

YAIY NEWS



*I KNOW THE PLANS I
HAVE FOR YOU,
DECLARES YAHWEH,
PLANS FOR WELFARE
AND NOT FOR EVIL,
TO GIVE YOU A
FUTURE AND A HOPE.*
Jeremiah 29:11 ESV

STRESS!!!

Appearing on a sign at curbside near you is the following message: Stress is 10% what happens to you and 90% how you respond or react to what happens to you.

- Stress is a terrible waste of imagination; but,
- Stress ends where faith begins;
- Stress is interest paid on trouble before it is due;
- Stress is the darkroom where faith is negated and doubts are developed;
- Stress makes small things cast big shadows;

What Stress Does

Stress distances you from Yahweh, denying Him His supernal deliverance from its torment. You'll be so troubled you can't pray; your spiritual life will dissipate into oblivion.



A day of stress is more exhausting than a week of work.

Many experience stress when the money ends before the month does, and that because they threw sound judgment and common sense to the wind, forgetting that in these perilous times, it's become necessary to balance income with the anticipated expense of living in a world that has, and is, spinning out of control.

And, of course, stress has a way of transcending what's personal into problems that pit husbands and wives and parents and children at variance with one another; affects productivity in the workplace; and, in school, too, where pupils bring stress from home into the classroom and pass it around to their peers and the teacher, in addition to the challenge of creating a learning environment, is now having to become an enforcer of law and order.

From a physiological perspective, cardio-cerebrovascular diseases, and a variety of pathogenic disorders (including cancers) are products of stress.

Stress underlies panic attacks and the whole range of mental health disorders which the medical profession typically treats with the prescription of tranquilizers and psychotropic pharmaceuticals, and paraprofessionals address with mind-over-matter "transcendental therapeutic" meditation techniques.

Stress is a major contributor to the 7 D's: disappointment, discouragement, depression, despondency, despair, denial, even suicidal death.

I AM FILLED
WITH
Hope
AND
Joy
Romans 15:13

IN THIS ISSUE

STRESS!!!	1
Leaving Sin Behind	3
Passover and D.U.B.	4
Prayer List	4

STRESS!!! ...,cont.

Comfort Mechanisms

And people commonly deal with stress by turning to what's always sweet in the beginning, but bitter in its end: making provision for their flesh to fulfilling its affections and lusts – yeah, turning to sin as a means by which to distract them from facing the reality of their stress ... sin, by any other name. Stress produces,

- Lethargy: They can't and don't want to get out of bed in the morning because they've stayed up all night watching TV or surfing the internet or have all the effects of alcohol withdrawal;
- Alcohol: Some think they can drown out their stress through the neck of a bottle;
- Eating disorders: A **dys**-ease that results in life-long repercussions;
- Gambling: On the river, at the casino; at the racetrack; on virtual gambling websites; or through scratchers purchased at the C-store, become an addiction that in turn, has exhausted your resources and made you to look to other illicit means to support this iniquity;
- Promiscuous behavior: Surfing internet pornography sites, or making a trip to your town's Red Light District, or cultivating a surreptitious, extramarital relationship at work;
- Recreational Drugs: Advantaging one's self of your state's legalization of marijuana on demand which, of course, is become a gateway to the harder stuff;
- Chemical substance abuse: Over-use of prescription analgesic and psychotropic drugs that swells your brain so that you can't function in the exercise of activities of daily living.

Stress is exacerbated through the loss of employment; financial woes attributable to debt; sickness for which there is no apparent cure, or for which treatment is costly.

Stress has the capacity of destroying marriages and relationships with your children, and facilitating the immutable Scriptural outcome of your sin becoming a visitor to your children and your children's children.

You'll find yourself by justifying the irrationality of your stress ... like the adulteress who ate, wiped her mouth, and declared, "I have done no wickedness" (Prov. 30:20).

Scriptural Perspective

Of stress, Solomon observed "Heaviness in the heart of a man maketh it to stoop ... by sorrow of the heart the spirit is broken ... all the days of the afflicted are evil" (Prov. 12:25, 15:13, 15);

- Stress, like fear and worry, is good for little more than to produce torment ... the outcome of unrestrained imagination gone awry;
- Stress is further accentuated by one leaning to his own understanding and failing to trust and acknowledge Yahweh in all His ways;
- Stress omits Yahweh Who is sure and steadfast and an Anchor to the soul from the calculus of life, and which is certain to make your way, rough and uncertain;
- Stress precludes Yahweh from directing your path and deprives you of His exceedingly great, and precious promise of supplying your need according to His riches in glory by Yahshua the Messiah;
- Stress, a first cousin to worry, is also related to unbelief ... unbelief that Yahweh can perform, through the administration of His Word, that good work He has begun in you in renewing you in the spirit of your mind and conforming you into the image of His Dear Son;
- Stress gives place to the cares and affairs of this life which ensnare men and pierce them through with many sorrows before drowning them in the 7 D's: disappointment, discouragement, depression, despondency, despair, denial, and death;
- Stress is the antithesis of that perfect peace to which you've been called ... that perfect peace that is the property of him whose mind is instead, stayed upon Yahweh;

**CAST ALL YOUR
ANXIETY
ON HIM,
BECAUSE HE
CARES FOR YOU.**

1 PETER 5:7, NRSV

STRESS!!! ...,cont.

- Stress takes thought for the life that now is and robs you of both the hope and the joy of the life that shall be: that better and enduring substance of the incorruptible, undefiled life that can be, in the Kingdom of Heaven;
- Stress denies Yahweh His supernal deliverance from the torment of worry;
- Stress gives license to the tongue – that unruly evil full of deadly poison, set on fire of gehenna and setting on fire all the course of nature – to speak unadvisedly such things that come short and fail the test of what’s good, acceptable and useful to edifying;
- Stress gives place to the devil – note well, evil is contained within its cognomen.

The Apostle Paul advised, *Neither give place to the devil*, Ephesians 4:27. For if you give the devil an inch, he’ll become a ruler. For in giving admittance to the devil, you tender an advantage to him subtly and cunningly occasion opportunity to distract and draw you away from committing an unknown future to One Who both knows the ending of every matter from its beginning, and Whose thoughts toward you are of peace to bring you to faith and patience by which you, and not stress, may possess your soul.

And so, let’s conclude this discourse with the advice of Scripture: “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto Yahweh Who shall supply all your need according to His riches in glory by Messiah Yahshua” (Phil. 4:6, 19).

“No man ... as a good soldier of Yahshua the Messiah ... entangles himself with the affairs of this life ... For the cares of this world, the deceitfulness of riches, and the lusts of other things entering in, choke the Word, and It becomes unfruitful” (2 Tim. 2:3-4; Mark 4:19).

“Take no thought for your life, what you shall eat, or what you shall drink; nor yet for your body, what you shall put on ... (For after all these things do the Gentiles seek:) for your heavenly Father knows that you have need of all these things. But seek first the kingdom of Yahweh, and His righteousness; and all these things shall be added to you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself ... neither be of doubtful mind” (Matt. 6:25, 32-34; Luke 12:29).

“Ask in faith, nothing wavering. For he that wavers is like a wave of the sea driven with the wind and tossed. Let not that man think he shall receive any thing of the Sovereign One, for a double minded man is unstable in all his ways” (James 1:6-8)

“Let not your heart be troubled ... All you that labor and are heavy laden, come to Him ... Cast all your care upon Him; for He cares for you ... And ye shall find rest for your souls” (John 14:1; Matt. 11:28; 1 Pet. 5:7; Matt. 11:29).

Do not be
anxious
about
anything.
Philippians 4:6

Elder John Reece

Leaving Sin Behind

Each Passover, we celebrate leaving the sin of Egypt and the salvation of Israel from bondage. It was a time of joy as the slaves were given their freedom and loaded down with gifts from their former masters. They were starting on their way to the Promised Land.

What a beautiful picture! Just as ancient Israel was spared in the first Passover’s slaying of the firstborn, we accept the blood of the Lamb as a sacrifice for our past sins. In answering the high calling we have in Yahshua the Messiah, we realize we are a type of the firstfruits, and because of the great promises given us, we strive the more to be in that first resurrection.

Blessed and holy is he that has part in the first resurrection: on such the second death has no power, but they shall be priests of Yahweh and of Messiah, and shall reign with him a thousand years, Revelation 20:6.

With our past sins forgiven, we are determined, with Yahweh’s help, to repent and turn our life around and follow the Savior’s example of right living. Israel left Egypt, a sophisticated, worldly, cosmopolitan society, to seek the Promised Land. We, also, are leaving our old, worldly ways and bad habits behind as we begin our trek toward the Kingdom. We are careful to make our calling and election sure.

Leaving Sin Behind ...,cont.

Israel had the pillar of cloud by day, and the pillar of fire by night to guide them. We have Yahweh's promise and His guidebook in the Old and the New Testaments to direct us and give us instruction for every facet of life. We are also given the promise by the Savior that He would never leave us nor forsake us. The Holy Spirit from Yahweh continues to guide and keep us on the narrow way.

Upon accepting our Savior's sacrifice, our walk will seem at times to be a lonely one. Many obstacles will be ahead of us, and we can expect to be tried. Yahweh does not want us to "play church." He is looking for those who, like Abraham, uncertain what was in store for him, obediently left Ur of the Chaldees (Gen. 12:1-3).

Abraham believed the promises of Yahweh even to the point of being willing to sacrifice his son, Isaac, whom he loved (Gen. 22). Just as the heavenly Father so loved the world that He sacrificed His only begotten Son, Abraham also was willing to sacrifice his son Isaac, if need be, thus proving his faith by willing obedience. Are we willing to prove our faith by being obedient in keeping His Passover?

And Abraham said unto his young men, "Abide you here with the ass; and I and the lad will go yonder and worship, and come again to you," Genesis 22:5.

Abraham showed that he believed in the resurrection by telling the young men that he and Isaac would return from Mount Moriah. Abraham passed a most stringent test and continued in faithful obedience. To this day Abraham is known as "the father of the faithful." We need the same faith and obedience Abraham had.

Elder Don Mansager (deceased)

Passover and DUB

Plan now for Passover and the Days of Unleavened Bread in the first week of April. Join with an Assembly in your region, don't go it alone, if at all possible. This is a commanded sojourning Feast (Exod. 23:14-15; Deut. 16:16). Come before Him this Passover memorial and D.U.B.

Prayer List

David & Barbara Creel, Robert Dorchester, Stella Rogers, Sean Rogers and Family, Loretta Reyes and Family, Michael Hutchinson, Chauncey Hargrove, David & Nancy Wilson Family/Friends, Jerry Castle, Mary Giles Family, Kenneth Faulkner, Quinnten Allen, Kat Durban, Isaiah Davis, Dulcena Tessner, Marylyn Patterson Family, David Andrews, Kenya Washington, Elder Lionel Gets Family, Joseph Miller, Adam Galvan Family, Neville & Maryke Stanton, Antionette Swart, Bertha Tidwell, Annette Heyward, Tammy Boucher, Magdalena M. Torres, Angela Bradley, Luann Campbell Family, Dwayne Mariam, Randell Serfess, Sonja Morgan, Dianne E. Wright Family, Victor Kiiru Family, Maria Nelson Family, Hilda Driedger, David Nathaniel Malm, Susana Malm, Mike and Sheila Kemper, Susan Freeman, Paul Ingram, Elder Cornelius Kigen, Ruth Bamba, Charlie Pelton, Eric Perkins Family, Marcy Mallinson, Monica Kleb, James Penn Family, Elder Jerry Healan Family, Sheila Sendeyo, NyHuff/Thompson family, Ronald Tidwell, Eugene and Rockie Family, Robert Creech, Emma Moss, Diane Crocker, Valerie Freeman, Lucas Bentley, Nyakim Gatkuoth, Dustin Mariam, Jacqueline Maribicuro, Ryan Irving, Melissa Taylor, Elder Thomas Musekenya, Zion Gotay (11-year old with heart problems), Henry Sunderman, Eileen Pelton, Annie Pelton, Elder Victor Kiira, Bertha Tidwell, Sheree Irving, Brown and Diane Morgan, David Townsend.

Also include in your prayers individuals seeking Yahweh from within prison facilities and for their families, plus overseas brethren and especially for the peace of Jerusalem (Psa. 122:6). The world's leaders could also use our prayers (Jer. 29:7; 1 Tim. 2:2).

And give Him no rest, till He establish, till He makes Jerusalem a praise in the earth, Isaiah 62:7.

YAIY NEWS

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