



God's Min: Faithfulness Shortage

How faithful trustworthy, reliable, loyal do you think the people you meet every day at work or at school or in the marketplace are? Now, where would you rank *your* personal faithfulness level? The thing is, faithfulness isn't really as common as we'd like it to be. If faithfulness means keeping our promises, following through on our responsibilities, being committed and reliable--someone others can count on --then we're all in trouble. You can probably even give specific instances when you (or someone else) failed to be faithful. The good news is, God is not just like we are. He never scores a one in faithfulness. He is faithful all the time, no matter what we do in return. And when you feel like everyone has left you in the dust, when no one cares or keeps their commitments to

you, God is still faithful. Just look at the experiences recorded in the psalms. Over and over the writers reflect the hardship of living with unfaithful people, but they come back to the sure knowledge that God never fails to be faithful. For example, faced with enemies, betrayers and faithless people, David goes to God in [Psalm 86:15](#) and says, "But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness" (ESV). God is the only one who can ever be perfectly faithful. And when that's what you need, do as David did and go to God: "Hear my prayer, O Lord; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness!" ([Psalm 143:1, ESV](#)).

God is not only your source of faithfulness, He's also your model. As His children, we have a responsibility to become faithful people too. Faithfulness should become fruit in our lives, evidence that the Holy Spirit is at work in us. ([Galatians 5:22](#)). That's the challenge

Get up and go!

1: Exercise controls weight

2: Exercise combats health conditions and diseases

3: Exercise improves mood.

4: Exercise boosts energy

5: Exercise promotes better sleep

6: Exercise can be fun

The bottom line on exercise
 Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day..

Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.

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Special points of interest:

- Trust in the Lord.
- God is our refuge and strength
- Cast your cares upon the Lord
- The Lord is your comfort

Do we appreciate our Pastor?

October is Clergy Appreciation Month, when churchgoers are encouraged to give thanks for their pastors, ministers, and leaders. It's easy to take your pastor for granted, not noticing (or bothering to find out) the amount of work that goes into their everyday ministry. Pastors don't "just" prepare sermons and lead worship services—they visit the sick, counsel the struggling, take the lead point on countless church ministries, and in many cases manage a staff and tend to the countless little details that keep your church running smoothly. Not to mention graciously listening to complaints about the length of their sermons, the choice of worship music, and the type of coffee served following the worship service.

Even when they don't realize it, people

place very high expectations on their leaders. And that's not entirely inappropriate—the Bible also sets the bar very high for people called to the ministry.

This month is a *great* time to express your gratitude to, and support for, the pastors and church leaders in your life. Maybe that means stopping by your pastor's office with coffee and a word of encouragement, or looking for ways to ease the pastoral workload by volunteering at your church, or stepping in to help your pastor's family through a financial or other struggle, or extending extra grace when your pastor says or does something you don't like.

Commit this month to encouraging

your pastor in some concrete manner, perhaps with one of those ideas or in some other appropriate way.

The elders who direct the affairs of the church well are worthy of the double honor. Especially those whose work is preaching and teaching. 1 Tim 5:17



Food For Your Soul

Just like we need food and drink to sustain us physically. We need Christ and His Word (the Bible) to keep us spiritually strong. The Bible is food for your soul. It nourishes, mends the broken heart and builds and produces growth.

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. (John 6:35 NIV)

Jesus is the 'bread of life'. We need to invite Him in our daily lives and develop a relationship with Him.

Christ is offering Himself freely to us, the gift of **SALVATION**, although it cost Him His life (He died on the cross and rose on the third day for our sins). He is more than enough.

He is the One that provides eternal life

and life to the fullest. The Holy Spirit is our oxygen. So accept and believe in Him, sincerely repent and confess your sins to Him, include God in every aspect in your life. **SPEND** time with Him daily.

Without Him we starve spiritually

Patience And Seek Understanding

For most of us, patience does not come naturally - but with God's help we can work at it. One of the keys to becoming more patient is seeking to understand - either yourself or somebody else better. For example, somebody drives into the back of your car. Now it may be that they were negligent, but it may also be that they have something going on in their life that is consuming them - what if that driver has just heard that his daughter has

six weeks to live? How would that change our perspective on him, and how we might treat him? The reality is that nobody is leading a perfect life, without some level of illness, stress or hardship. Try taking a moment to think about somebody who you are at odds with. Now imagine that they have just six weeks left to live. Did your attitude to them change? The reality is that we all live with some kind of weakness or sick-

ness, and these weaknesses effect our abilities to interact with others. One person's strengths will be very different to the next persons, and so we should never assume that just because something seems relatively easy for us, it is easy for them.

Psalms 86:15

Matthew 18:26

Roots & Fruits

You've heard the saying, "You can't see the forest for the trees." Or was it, "You can't see the trees for the forest"? Well, either way, the proverb fits when you study the Bible's teaching about God's love.

If you look at the "forest" of verses about love in the Bible, you will be amazed at their number--so many that the forest of statements about God's love for His people seems endless. But don't lose the forest for the trees or the trees for the forest. The apostle Paul prayed that you might know God's love intimately as your root and fruit.

Roots produce nourishment and stability. Paul prayed that you may be rooted

in the wide, long, high, deep love of Christ. The source of your love for God is His love for you.

Fruit is produced as your love for Christ overflows with love for other believers. Paul prayed that your love for God would produce fruit, bringing glory and praise to Him. The outworking of God's love for you and your love for God is your love for other believers.

For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's returns. I pray that your love for each other will overflow more and more, and that you will keep on growing in knowledge and understanding.

May you always be filled with the fruit of your salvation--the righteous character produced in your life by Jesus Christ--for this will bring much glory and praise to God.

(Philippians 1:9-11 NLT)

Show Your Joy

Despair and sadness has no home in our Christian faith. Yet so many Christians walk around down-trodden and frowning which gives our faith a bad reputation. It's difficult to be optimistic and cheerful in view of all that is going on in our world today with loss of jobs, a broken economy, sky-rocketing prices, foreclosed homes, etc.

Like the wind that blows in every direction so does trouble. It is ongoing and blows in and out of our lives. We might not be able to change how the wind blows, but we can adjust the sails. We can either adjust or be broken and miserable.

We need to adjust our circumstances. Much easier said than done,

right? Wrong! It is through the Holy Spirit that the adjustments are easier to make. Trusting God gives us hope and strengthens us. Psalm 28:7, "The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise Him." When we remember that God is with us, we have the hopefulness to make the changes to meet the challenging circumstances in our lives.

This joy is much more than an outward of pleasantries. It is the greatest quality of living which is from the fruit of the Spirit. Trust God when trouble does come. Meet each challenge as they come as

best you can. The best way to be prepared is by living fully today.

Joy is the perfect medicine when we are ailing. Joy enhances our health and adds days to our lives. Our attitudes affect our health. What a great way to improve your life, your health and just be a better YOU, by allowing Joy in your life.

"A merry heart doeth good like medicine." Proverbs 17:22



The Pastor's Wife

She serves in a position she had not sought for in her life ,She simply fell in love with a man called into ministry, You may know her; she's the pastor's wife. She accepted her role to live for Jesus and share the Gospel light.

She started on her journey, her expectations soaring high.

She gave her heart and soul to the task, For she's the pastor's wife.

But, she has been down and lonely, more times than we realize.

For she is a woman first of all, And then she's the pastor's wife

She has been humbled, and very grateful, many times throughout her life

For the grace God gave and the prayers that have been prayed

To encourage this pastor's wife.

She may be hurting and discouraged or in

need of hug that's tight.

She gets tired and down just like everyone else, So encourage the pastor's wife.

She's always there for all of you, so get to know her and treat her right.

Show her interest that's true for she's a person too- This one called the pastor's wife. So, let us find an occasion and show her appreciation

And honor the pastor's wife.

OUR SICK AND SHUT-IN

FATHER, HEAR OUR PRAYERS FOR THE SICK AND SHUT IN OF OUR CHURCH AND FOR THOSE IN NEED. SHOW YOUR MERCY AS YOU MAKE BROKEN BODIES WHOLE. MAY THESE SPECIAL PEOPLE FIND LASTING HEALTH AND DELIVERANCE SO THEY MAY JOIN US IN THANKING YOU FOR ALL YOUR GIFTS

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Anthony and Chrystal Lawhorn



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Nourish Your Spirit

Psalm 27 verse 6 says, *“And now my head shall be lifted up above my enemies all around me; therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord.”*

The word of God is real and full of life. We need to learn how to meditate on the word until it actually makes sense to the heart. Sometimes we pick and choose the fluffy verses that WE want to apply to our lives for our own self gratification when truly every part of the Bible keeps the Spirit strong.

It's important to remember not to speak death to your body. Ignore the lies of the devil. Negative actions will always influence a bad decision.

Proverbs 25 verse 28 says, *“Whoever has no rule over his own spirit is like a city broken down, without walls.”*

The bible tells us to pray without stopping because the devil is like a lion ready to kill us and swallow us

whole. Don't bow down to the devil's lies anymore. This is exactly what he wants you to do. Once you agree with the enemy, he will continue to keep you focused on the pain and problems in your life. His goal is to keep you distracted with negativity; bringing you down and keeping you there.

Prayer is Your Protection:

The Bible says in 1Thessalonians 5 verse 17 says, *“Pray continually (NIV), pray without ceasing (NKJV), never stop praying (NLT).”*

This is so important! If you're wondering if you need to pray 24 hours a day 7 days a week?" The answer is...Yes you do! Praying is a constant connection between you and God. The more you interact with Him, the closer your relationship grows. You will be blessed by God's empowerment that will only happen when you grow your trust in Him. The Lord Jesus wants to have a relationship with you. Trust on Him for

understanding and wisdom.

Philippians 4 verse 6-7, *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*

So there it is, we need to pray! You see, the Lord Jesus wants to encourage us to pray with a heart of thanksgiving and give Him our requests by leaving it at the throne.

A peace will then come along with understanding. It is all a process. Looking back to my childhood, I am glad I went through trying times. All those fears, disappointments, etc. that I experienced, can be used to help others. Whatever we go through in life will never go wasted. The Lord uses the things in our lives to bless others and every tear will never go wasted