don't Forget Who God Is:** When we are anxious we've forgotten who God is, "I am that I am." Anxiety makes us forget the marvelous wonder of being able to commune with the **King** of this universe anytime, anyplace. Let's never take this amazing privilege for granted! **Massive Spiritual Warfare:** Don't be surprised by anxious fiery attacks in our thoughts. The evil one abhors our closeness to God, his demonic underlings are ordered to destroy our intimacy. If thick in anxiety's battle, call out: "**Jesus, help me!**" Instantly the battle becomes His; our role is simply to trust Him as He fights for us. **It's Impossible To Praise God:** and have anxiety at the same time we are praising Him!

THINK IMAGE: "God's Love Flows Out!" God's "everlasting love" flows out from the depths of eternity. He knows us before birth. We need the certainty of His loving presence in order to weather the ever-changing phenomena of anxiety, caused by living on the surface of life meaningless stuff.

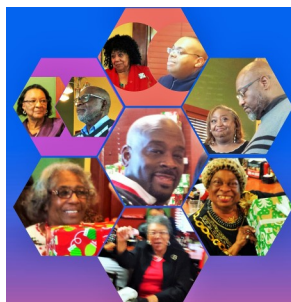
Modern Mankind has lost the perspective of eternity. To distract ourselves from the gaping jaws of death, we engage in ceaseless activity and amusement. The practice of being still in God's Presence is almost a lost art, yet it is this very stillness that enables us to experience His **eternal Love.** 2020 will be times of severe changes and testing, even the best theology can fail us if it isn't accompanied by experiential knowledge of God. The **ultimate protection** against sinking during life's anxieties, is to devote much more time to develop a relationship with Him.



Inside this issue:

- 1 THE FUND PRESIDENT
- 2 THE CURATOR
- 3 THE PASTOR
- 4 WARE OFF ANXIETY!
- 5 THINK IMAGE
- 6 JOY AND PEACE

JOY AND PEACE AT PAW: In 2020,



Christmas Fellowship

