



Church Newsletter

First Baptist Church of
Niles

Volume 1 / Issue 2

WHAT WE ARE DOING? AND WHAT WE SHOULD DO?

IN THIS ISSUE

WELCOME

Week 2 of the Shelter in Place. The current news is that it might be another two weeks.

In this issue Pastor Chuck Vitel has contributed, condensed notes from his years of preaching. Also, with this issue forward, we are going to present the scripture reading planned for this Sunday. This Sunday it is Psalm 65 (ESV). Titled, **God of Our Salvation**. To the choirmaster. A Psalm of David. A Song.

1Praise is due to you, O God, in Zion, and to you shall vows be performed. **2**O you who hear prayer, to you shall all flesh come. **3**When iniquities prevail against me, you atone for our transgressions. **4**Blessed is the one you choose and bring near, to dwell in your courts! We shall be satisfied with the goodness of your house, the holiness of your temple! **5**By awesome deeds you answer us with righteousness, O God of our salvation, the hope of all the ends of

*the earth and of the farthest seas; **6**the one who by his strength established the mountains, being girded with might; **7**who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples, **8**so that those who dwell at the ends of the earth are in awe at your signs. You make the going out of the morning and the evening to shout for joy. **9**You visit the earth and water it; you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it. **10**You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth. **11**You crown the year with your bounty; your wagon tracks overflow with abundance. **12**The pastures of the wilderness overflow, the hills gird themselves with joy, **13**the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.*

This is a thanksgiving Psalm. The specific occasion is a fruitful harvest (vv. 9-13). Perhaps this good harvest has come after a drought which was

seen as a sign of divine displeasure. (vv.3, 9-10 The harvest is set in the context of God's faithfulness to his covenant promises, (vv. 1-8). The Sinai covenant ties together God's grace, the believing response of the people, and the faithfulness of the land. This Psalm should develop a deep spirit in all our hearts.

This Week

Welcome

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"The Watchman Notes" Pastor Chuck Vitel
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The Watchman's Notes
*Offering biblical messages,
perspectives and views on
Biblical & moral issues and current
events.*

**A Ministry of Chuck Vitel, Pastor –
Bible Teacher**

***“For thus the Lord said to me: Go,
set a watchman; let him announce
what he sees.” Isaiah 21:6 [ESV]***

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Facing Fears that Grip the Soul

Many years ago, when I was about 40 years of age, I experienced a bad headache that lasted about two weeks. It would not go away. There was this constant dull pain in my head – some days it was worse than others. It got so bad that even the end of my hair hurt at the touch. The pain seemed to get worse each day. It had to be the worse migraine I ever had. I even stayed home from work a couple of days. I thought the worse – I must have a brain tumor. It's starting to affect my vision and focus. I panicked and called a Neurologist. I got in right away and of course described my pain to him. He immediately said we have to take an MRI of the head and see if there's any growth on the brain, etc. So, I spent big bucks to have that done.

The results came in and were negative – the Neurologist said ***“there's nothing there,”*** speaking of my brain and head and no tumors. *What could it be, I thought?* Then someone suggested I go to an Ear, Nose & Throat Specialist. I made the appointment and got in within a few days. He looked up my nose and asked me a few questions and immediately diagnosed it as severe sinusitis [a sinus infection]. He gave me an antibiotic and nose drops and within a day or two I was feeling better.

Like many people – when something is not right with the body – I began to worry and fret; *it must be a tumor on the brain. Isn't that like us?* We worry or fret or fear what might strike us health wise. We hear so much on TV with the ads about side effects and diseases, etc. Magazines and the internet are filled with articles and videos about different diseases. We worry about cancer cells growing inside of our bodies, or how thick the cholesterol is coating our arteries, or the arthritis that may limit our activity. And what about the Swine Flu, SARS, the West Nile Virus or the Coronavirus? We become afraid and anxious. People also fear heart attacks, Parkinson's, and Alzheimer's [at the first sign of forgetting a name or number.

Why do we do that? Practically speaking, it's because diseases and viruses equates to suffering and that may lead to death – and death is the ultimate fear. The fear of death ranks #2 in the list of Fears. Speaking in public is still the #1 Fear. And the fear of death can drive people to great extremes – such as, *hoarding toilet paper and bottled water!* Someone said that Anxiety/Fear is a major disease of our day. I believe I have said that, at least a few times over recent years. We worry & fear about everything: the stock market, the climate, poverty, ever-increasing crime, a new war here and there, terrorism, we fear for the safety & well-being of our children and grandchildren, and our health problems.

Psalms 27: 1 says, *“The Lord is my light and salvation – whom shall, I fear? The Lord is the stronghold of my life – of whom shall I be afraid?”*

What is Fear? *Generally, when we think of FEAR, we might equate it to a feeling of anxiety or anxiousness, worry, despair, dismay, or horror. FEAR is a general term defined in a variety of ways as: a feeling of alarm, fright, or even terror caused by the sudden or impending expectation of danger, pain, or catastrophe. Fear has always gripped the human soul. Someone said, “Fear is a product of one's imagination and what may happen in the future.”* In other words, the

“thing imagined” may not and normally does not happen. A situation may be dangerous, but it should not be feared.

2 Timothy 1:6-7 [ESV], Paul writes; *“For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, ⁷for God gave us a spirit not of fear but of power and love and self-control.”* *The “spirit of Fear” is not beneficial at all – it is unhealthy. God is not the author of Fear. God is Love and perfect love casts out fear”* **1 John 4:18.**

The spirit of Fear will cause us to compromise, to buckle or give up, or paralyze us – keeping us from doing something and will cause us to settle for less than God's best. The spirit of Fear will cause us to disobey God - after it weakens our trust and faith in Him – The spirit of Fear will rob us of our peace and joy. [These are all by-products]

How do I get rid of my Fears? The only way to get rid of fear is to apply the Word of God and your faith to the situation. **Hebrews 13:5 says,** *“The Lord is my helper; I will not be afraid. What can man do to me?”* If God is for us then who can be against us? God has given us a spirit of power, a spirit of love, a spirit of calm and a well-balanced mind and a spirit of discipline and self-control. Therefore, Fear does not need to rule your life. You can take authority, by the power of the Word of God and the Holy Spirit over fears that show themselves in your life.

The Old Testament Prophet Hosea lived in times very similar to ours. The Prophet Hosea said to the people, *“Sow for yourselves righteousness [right living], reap the fruit of unfailing love, and break up your unplowed ground [your hard hearts]; for it is time to seek the Lord, until He comes and showers [rains] righteousness on you”* **[Hosea 10:12].**
Our Fear doesn't stand a chance when we stand in God's love!

Other Scriptures to read concerning Fear:
Psalm 27, Psalm 34, Deuteronomy 31:6, Isaiah 43:1; Psalm 18:1, Romans 8:28, 1 John 4:18



PRAYER LIST

✓ **Continuing Prayers for loss:**

All the families that have lost loved ones this past year families.

✓ **Continuing Prayers for physical needs:**

Maria Hatfield, Erwin and Elizabeth Lickman, Gloria-Lynn Fernandez, Betty Matson, Ronaldo Claveria

✓ **Continuing Prayers for our Ministry Needs:**

The Pastoral Search Committee, Pulpit Supply, Our Deacons, Financial support of the church during the Virus

✓ **Continuing Prayers for our Sister Ministries:**

BIEM Ministries, The Bartolome Family, Orchard Church, Brad Davis, Pastor and Sue Vitel

✓ **Continuing Prayers for Spiritual Needs:**

✓ **Continuing Prayers for:**

The spread of the Gospel, Our Government, Our Nation, Our Community, Our Neighbors, Our Families

✓ **New Requests:**

Erwin & Elizabeth Lickman as they are quarantined from each other.

Sue Vitel for the recent loss of her brother.

Mary Grace Reyes is the mother of Anne

Benliros close friend she's in ICU in California with COVID-19. Her daughter in Washington State can't travel to be with her. Pray for the family.

If you have prayer requests or updates on your family we encourage to submit them to the Newsletter email address at the end of this newsletter.

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