

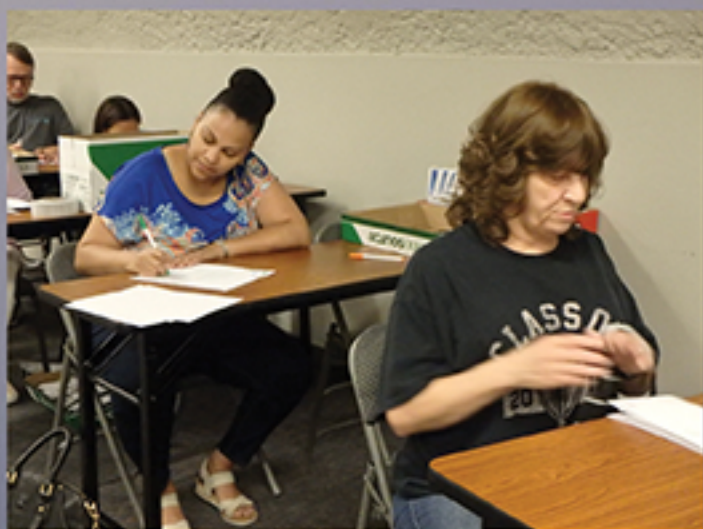
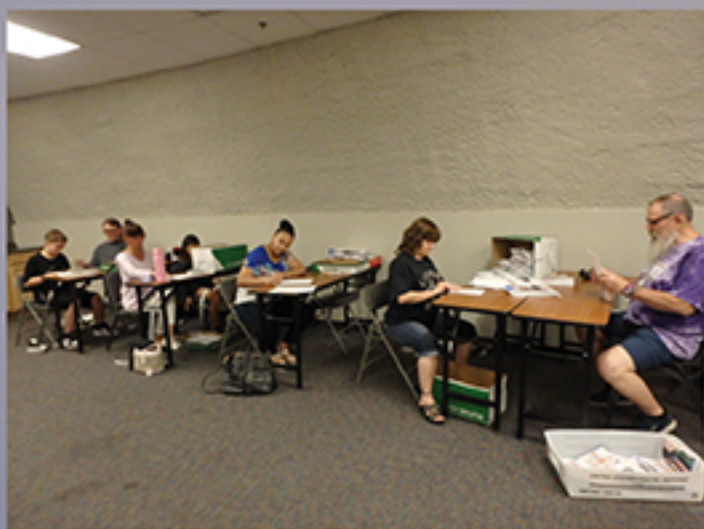
Overcomers for Christ

November 2023

But
thanks be to
God,
Who gives us
the victory
through
our
Lord
Jesus Christ

1 Corinthians 15:57

Glory Meeting of the Overcomers for Christ August 2023



Joash: The Sole Survivor

By Michelle Anderson

One of the most interesting people in the Old Testament was King Joash, also referred to as King Jehoash. His story illustrates how nothing can get in the way of the fulfillment of God's plan that there would be a Savior. One of the most fascinating things about the Bible is that it relates events and people's behavior in a time thousands of years ago, and today there are the same type of events and people's behavior. There are stories of murder, overthrows, idolatry, regimes that are God focused and God fearing. This article will provide background on King Joash's story which will include his lineage and the meanings of some names. The history of King Joash's lineage is shared in **2 Chronicles** and **2 Kings**. I will also explore the importance of King Joash's story and how God has preordained plans for His people, and nothing and no one can get in the way of fulfilling those plans. Through this research, I will also show that without King Joash the Davidic lineage would have died and therefore there would not have been a Savior through the Davidic lineage which was prophesized. The account of Joash is a piece in an even bigger story of God's faithfulness to His promises. Joash survived a massacre staving off a wicked plot that would have brought the Davidic throne to the edge of extinction.

Background of King Joash

Joash's lineage must be explained before the importance of his reign can be fully understood. The Savior would not have been born if Joash had not survived. For hundreds of years, the kings of Judah, would reign differently, some would follow God's ways and others would follow Baal's ways. Joash came from a long line of unrighteous rulers; his family was wicked. This quote from *Why Everyone Should Know Joash, the Boy-King Who Survived a Massacre* sums it perfectly, "Intermarriage between Israelite and Judean royalty added a twisted mess of seriously bad branches to Joash's family tree." Joash's father was Ahaziah, his grandmother was Athaliah, and his great-grandfather and great-grandmother were King Ahab and Jezebel. The historical background will begin with Joash's great-grandfather, King Ahab, and his great-grandmother, Jezebel.

King Ahab ruled over the northern tribes between 874 B.C. and 853 B.C. His name means "father's brother", this meaning seems to allude to twisted, inter-family marriages. He was considered the most evil ruler in Israel, he built a temple and altar to Baal and bowed down to him, and he was the first Israelite king to marry the pagan princess, Jezebel (**1 Kings 16:29-31**). He was not with God and God was angry with him. In **1 Kings 16:33**, it states, "**He did more to provoke the anger of the Lord, the God of Israel, than any of the other kings of Israel before him.**" King Ahab was killed in battle against the armies of Ramoth-gilead (**1 Kings 22:29**).

Then King Ahaziah, who was Joash's father, ruled a brief time from 853 B.C. to 852 B.C. Ahaziah means "Jehovah has grasped", this name is fitting for a man who was to be evil and unrighteous, he was not in God's protection or favor, instead he received God's wrath. King Ahaziah was also wicked, he joined forces with Jehoshaphat and tried to regain Moab but failed, Ahaziah sought guidance from Baalzebub, the god of Ekron. In modern times, Baalzebub is another name for the devil. King Ahaziah was killed by Jehu, Jehu had rode to face King Ahaziah and King Joram and when they met, they asked Jehu if he was coming in peace. Jehu was upset by their wickedness, in **2 Kings 9:22**, Jehu said to them, "**How can there be peace as long as the idolatry and witchcraft of your mother, Jezebel, are all around us?**" Jehu and his officers killed King Ahaziah and King Joram, this ended King Ahaziah's short, evil reign over Judah. When King Ahaziah died there was no one in the immediate royal family left to take the throne. The Queen Mother Athaliah decided to get rid of the entire royal line and take the crown herself.

After King Ahaziah was killed, then Athaliah reigned. Athaliah was married to King Joram who also "**Did evil in the sight of the Lord**" (**2 Chronicles 21:6**). When he died, Scripture says it was "To no one's sorrow," (**2 Chronicles 21:20**). Athaliah, Joash's grandmother and Ahaziah's mother, was the only woman who reigned in the list of kings of Judah, so she actually was a queen of Judah. Norman Geisler, who wrote *A Popular Survey of the Old Testament*, calls her the "The 'Bloody Mary' of the Old Testament." She reigned for six years from 841 B.C. to 835 B.C., she was a ruler of terror and Geisler wrote, "She almost succeeded in eliminating the bloodline of the Messiah." Queen Athaliah ordered all the heirs to the Davidic throne to be killed. In **2 Kings 11:1-3**, it explains how Joash was spared from death. Jehosheba, the sister of Ahaziah, hid baby Joash and his nurse from the evil queen, and she hid him in the Temple for six years while Queen Athaliah reigned. Joash remained the only living descendant of David.

Joash became king at seven years old, he reigned for forty years from 835 B.C. to 796 B.C. Joash means "Jehovah has given", his name fits his destiny. God was with Joash and God had a plan for Joash's life, Joash had a calling on his life, God gave Joash life. Jehoiada, who was the husband of Joash's aunt, Jehosheba, who was the one who hid him, came up with the plan to overthrow Queen Athaliah. Jehoiada brought Joash to the Temple and he placed the crown on his head, anointed him and proclaimed him king, then everyone clapped and shouted, "Long live the king" (**2 Kings 11:12**). Then Jehoiada ordered his commanders to kill Queen Athaliah. In the beginning, while Jehoiada was alive and mentoring King Joash, he was righteous, and he followed the commands of the God. After Jehoiada died, King Joash started to backslide to idol worshipping like his ancestors. In spite of how he turned from God later in life, his life did provide the

Kingdom with great value, he was responsible for repairing the Temple of God and restoring the worship of the Lord in Jerusalem and because he survived the evil plot of his grandmother, the Davidic lineage continued. Neither of these could have been accomplished without God's protection and favor over him. This will be explained in more detail in the next section.

The Importance of King Joash

Firstly, during the reign of Joash's grandmother, Queen Athaliah, the Temple was desecrated and plundered for Baal worship. Once Joash became king, he worked to restore the Temple and reinstated the offerings to God. Joash is responsible for repairing the Temple of God and restoring the worship of the Lord in Jerusalem. In order to pay for this restoration, he reinstated tithing. Repairing the Temple was Joash's greatest achievement.

Secondly, Joash was the sole survivor of the Davidic lineage and through his bloodline, the Messiah would be born. The main point of King Joash's story is that God is always in charge and His plans cannot be thwarted. The prophet Isaiah foretold that the Messiah would be a descendant of King David (*Isaiah 9:7*), therefore, Queen Athaliah's plan to kill all the Davidic heirs to throne could not happen. The Bible also states that God made a covenant with David, ***"Your house and your kingdom will continue before me for all time, and your throne will be secure forever"*** (*2 Samuel 7:16*). Since Joash survived, Jesus was indeed born in David's line, Jesus was born 23 generations after Joash's reign. God is faithful to do what He promises. God had made a covenant with David. His plan was for Jesus to be heir to David's throne. Nothing could thwart that. God does what He says He will because He is Who He claims to be.

The story of King Joash is just one example of how God fulfills His promises, and how He uses people to fulfill His promises. In *2 Kings 11:1-3*, it explains how Joash was spared from death by Jehosheba, his aunt. God used Jehosheba to keep Joash safe. This is similar to how God used Pharaoh's daughter to save Moses. In *Exodus 1:15-22*, Pharaoh ordered all the Hebrew boys to be thrown into the Nile River. When Moses was three months old, his mother placed him in a basket and sent him afloat down the Nile River (*Exodus 2:2-3*). Then Pharaoh's daughter went down to the river and saw the floating basket and pulled the baby boy from the river and had a Hebrew nurse him, then Pharaoh's daughter adopted him, and named him Moses (*Exodus 2:5-10*). God had a plan for Moses' life; therefore, he could not be killed. Another example of God's faithfulness is God's promise to Abraham that he would be a father of all nations. Abraham and Sarah had Isaac late in life and Isaac was the promised child. Yet in *Genesis 22:2*, God instructs Abraham to ***"Take your son, your only son, yes, Isaac, whom you love so much, and go to the land of Moriah. Go and sacrifice him as a burnt offering on one of the mountains, which I will show you."*** How can Abraham be the father of all nations if he sacrifices his son? Abraham does not know, but he is obedient to God's instruction. Just as Abraham is about to sacrifice Isaac, God speaks and stops Abraham (*Genesis 22:10-12*). Due to Abraham's obedience, God then provides a ram for the sacrifice (*Genesis 22:13*). Then in *Genesis 22:16-18*, God says,

"Because you have obeyed me and have not withheld even your son, your only son, I swear by my own name that I will certainly bless you. I will multiply your descendants beyond number, like the stars in the sky and the sand on the seashore. Your descendants will conquer the cities of their enemies. And through your descendants all the nations of the earth will be blessed, all because you have obeyed me."

These are just three examples of God being faithful to his promises, and how God saved three young men who were critical to the fulfillment of His plans. The Bible is full of His promises.

Conclusion

The following key points have been fleshed out: 1) an explanation of Joash's lineage and his ancestor's reign of terror; 2) Joash's subsequent reign of righteousness and restoring the Temple of God, then his disobedience to God; and 3) Joash surviving was fulfilling the prophecy that the Messiah would be from Davidic lineage. The bottom line is that God is faithful, and He made a covenant with David that the Messiah would be from his bloodline, so there was no one who could alter that plan. God places faithful people right where they need to be to fulfill His plans, just like He placed Jehosheba in Joash's life, so that she could hide Joash and he could not be killed. Today, this should encourage people, because God is the same yesterday, today and tomorrow, since He was faithful to David, Moses, and Abraham, He will be faithful to us. Listen for God's guidance and the promises that God has for your life and know that He will align people and circumstances to fulfill those promises. The fulfillment of God's promises may seem impossible from our perspective, but nothing is impossible for God.

Christian Comedy

I went to buy some camouflage trousers the other day, but I couldn't find them.

THIS IS THE CONFIDENCE WE HAVE IN APPROACHING GOD: THAT IF WE ASK ANYTHING ACCORDING TO HIS WILL, HE HEARS US. AND IF WE KNOW THAT HE HEARS US - WHATEVER WE ASK - WE KNOW THAT WE HAVE WHAT WE ASKED OF HIM. 1 JOHN 5:14-15 (NIV)

PRAYER REQUESTS

I need you and the **OC** prayer warriors to lift me up in prayer. I've had a bad sinus infection for a week now and God knows I don't need any more pain in my life! Due to my ignorance then, they broke a shotgun butt over my face back in 1973 and I've had problems with my sinus ever since. Only getting a few hours of sleep has me all messed up so please pray for me. - **W.R.**

Please pray with me, in agreement with God's Word, that I would stay 'right' with God. Also pray for these prisons as they are more and more like Sodom and Gomorrah. - **R.S.**

I have a prayer request for my girlfriend's son, Arlo, he has been on a heart transplant list for two years now. He was born with half a heart on the right side of his chest and it's upside down. She was just notified that there is a possible donor. It's not confirmed but I would like prayer for Arlo, and for my girl Bronte. Please join me in prayer that she will lean on Him and not her own understanding, and trust in His love and power and faithfulness. Thank you ALL! A fellow servant of Christ Jesus. - **J.T.**

I pray that all is well with you and the **OC** family there with you! As for me, I am blessed to see yet another day! I received your mail, and yes God is good all of the time! Thank you all for keeping me and my freedom in your prayers. Even though I have changed in many ways, I still have a lot of growing to do. I continue to leave everything in God's hands, because I KNOW He's got me! Please continue to keep my name and my family on the prayer list, as I will have all of you in mine. - **T.F.**

Please pray for my mom and her health, she's not young and a diabetic, I don't know where she is, but I still want to see her someday and my sister too. I love them all, so please pray for them. Thanks, and have an awesome day!!!! Your brother in Christ. - **M.G.**

PRAISE REPORTS

Editor's note: *This praise report got tucked under some paperwork. My apologies, but it's still relevant and as powerful today as it was then, Brother Wade.* I'm so excited! After six years of perseverance and prayer we began a Prison Contemplative Fellowship group on this unit. The first in any Arizona prison! The focus of this group is learning 'centering prayer', reflecting on Scripture, and LISTENING to God through 20 minutes of silent meditation. As we all know, prisons are never silent, but we meet in the visitation room on Monday nights, with two wonderful volunteers to lead us. One of the participants noted that it's the first silence he's had in over 20 years! - **G.H.**

Good to hear from you and I am happy that you and the email things are going well. I am blessed! I just finished my final exam for my associate degree in ministry and now on to my bachelor's!! It's exciting for me to accomplish this. Any time someone asks me why and what I'm doing it for, I tell them to grow closer to our good Lord, to understand who I am in Christ! Yes, it does give me possibilities, but I will only step into a position that He has blessed me in. I'll even do it if it was to mow yards for those that can't!!!! I'm just saying we all have talents and gifts from our Lord and my purpose for doing this wasn't to become a pastor or teacher, unless that is the area He calls me to. I know you know what I'm saying. I love Jesus and that's that!! I'm on the maintenance crew and I do pretty much everything!! It's good and keeps me working with my hands five days a week. I go to A.A., N.A., Celebrate Recovery, Spirit Recovery, and I'm at church twice a week. I do a Bible study with our brothers on Saturdays. I stay busy, but focused because like **1 Corinthians 13** says, **"When I was a child I spoke, acted, reacted, walked, talked, and thought as a child. But when I became a man, I put the childish things behind me!"** I added a bit to that haaaa!!! To me, it really is about taking this precious divine time here to grow!! God bless ALL of the **Overcomers for Christ Family!** - **M.M.**

Oh, how wonderful it was to hear from you. I have so many things I want to tell you and Michelle, but I feel like there is so much to speak about it will have to take a few emails to get the entire just of it out. First and foremost, Praise the Lord our God for His faithfulness His love, and His every lasting mercy! Thank Him for His Son who is the ONLY reason I can and will rejoice in a dark place such as this! I thank Him every morning for how He has shown me, if I will just lay down my rights to my own life, and allow Him to abide within, work through, and glorify Himself within me, I shall never thirst for anything else. But I tell you that did not happen overnight. I am in my last year in this place and now I feel I may not have enough time to do all the things I feel God is asking me to do to show these hurting and unsaved people in here about His love truth and grace for them all. Weird huh? David has been a strong pillar for me spiritually, emotionally, mentally, and physically. I am truly blessed beyond measure with that man, as he has stayed even when he had every reason to leave.

David

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Overcomers for Christ

From the Inside

Reflecting with Thanksgiving

By G.H.

During Covid, we were on a modified lockdown – one hour of rec each day and only with your building. Consequently, our 'outside' time and number of people with whom we can associate has been reduced by nearly 80%. With COVID restrictions, disciplinary sanctions, and a new department director who has mandated new security restrictions and taken away many of our privileges, and my arrival on a new yard early last year, in many ways it was one of the most difficult and challenging years of my time here. YET GOD IS GOOD.

Reflecting on a journal entry from many years ago, I wrote, "In the midst of every adversity is an opportunity however, sometimes opportunity knocks by kicking in the door, creating chaos before laughing and running out the door and peering in through the window to see my response. My response is my choice, and in every adversity lies opportunities for mercy, for grace, and for an abundance of joy and thanksgiving if you know where to look and are willing to listen."

As I look around and carefully listen, I recognize there is much for which to be thankful. Here's my partial list:

- 1.) A Father that loves me beyond my understanding or comprehension especially when I fall.
- 2.) A growing and deepening intimacy with Jesus whom I desire to follow – even though I'm better at wandering than following.
- 3.) The constant presence of the Holy Spirit who's with me and in me. As I'm learning to listen, I find peace and rest in the midst of the prison walls and chaos.
- 4.) Friends – family – dear friends such as all of you are better friends than I've ever known. A few have endured with me for many years, a few have reentered my life, and a few are relatively new. Nevertheless, if it's true that one's wealth is measured by the quality of friendships, I'm very wealthy. Thanks to you all.
- 5.) Many people struggle to read or comprehend what they read. Many also struggle to write well. For many of us, years of unhealthy and criminal thinking have poisoned and polluted our minds and impaired our ability to reason. I'm ever thankful that by and through God's amazing grace, and the blessings of a quality education before prison, I've been able to read and comprehend, write clearly (usually). And my mind and thoughts are being renewed by the presence of God's Spirit.

I could well go on, however, I wanted to share these few things with you all as part of my Thanksgiving offering. Be blessed and stay safe.

The Bible Transforms Your Mind

By S.M.

I am not conforming to the testing time of the world today, I am too busy being transformed with a renewed mind, as mentioned in **Romans 12:2 NKJV** – **"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."**

I was just admiring how everything in the Bible is true and can be proven, unlike the whole Darwinian explanation.

I was really inspired by **Psalm 91:7 NKJV** – **"A thousand may fall at your side and ten thousand at your right hand, but it shall not come near you."** Also, **Psalm 91:10** – **"No evil shall befall you, nor shall any plague come near your dwelling for he shall give His Angels charge over you."** Amen and mercy – Cool, right?

And then goes on to say in **Psalm 91:15 NKJV** – **"He shall call upon me and I will answer him. I will be with him in trouble."** Awesome, right?

And then goes on to say **Psalm 91:15 NKJV** – **"He shall call upon me and I will answer him in the day of trouble."** Awesome, right?

That's why I'm not worried about world events. Whose team I am on or where I am going!! God bless you!!!

Overcomers for Christ

From the Inside

An Awesome Sun (Son) Rise

By B.A.

Just a thought I would drop you all a few and let you know you are on my mind.

Another month gone, Praise God!!

I had a revelation this morning, I was sitting on the yard drinking coffee watching the sun rise. I've got to tell you; it was a pretty awesome sunrise. Lots of clouds as the sun rose over the mountains. To the east the clouds all started to explode with color and light and changing texture from thick dark clouds into fluffy color filled with light fixtures in the sky.

I could look right to the place the sun was coming up but could not look right at the sun. Well, it got me to thinking, when the sky is clear and the sun rises, it is awesome, but it is not as easy to appreciate as a cloudy, color filled sunrise. Holy Spirit spoke to me and showed me that, that sunrise is like my salvation – the clouds are my sins, my failures, and my imperfections. The sun is Christ, and the light is God. As I pray for forgiveness and repent of my sins, the sun burns the clouds away in an amazing show of beauty and power as these clouds (or sins) turn into a testimony of change.

No matter what, the sun will rise, and the light will shine. No matter the sin or failure, the sun (Son) will overpower the dark. Prayer and repentance renew us like a sunrise is new every day, it brings to life for me the parable in Luke 7:41-47 having been forgiven for so much, the power of Christ to be able to give me salvation is such a beautiful thing.

Luke 7:41-47 - *"Then Jesus told him this story, 'A man loaned money to two people, 500 pieces of silver to one and 50 pieces to the other. But neither of them could repay him, so he kindly forgave them both, canceling their debts. Who do you suppose loved him more after that?' Simon answered, 'I suppose the one for whom he canceled the larger debt.' 'That's right,' Jesus said. Then He turned to the woman and said to Simon, 'Look at this woman kneeling here. When I entered your home, you didn't offer Me water to wash the dust from My feet, but she has washed them with her tears and wiped them with her hair. You didn't greet Me with a kiss, but from the time I first came in, she has not stopped kissing My feet. You neglected the courtesy of olive oil to anoint My head, but she has anointed My feet with rare perfume. I tell you, her sins, and they are many, have been forgiven, so she has shown Me much love. But a person who is forgiven little shows only little love.'"*

My Commanding Officer – I Am a Soldier!!!

By M.M.

My brother!! I hope that this day is blessed and victorious!! I love you Brother Duck!! I'm sending you this powerful declaration for you to put in the newsletter, to energize you and ALL of our Overcomers for Christ family that our Lord is good!!! I encourage everyone, if you all would simply declare this over your lives and believe it in your hearts all that it has for us, I'm convinced that it WILL lift all of you as it does me!

The Lord Jesus is my Commanding Officer. The Holy Bible is my code of conduct. Faith, prayer, and the Word are my weapons of warfare! I have been taught by Holy Spirit, trained by experience, trained by adversity, and tested by fire! I am a volunteer in this Army, and I am enlisted for eternity. I will either retire in this army at the rapture or die in this army, but I will not get out, sell out, be talked out of, or pushed out. I am faithful, reliable, capable, and dependable!! As God needs me, I am there!! I am a soldier! I am not a baby! I do not need to be pampered, petted, primed up, pumped up, or pepped up!! I am a soldier!! No one has to call me, remind me, write me, visit me, entice me, or lure me. I am a soldier!! I am not a wimp! I am in place, saluting my King, obeying His orders, praising His name, and building His Kingdom!! No one has to send me flowers, gifts, food, cards, care for or cater to me. I am committed! I cannot have my feelings hurt bad enough to turn me around! I cannot be discouraged enough to turn me aside! I cannot lose enough to cause me to quit!

When Jesus called me into the Army, I had nothing!! If I end up with nothing I still break even!! I've already won, my God shall supply all my needs!! I am more than a conqueror! I will always triumph! I can do all things through Christ!! No amount of devils can defeat me! People cannot disillusion me! Sickness cannot stop me! Battle cannot beat me! Money cannot buy me!! Governments cannot silence me!! AND hell cannot handle me!! I am a soldier!! Even death cannot destroy me!!

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Foot's Bible Study

Ezekiel 40:1-41:26

Whether the temple is literal or symbolic, it seems clear that this is a vision of God's final perfect Kingdom. This gave hope to the people of Ezekiel's time who had just seen their nation and its Temple destroyed with no hope of rebuilding it in the near future. The details given in this vision gave the people even more hope that what Ezekiel saw had come from God and would surely happen in the near future. **(40:1)**

God's holiness is a central theme throughout both the Old and New Testaments. The Most Holy Place was the innermost room in the temple (Exodus 26:33-34). This is where the Ark of the Covenant was kept and where God's glory was said to dwell. This room was entered only once a year by the high priest, who performed a ceremony to atone for the nation's sins. **(41:4)**

James 3:1-5:20

What you say and what you don't say are both important. To use proper speech, you must not only say the right words at the right time but also not say what you shouldn't. Examples of an untamed tongue include gossiping, putting others down, bragging, manipulating, false teaching, exaggerating, complaining flattery, and lying. Before you speak, ask, "Is what I want to say true? Is it necessary? Is it kind?" **(3:2-3)**

Bowing before the Lord means recognizing that our worth comes from God alone. To be humble involves leaning on His power and His guidance, and not going our own independent way. Although we do not deserve God's favor, He wants to lift us up and give us worth and dignity, despite our human shortcomings. **(4:10)**

The Christian's most powerful resource is communion with God through prayer. The results are often greater than we thought possible. Some people see prayer as a last resort to be tried when all else fails. This approach is backward. Prayer should come first because God's power is infinitely greater than ours. It only makes sense to rely on it - especially because God encourages us to do so. **(5:16-18)**

Psalms 118:1-29

There are days when the last thing we want to do is rejoice. Our mood is down, our situation is out of hand, and our sorrow or guilt is overwhelming. We can relate to the writers of the Psalms who often feel this way. But no matter how low the psalmist felt, they were always honest with God. And as they talked to God, their prayers ended in praise. When you don't feel like rejoicing, tell God how you really feel. You will find that God will give you a reason to rejoice. God has given you this day to live and serve Him - be glad! **(118:24)**

Proverbs 28:1-11

Rich people often think they are wonderful depending on no one, they take credit for all they do. But that's a hollow self-esteem. Through dependence on God in their struggles, the poor may develop a richness of spirit that no amount of wealth can provide. The rich man can lose all his material wealth, while no one can take away the poor man's character. Don't be jealous of the rich man's money, that may be all they will ever have. **(28:11)**

“Foot” Notes

Well family, I would like to share with you that we all have a purpose of the Lord's design and when we truly pay attention, He WILL reveal it to you. Then, the Spirit of God WILL reveal it again when it slips your mind. We ALL have a purpose, no matter where we are physically or spiritually. Many of you know I'm doing all day in here. Well, that is until God wants me somewhere else. My purpose here has shown itself to be doing what I can to mentor and give knowledge to these men who have release dates, while being serious about not wanting to come back. I do my best to convince them that the old lifestyle is a dead-end road that basically, if one decides to continue that lifestyle, they will end up either doing life, or be done with life.

This has become second nature to me and that's all God's doing. God has given me the drive to continue my efforts and yes, I've had failures, but the success stories outweigh the failures. The one tool I have is that at this point I have seven guys who are free, sober, and successful that email me on a regular basis. This alone gives me ammo to show others who want the same. To all of you that are reading this, I know that God will reveal your purpose as well! Just keep in the Word while you continue to trust in God.

Love to you all short and tall ... Vaya con Dios ... Don't ride faster than your angels can fly!!!

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Stress Management Starts in the Mind

By Rick Warren

“Think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.” - Philippians 4:8 (NCV)

The battle with stress in your life begins between your ears. It's in your thought life. What you fill your mind with determines your level of stress. If you want peace of mind, you have to control what you allow into your mind.

For most people, the mind is like a freeway. They let anything drive through it. They watch shows that are full of junk and nonsense, scroll through social media sites that are polarizing, and listen to gossip that makes them envious. Then they're surprised when their mind's freeway becomes polluted with all of these things. And they wonder why their stress is so high.

The Bible offers another way. ***Philippians 4:8*** says, ***“Think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected”*** (NCV).

To lower your stress, change what you think about. In this verse, the Bible gives you eight tests for deciding if you should allow something in your mind. Ask yourself:

1. Is it good?
2. Is it worthy of praise?
3. Is it true?
4. Is it honorable?
5. Is it right?
6. Is it pure?
7. Is it beautiful?
8. Is it respected?

Think about the course of your week—the conversations you have, the books you read, the songs you listen to, the websites you scroll, the TV and movies you watch, and the things you do with your free time. How do all of these things hold up to that eight-question test? Are the things you're putting into your mind all week good, worthy of praise, true, honorable, right, pure, beautiful, and respected?

If not, it's time to start filling your mind with different things.

Each one of those eight attributes actually describes God. So, when you think about things that are good, worthy of praise, true, honorable, right, pure, beautiful, and respected, you're really picturing God.

Isaiah 26:3 says, ***“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”*** (NLT).

Corrie ten Boom—a Dutch Christian during World War II—knew the truth of that verse. She and her family hid Jews from the Nazis and were eventually sent to death camps, where her sister and father died. But through that horrible time, she discovered the secret of living with a mind at peace. She said it like this, “If you look at the world, you'll be distressed. If you look within, you'll be depressed. But if you look at Christ, you'll be at rest.”

Whatever is going on around you, and the things you choose to think about, determine how much stress you feel. If you fix your thoughts on God, he will keep you in perfect peace.

Talk It Over

- How are you doing in the battle against stress in your life? When do you find it easy to direct your thoughts toward God? When is it difficult?
- Think about your favorite entertainment choices. Do they pass or fail the eight-question test?
- How can you direct your thoughts toward God more often throughout the day?

Quote Worthy

“It is a proud privilege to be a soldier, a good soldier with discipline, self-respect, pride in his unit and his country, a high sense of duty and obligation to comrades and to his superiors, and a self-confidence born of demonstrated ability.”

- George S. Patton Jr. (1885 – 1945) a general in the United States Army who commanded the Seventh United States Army in the Mediterranean Theater of World War II, and the Third United States Army in France and Germany after the Allied invasion of Normandy in June 1944.

What Others Are Saying...

"Hello to all the wonderful and precious people there at the **Overcomers for Christ** ministry. I'm your new brother in Christ! I've been receiving your newsletters for almost three years now. I've never given you a change of address when I was transferred to another unit, nor have I ever written to you all to express my appreciation. Nevertheless, you loving people continue to minister to me, and I still receive your beautiful newsletter every month. You all are like Jesus Christ, no matter how much we neglect Him, He continues to seek us out. Your actions remind me of **Psalm 139:7-8**, **"Where can I go from your Spirit? Where can I flee from Your presence? If I go up to the heavens, You are there; if I make my bed in the depths, You are there."** You all are precious instruments to God for me.
Please continue doing what you're doing." – **D.L.**

"Dear **Overcomers for Christ**, I have just recently read an article about your church and loved it. I am currently incarcerated in a federal prison and have felt a tug on my heart to help spread the Gospel. Currently, there are only a few of us who do Scripture readings together and that time is much needed. At times we feel confused on how to study the Word properly and help others come to Christ. It would be much appreciated if you could help guide our steps in doing our part of spreading God's love inside these walls and fences. May God bless you all and this ministry now and forever." – **R.B.**

"Thanks again for all the many newsletters and cards I've received over the years." – **H.A.M.**

"Thank you for the card that I received yesterday, it was encouraging and a pleasure to receive. Thank you for everything you all do. Your newsletter is always right on time. I read them cover to cover then share them with others." – **M.H.**

"I want to thank you for adding me to your monthly mailing list to obtain the **Overcomers for Christ** newsletter. I've gladly received my first issue, and it was a blessing in so many ways. It's great to know that every time I write, someone will always write me back. Duly noted, that I can feel free to contribute to the **Overcomers for Christ** newsletter as well. I truly appreciate your warm welcome to the **OC&C** family. I'm grateful that the Lord's Spirit has led all of you there to go and engage in handwritten letters to encourage and disciple others." – **J.H.**

"I want to encourage all of you men and women behind the walls reading this to remain faithful and give freely just as it has been given to us. I happily tithe 10% of everything that comes into me. Some months it's only \$8, others it's more. Trust in God and He WILL return 10-fold to you. The **OC&C** ministry doesn't run on dreams. Thank you to ALL of you there at the **Overcomers for Christ**." – **J.M.**

"I'm writing to be put back on the newsletter mailing list. I went to court and obviously D.O.C. didn't hold my mail for me like I thought they would. I guess it was just easier for them to put 'return to sender' on it. While I have your attention, I want to thank you all for always being there for us. It really means a lot to me to get your newsletters. One of the greatest highlights is the birthday cards. Most of the time it's the only one I get. You really have no idea how much it means to me to be remembered." – **R.F.**

"Dear **Overcomers for Christ** family! As I was reading your newsletter I felt touched by Holy Spirit! I'm just writing to tell you all, I love you guys and gals for simply loving me. Not just me though, but all of my fellow brothers and sisters who are incarcerated fighting this good fight of faith. When I look at the pictures on the inside page, I see caring and loving children of God reading mail and writing letters in accordance with His purpose. You all are truly awesome." – **A.A.**

"I have received my Father's Day newsletter, and it makes me really happy to receive them. Every time I receive a newsletter, I can feel the love and compassion that you all have for me. I am thankful and grateful for being considered a part of the **OC&C** family. My life is God's, and it is for ever and ever. I truly want you all to know that I do consider you as my family, and I'm thankful I am your brother in Christ. I do have all of the cards you've sent me hanging on my wall where I can look at them every day." – **M.C.**

"Dear **OC&C**, hello there and greetings once again! Thank you for placing my words of gratefulness in the newsletter. It is nice to know that our words of wisdom or kindness get placed inside so that others can see how other fellow inmates think, feel, and experience their life with God. I also really enjoyed this last newsletter; it was very colorful and had some really great readings throughout." – **L.S.**

"I would like to thank you for the encouraging newsletter about love. Wow! I'm surprised that you have kept every piece of correspondence you've received over these past 16 years! Thank you for keeping me on the newsletter mailing list. I always look forward to mail from you all there at the **OC&C**." – **R.S.**

I am seeing, through the newsletters, that the family at Overcomers for Christ is growing, not only in number but the followers in maturity too. I know, believe, and have seen first-hand the Kingdom of God pushing back the kingdom of darkness in this place. It's sad to say, but I needed this time to prioritize what was on the throne of my heart and allow God to remove that spirit of rebellion out of me for good. I had to be completely broken in order for Him to do His work, because I was too stubborn for any other way. The greatest thing I have experienced was that my brokenness can absolutely help others once God starts to do the mending. Thank you for prayers for myself as well as all the rest of the brothers and sisters in Christ incarcerated. Love, grace, and peace always, in Christ Jesus. - D.F.

From the Inside **My Commanding Officer - I Am a Soldier!!!**

... continued from page 7

For when my Commander calls me from this battlefield He will promote me to captain and then bring me back to rule this world with Him!! I am a soldier in this Army and I am marching, claiming my Victory in Him!! I will not give up!! I will not turn around!! I am a soldier marching HEAVEN BOUND!!! HERE I STAND!! WILL YOU STAND WITH ME!??

FUN FACTS

November 9th - In 1906, Theodore Roosevelt visited the Panama Canal, becoming the first sitting U.S. President to make an official trip outside of the United States.

November 9th - In 1938, the Nazis launched a national pogrom, later dubbed "Kristallnacht" against Jewish people in Germany and Austria.

November 9th - In 1965, a massive blackout left much of the northeastern United States and Ontario, Canada, without power.

November 9th - In 1989, the wall separating West Berlin from East Berlin and the rest of East Germany was opened.

November 16th - In 1801, the first New York Post newspaper was published.

November 16th - In 1841, the first underwater tunnel was completed beneath the Thames River in London.


November 16th - In 1907, Oklahoma was admitted as the forty-sixth U.S. state.

November 16th - In 1914, the Federal Reserve System of the United States officially opened.

November 16th - In 1973, U.S. President Richard Nixon signed legislation authorizing the construction of the trans-Alaska oil pipeline.


November 22nd - In 1995, Toy Story, the first full-length film to be entirely computer-generated, was released on this day. The film earned \$29.1 million in its opening weekend.

November 27th - In 1903, Pierre and Marie Curie are the only husband and wife to receive the Nobel Prize in Physics, sharing the award. Eight years earlier on this date, Alfred Nobel signed his will and testament, setting aside his estate to establish the prize.



Living Word Bible Church Locations

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 Scottsdale - 8551 E. Anderson Dr. #105 Scottsdale, AZ 85255 Gilbert - 202 S. Gilbert Rd. Gilbert, AZ 85296
 Phoenix - 3525 W. Lewis Ave., Phoenix, AZ 85009 Español Mesa - 3520 E. Brown Rd., Mesa, AZ 85213



Ministry Tithes & Offerings

Here is how you can give to the *Overcomers for Christ* ministry:

By **check or money order** - Make checks payable to **Living Word Bible Church** and in the memo section put "For Overcomers for Christ". Mail your check or money order to PO Box 42023, Phoenix, Arizona 85080

Your giving does qualify as a charitable contribution on your taxes. For donations of less than \$250, your cancelled check is sufficient proof for taxes. For donations of \$250 or more, you will receive a contribution statement from the organization. If you have any questions, please call or write Wade Anderson.

Hunted Like a Dog

By B.T.

I was hunted like a dog, I had fear on every side
I hurt all the ones I loved, the monster inside of me was eating me alive.

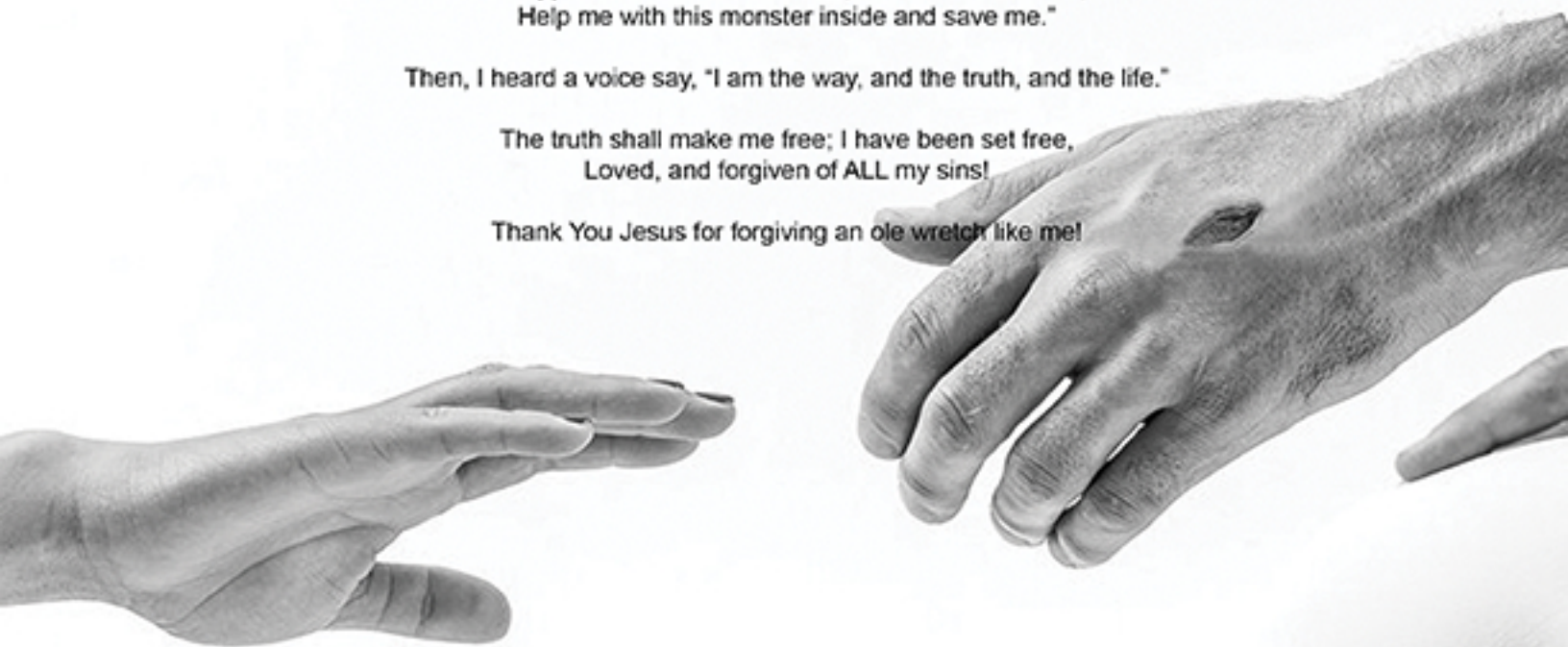
That ole devil was chasing me everywhere I went,
Then I was busted and locked up with shackles and chains.

My freedom taken away, with tears all over my face,
Caged up like an animal, with the monster still inside,
I dropped to me knees and said, "God if You are real,
Help me with this monster inside and save me."

Then, I heard a voice say, "I am the way, and the truth, and the life."

The truth shall make me free; I have been set free,
Loved, and forgiven of ALL my sins!

Thank You Jesus for forgiving an ole wretch like me!



Help us be better stewards by sending your change of address when you move to help reduce unnecessary waste and expense

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