

Lighthouse Beacon

New Mexico Lighthouses - December 2002

Our Light Defeats the Darkness of Despair

As we begin the Christmas Season we are reminded of the wonder and joy of this time of the year. We look forward with excitement to these holidays, to the special events, celebrations, and the gatherings of family and friends.

But this is also the season for stress, anxiety and depression. A time when families grow stronger or grow farther apart. The demands of these next few weeks create a lot of emotional upheaval over things like travel, disrupted routines, last minute worries, and the challenge of spending more than we should.

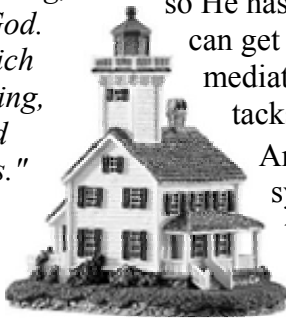
Dr. Al VanderGriend reminds us that as Christians we are not to let the world have so much influence over us that we are drawn away from our source of hope—our Savior, Himself. He truly is the reason for the season and in Him we find the rest and power to flow with life's events without being overwhelmed by them. During this Christmas be sensitive to divine appointments—you never know who is observing you, or who needs the hope that you have in Him. May your light shine very brightly. — KC

THE CURE FOR ANXIETY

By Dr. Alvin VanderGriend, National Facilitator of Lighthouse Ministries for Mission America

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
Philippians 4:6-7

It happens regularly nowadays. A beeper goes off in a room full of people. In response to the beeper, someone gets up, leaves the room and makes a phone call. Something needed immediate attention. The phone call took care of it.



Life is full of things that need immediate attention. Problems, frustrations and distresses can produce anxiety and rob us of peace. God doesn't want this to happen, so He has provided a way that we can get in touch with Him immediately when anxiety attacks.

Anxiety is God's beeper system alerting us that it's time to talk to God about a situation that worries us. When anxiety threatens, God invites us to come to Him in prayer and promises that He will restore peace in our lives.

We are welcome to come to God with anything, large or small. Nothing is too great for His power;

...you are light in the Lord. Walk as children of light —Eph. 5:8

nothing is too small for Him to care about. If it is a concern to you, it is a concern to God.

We're encouraged to come "with thanksgiving." Thanksgiving arises from remembering who God is and what He does for us. Remember that God is love and that nothing can separate us from His love (1 John 4:16; Romans 8:38-39). Remember that God is mighty and that His strong right arm is our defense (Psalm 60:5). Remember that His goodness and mercy will follow you all the days of your life (Psalm 23:6) and that you will always be thankful (Colossians 2:7).

The result of prayer is peace--"the peace of God, which transcends all understanding"--a peace that is beyond the ability of humans to contrive or produce. God not only works out the situations we place in His hands for our good (Romans 8:28), He also works in us to "guard our hearts and minds in Christ Jesus" (Philippians 4:7).

Is God beeping you through some concern in your heart or life? Get in touch with Him immediately. Don't delay! He'll be glad to have you come. He's invited you. He has a wonderful peace to give you.

THOUGHTS FOR PRAYING PHILIPPIANS 4:6-7

- Praise God--the hearer of prayer, the peace giver, the One who guards your heart and mind in Jesus.
- Ask God to forgive you for any times you may have handled anxiety improperly.
- Thank God for the peace He gives in the midst of troubling situations.
- Ask God to give you peace and to guard your heart and mind.
- Ask Him to reveal Himself to a neighbor by blessing them with His presence.

"Turn On The Light Day"

Family Life Radio offered a special "Turn on the Light Day" broadcast on October 31st and LightShine joined KFLQ 91.5FM to reach New Mexico with this unique outreach. So far over 1800 new Lighthouse have been started throughout the FLR listening area, with about 100 more families letting their light shine in New Mexico!

Billy Graham Telephone Worker Opportunities

The Billy Graham Evangelistic Association will air special broadcasts nationwide during the first week of December and the Albuquerque Telephone Center needs more volunteers. For training and volunteer info call LightShine at 293-0743 or the ABQ Center at 832-6385, or visit www.LightShine.net and click on BGEA TVTM.

Just A Reminder....

This year was very challenging financially for LightShine Ministries. We need your help to prepare for the many opportunities He has already revealed for the year ahead. So please keep us in mind as you decide upon your tax deductible year-end giving.

"Let your light shine so that others may see your good works and glorify your father in heaven." Matt 5:16