MAY - JUNE 2023 | VOL 1 | ISSUE 3

# THE GLORIOUS NEWS

THE OFFICIAL NEWSLETTER OF GLORIOUS LIFE CHURCH AUSTRALIA

# Feel Safe Under God's Flag

PS. P. G. MATHEWS, PATRON, GLORIOUS LIFE CHURCH AUSTRALIA

There are elections in every democratic country in the world. There will be no one who does not participate in any election. All organizations and parties have their own flags and the symbols inscribed on these flags point to their goal and path.

Everyone wants the flag of the organizations they represent to be the highest. I also want to turn everyone's attention to this. We have seen teams engaged in international sports proudly display the flags of their respective countries. All citizens are given the right to hoist national flags on certain occasions. How happy it is to take that decision.

Let us note what is said in God's Word about flags and its use:-

1) Exodus 17:15: When Joshua defeated Amalek, the altar that Moses built was named Nissi (Jehovah my flag). He built an altar for worship and named it Jehovah Nissi. It was only when he remembered the God's promise that Amalek's memory would then be erased from beneath the heavens, then only the altar and worship associated with praising Jehovah arose there.



# Feel Safe Under God's Flag

Pastor P G Mathews Contd.

In the opening sections of the Book of Numbers, we see that there were separate flags for the tribes to dwell and to descend on the camp. The command they received from God was to leave the camp with flags in their hand.

When the minds of the people were weary because of the way, the children of Israel murmured against God and Moses. They didn't treat seriously with the manna that God had given them to eat. There was a stream of complaints that there was no bread, no water, and no water. Then Jehovah sent serpents of fire into the midst of the people. Many of the children of Israel died after they were bitten by them. The people were convinced of their sins and shortcomings, and Moses prayed at their request. And God told a resolution for this to Moses. Make a serpent out of copper and hang it on the tree. He who looks at it with faith will be saved from death. (Numbers: 21:8)

Jesus himself said that just as Moses lifted up the serpent in the wilderness, so the Son of Man should also be exalted. (John 3:14). Only if the flagpost, which is supposed to be the solution, is displayed at the highest height can everyone look and escape. On this occasion we should remember the words of the Lord, who said, "If I am exalted, I will draw all to me."

We should be able to raise Jesus up. Then all will be drawn to Him.

The victory belongs to God because we will raise the flag in your name. We will also raise it so that we may celebrate that victory. Thou hast given a banner to thy devotees, that they may be lifted up because of the truth. Yes, God has given us a flag in our possession. Raise it as high as we can. Plant them as signs of victory and love.

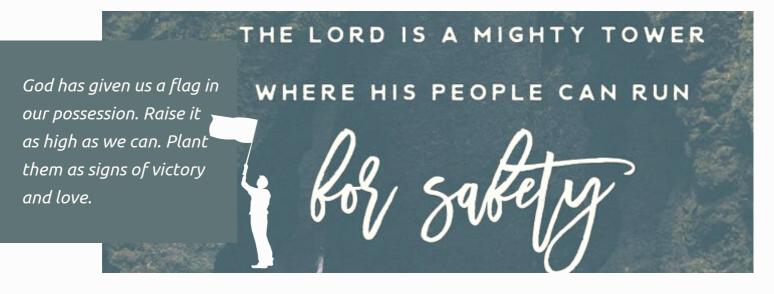
The flag he held above me was a flag of love. It must be exalted for the sake of the truth ( Psalm 60:4). It is read in many places in the Word about the hoisting of the flag on the hill, on the mountain, on the hill and on the hill (Isaiah 13:2.18:3,30:17) The flag is not something to be kept in secret. People who go from one flag to another for shelter may then move away from there.

But no one needs to go anywhere else under the banner of our Lord's love.

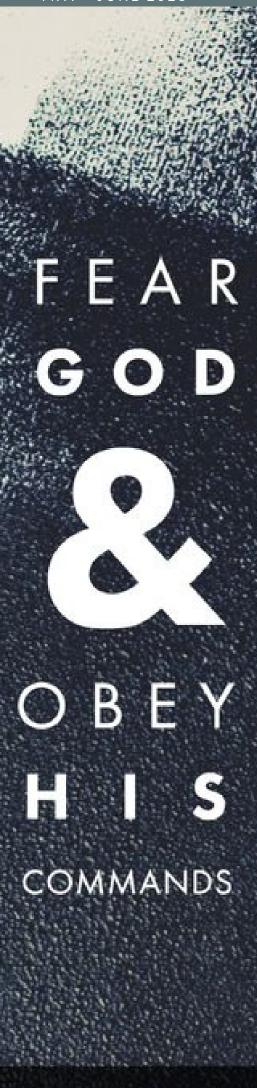
"He who does all things for good has kept everything for me.

He is rich enough for me, and he is victorious for me."

The Lord has promised us that I will never leave you nor forsake you. Like Mount Zion, which stands forever, we can rely on him to stand and live fearlessly under his banner. Amen.



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# **OVERCOMING FEAR**

#### BY, SIS, MARY GEORGE

Fear is an extremely common emotion for all of us to have. Fear can lead to unfounded thinking or behaviours when we feel at risk. Fear comes around certain situations which are unpredictable, such as becoming sick, exams approaching, peer pressure, loss of job/income. It is expected for us to be fearful; because we don't know how tomorrow will go, however, we can't live in fear. We need to look towards God to help us to care for our fears, we are called to stand firm in our faith using the most mighty and formidable tools: prayer and the Bible.

### >>> FEAR IMPLIES

- **F-Freeze** we become standstill not knowing what to do.
- E- Empty we feel empty.
- A Feeling Alone
- **R Ridiculous** we know this may be reversible or we feel ridiculous about it but cannot overcome it.

How many times we are afraid of rejection, failure, fear of people laughing and spent nights without sleeping or feeling anxious. Mostly its not because of what happened but the "What ifs".

It is important to realise fear does not come from God (2Tim 1:7). In the bible it says around 365 times, 'do not fear' in different instances of the New and Old Testament. In John 16: 33 the Lord says that 'In the world ye shall have tribulations: but be of good cheer; I have overcome the world'. God's word does not say that we won't face trials, tribulations, or fear if we follow Jesus. We will endure both times of distress and times of peace, and we are guaranteed to face some challenges.

But Jesus died for us, and He promised us that we can take His yoke, and He shall give us rest (Matthew 11:10). God will shield us in those scary moments, and He will bring us the peace that was promised. If we trust fully in Him, we will not be disappointed. We can overcome our fears knowing that Jesus suffered significantly through the evilness of man so that we can walk in perfect peace and purpose. Only God, our rock and firm foundation, is who we cast our worries to, (1 Peter 5:7). God will protect all His children from fears and trouble, He is our fortress where we can take refuge when He needs to fight for us. *The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.* – Psalm 18:2.

### >>> BIBLE READING: 2 CHRONICLES 20: 1-23

When King Jehoshaphat heard that an army of Moabites and Ammonites was coming against him, he also was afraid and fearful.

BUT he did 3 things to overcome it and become victorious as mentioned in the scripture.

#### 1) 2 Chronicles 20: 3-5 ---> He Sought God

Jehoshaphat declared a fast all through Judah and decided to seek help from the Lord. He knew that only prayer can change circumstances and changes things. Power and might are in the hand of the Lord, and no one can withstand Him. He realized that some battle belongs to the Lord, and we must let it go in the hands of God. In Psalm 34:4-5, it says, 'I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him and were lightened: And their faces were not

## >>> OVERCOMING FEAR

BY. SIS. MARY GEORGE CONTD.

ashamed. In the midst of out problems, anxieties and worries, if we seek His face, He is more than able to deliver us.

#### 2) 2 Chronicles 20: 20 ---> He believed in the Lord his GOD - Faith

Jehoshaphat said, 'Have faith in the Lord your God and you will be upheld". He knew that faith moves God, and it says in Hebrews 11-You cannot please God without faith. In the times we face fears, God wants and needs us to turn to Him and believe, so He can release us from our fears. Faith means holding on to God's promises despite how weak and wretched we feel. Because faith is a choice of the heart, we will be radiant, full of joy, and unashamed in knowing that we too can be the walking testimonies of God's promises. With faith, the invisible becomes visible. We can thus experience God's invisible power and strength that we didn't have before through faith in Him.

3) 2 Chronicles 20: 18, 21, 26 ---> Rejoicing in the Lord amid adversity.

Jehoshaphat bowed down with his face to the ground, and all the people fell in worship before the Lord praising the Lord, the God of Israel, with a very loud voice. They sang, "Give thanks to the Lord, for his love endures forever."

#### >>> BIBLE VERSES ABOUT FAITH OVER FEAR

#### **Bible Verses About Overcoming Fear**

- 2 Timothy 1:7
- Deuteronomy 31:8
- Hebrews 13:6
- John 16:33
- Psalm 18:2

#### Bible Verses About Faith Over Fear

- Psalm 34:4-5
- John 14:27
- Psalm 23:4
- Luke 12:32
- Proverbs 3:23-24

#### **Bible Verses About Fear of Death**

- 1 Thessalonians 4:13
- Romans 6:5
- Isaiah 25:8
- John 11:25
- Philippians 3:20-21

#### Bible Verses About Fear of the Future

- Romans 12:2
- Proverbs 19:21
- Isaiah 55:8-9
- Psalm 32:8
- Jeremiah 29:11

## LET YOUR FAITH BE GREATER THAN FEAR

Jehoshaphat bowed down with his face to the ground, and all the people fell in worship before the Lord praising the Lord, the God of Israel, with a very loud voice. They sang, "Give thanks to the Lord, for his love endures forever."



# HOW TO BE AN EFFECTIVE STUDENT:-

#### BY. SIS. SYLVI SEN

**A. Go to bed early to get up early**. Last book to read should be the Bible, thank Jesus for keeping you safe from harm & danger during day. Ask Him to speak via still small voices, audible voices, dreams & visions as you sleep. Bid goodnight to all at home & hit the bed in loose nightie.

**B.** As you get up, **start thanking Jesus** for refreshed energy & adding 1 more day to you.

**C. Pray ---** First Fifteen mins to worship, Bible reading & prayer.

**D.** At school, **try to sit in front of the class** -- the first 3 rows. Even if you are tall sit at edge so that you don't hinder the view of others. For usually the naughty students sit at the back

**E. Look, Listen & Focus** as the teacher speaks. Jot down points / picturise the major concepts. Raise hand quietly & slowly to clarify your doubhts. If you are a shy person, then ask teacher privately at the end of lesson or go to staff room & clarify.

**F. Get home & straight to shower.** Have a quick bite. Help for 15 mins in the kitchen & chores/hobbies/tuition etc

**G. Study table :** First book to read is the Bible. Open that day's timetable -- Lesson 1: Go through what teacher taught. Start the HW / assignment on the day it was given. Finish it before time & hand it over. Teacher would be impressed & will be fresh to mark instead of a big pile.

Then Lesson 2: Notes to be read memorise, any HW 2 Go through all

Then Lesson 2: Notes to be read, memorise, any HW? Go through all lessons—notes, HW. Do not go to bed without going through all lessons.

**H.** Next day morning, if time permits go through that day's subjects & **refresh your brain**. You will have a head start & confident to face any tough questions.

**I. Learn from a smart cookie.** Peer learning is great, as class mates can explain in your lingo & local examples. In class, sit beside an intelligent student who focuses at work.

J. Have fun before school, tea/lunch breaks/after school & holidays.

**K. A sound mind in a sound body---** physical activities to stimulate your neurones in the brain. Try to take part in various co curricular activities.

# **L. Eat breakfast like a KING** ie heavy

Lunch like a LORD ie still heavy & DINNER like a pauper--- meagre amount bcz we don't do much work after dinner.

Consistency, Discipline & Commitment is of paramount importance. These habits get transferred to other realms of life as one gets married & settle to family life or career or transitioning to another country in pursuit of higher studies /jobs etc.

# OUR MINISTRIES...

- > SUNDAY SCHOOL
- > KIDS CHURCH
- > ARMY /YOUTH MINISTRY
- > MEN'S MEETING
- > LADIES MEETING
- > PRISON MINISTRY
- > STREET MINISTRY
- > CHARITY

#### **Upcoming Church Events**

- > FAMILY OUTING MAY 1
- > VBS JULY 6,

Contact Us:
Glorious Life Church
36 Oxford St, Woolloongabba
www.gloriouslifechurch.com.a



#### >>> GETTING READY FOR EXAMS

#### BY. SIS. SYLVI SEN

Just the night before exams, check if you have packed all items needed for exams. Read the Bible & pray before hitting the bed. Get to bed early so that your brain doesn't get fogged.

- **1.When you get up PRAY.** After the morning ablutions, have a cup of warm drink, tidy your hair & sit at the study table.
- 2. First book to be read got to be the Bible.
- 3. Revise, especially revision sheets.
- 4. Have a good, healthy breakfast.
- **5. Get ready 30 mins** before you board your transport.
- **6.** Sit down quietly & sing nursery rhymes / walk in the garden / look at the sky / talk to your pets.
- 7. When you get to school / uni try to smile at a sad student as most experience anxiety at various levels.
- 8. Report 10 -- 15mins prior to start of exams. As you get the exam paper, again PRAY.
- **9.** Read each Que twice & underline / highlight or encircle key concepts. What exactly is the Que asking me?. Scribble, picturise your answer in the rough space / paper. Answer each Que to the best of your ability.
- **10.** Never skip any question or leave blank space. Write what you think / know. Your guess work may be correct. When you have done a mistake, cross it off with a single line but do not scribble over it or twink it. Let the teacher see what your previous thoughts were.
- 11. When you finish, check your answers.
- **12.** Hand over your paper with prayers. Don't stand there & discuss your answers for you cannot undo your answers.

Go home with confidence & get ready for the next one!!!

## Friday Fellowships for May - June

#### May June 02/06/2023 | DANY & 5/05/2023 | SIEJEL & BLESSY | BREENA | 107/71 STANLEY ST, 10 MARIKA ST, PIMPANE, **BRENDALE, QLD 4500** QLD 4209 09/06/2023 | DEEPU & JITHU 43 HILL END AVE, BORONIA 12/05/2023 | ANEESH & SIJI | HEIGHTS, QLD 4124 62 PETRIE CRES, ASPLEY, QLD 4034 16/06/2023 | EMMANUEL & ANITHA | 18 DANDENONG AVE, REDBANK PLAINS, QLD 19/05/2023 | ANWERSEN & 4301 REMYA | 83 GIBRALTAR CCT. PARKINSON, QLD 4115 23/06/2023 | GIBI & MARY | 20 MCMILLAN ST, DREWVALE, QLD 4116 26/05/2023 | CHRISTY & DIJINS | 22 GALAXY ST. 30/06/2023 | GIGI TONY | 14 **BRIDGEMAN DOWNS, QLD** DAISY PL, DOOLANDELLA, 4035 QLD 4077



### **15 AWESOME TIPS FOR HEALTHY LIFE**

BY, SIS, GIGI

- >>> NATURE'S RULE IS TO GO TO BED EARLY AND WAKE UP EARLY.
- DRINK PLENTY OF WATER TO KEEP YOU WELL HYDRATED, AT LEAST 8 **GLASSES OF WATER/DAY.**
- >>> ADEQUATE REST & SLEEP 8 hours is recommended for adults. Sleeping between 10 pm - 12 midnight is vital for good brain health.
- >>> EAT HEALTHY High fibre foods like fruits, vegetables, green leaves, nuts, whole grains & cereals. Avoid refined sugar, sweetened foods, high salt content, processed foods etc. Eat dinner before sunset. 12-16 hours gap between dinner and breakfast is ideal. Include seasonal foods.
- regular walking, swimming, dancing etc rather than gym activities are better. Staying active will keep you healthier.
- >>> SUNLIGHT -Sunlight is important for Vitamin D synthesis in your body which controls several functions in your body.
- >>> PRAYER AND MEDITATION Prayer and meditation are essential for physical, mental & spiritual health.
- >>> FASTING Fasting one day a week has many health benefits.
- STRESS MANAGEMENTS tress management by sharing your fear, stress, anxiety & worry with people you can trust will lessen the impact of it.
- >>> DEEP BREATHING Deep breathing is a practice that enables more air to flow into your body and can calm your nerves, reducing stress and anxiety.
- >>> Honour your body as it is the temple of Holy Spirit.
- >>> SELF-CONTROL -Self-control is a fruit of the spirit and help us resist temptation, avoid harmful behaviours and lead a healthy balanced life.
- >>> SEEK WISDOM Seek wisdom to make healthy informed decisions in our life.
- >>> LOVE & FELLOWSHIP Love & fellowship with others can reduce stress, foster meaningful relationships, and promote a sense of purpose and fulfillment.
- >>> TRUST IN GOD Trust in God can help us find peace, hope & resilience in the face of challenges.

### **SOME REMARKABLE QUOTES**

- "What you are is God's gift to you, what you become is your gift to God."—Hans urs von Balthasar.
- Great moves of God are usually preceded by simple acts of obedience. Steven
- "To be a Christian means to forgive the inexcusable, because God has forgiven the inexcusable in you."—C.S. Lewis
- "Worry does not empty tomorrow of its sorrows; it empties today of its strength."-Corrie Ten Boom
- "The true call of a Christian is not to do extraordinary things, but to do ordinary things in an extraordinary way."—Dean Stanley
- "Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right."—Abraham Lincoln
- Faith doesn't always mean that God changes your situation. Sometimes it means He changes you. - Steven Furtick

READ 4 PASSAGES EACH DAY, STARTING WITH GENESIS, PSALMS, MATHEW AND ACTS

## Daily Bible Reading Plan for May - June 2023

May						June				
	New Testament		Old Testament			New Testament		Old Testament		
	MARK	2 COR.	PSALMS	1 SAMUEL		<b>→ LUKE</b>	<b>EPHESIANS</b>	<b>PSALMS</b>	1 KINGS	
1.	9:33-50	□ 1:1-11	□ 95	□ 1-2	1.	1:1-25	□ 1:1-14	119:1-8	□ 1	
2.	□ 10:1-16	1:12-24	□ 96	3-5	2.	1:26-38	1:15-23	119:9-16	2-3	
3.	□ 10:17-34	□2	□ 97	□ 6-8	3.	1:39-56	2:1-10	119:17-24	4-5	
4.	10:35-52	□3	□ 98	9-10	4.	1:57-66	2:11-22	119:25-32	6-7	
5.	□ 11:1-11	□ 4	□ 99	□ 11-13	5.	1:67-80	3:1-13	119:33-40	□8	
6.	11:12-26	□ 5	□ 100	□ 14	6.	2:1-20	3:14-21	119:41-48	9-10	
7.	11:27-33	□ 6	□ 101	☐ 15-16	7.	2:21-40	4:1-16	119:49-56	□ 11	
8.	□ 12:1-12	□7	□ 102	□ 17-18	8.	2:41-52	4:17-24	119:57-64	<b>12</b>	
9.	□ 12:13-27	□8	103	□ 19-20	9.	3:1-20	4:25-32	119:65-72	13-14	
10.	12:28-34	□9	□ 104	21-23	10.	3:21-38	5:1-21	119:73-80	<b>15-16</b>	
11.	12:35-44	□ 10	□ 105	24-25	11.	4:1-12	5:22-33	119:81-88	17-18	
12.	□ 13:1-13	□ 11:1-15	106:1-23	26-28	12.	4:13-30	☐ 6:1-9	119:89-96	19-20	
13.	□ 13:14-31	□ 11:16-33	106:24-48	29-31	13.	4:31-37	6:10-24	119:97-104	21-22	
				2 SAMUEL			<b>PHILIPPIANS</b>		2 KINGS	
14.	13:32-37	□ 12:1-10	□ 107	□ 1-2	14.	4:38-44	□ 1:1-11	119:105-112	□ 1-3	
15.	□ 14:1-11	12:11-21	108	3-4	15.	5:1-11	1:12-20	119:113-120	4-5	
16.	14:12-31	□ 13	109	□ 5-7	16.	5:12-16	☐ 1:21-30	119:121-128	6-7	
		• GALATIANS			17.	5:17-26	2:1-11	119:129-136	8-9	
17.	14:32-42	□ 1	□ 110	8-10	18.	5:27-32	2:12-18	119:137-144	10-11	
18.	14:43-52	□ 2	□ 111	□ 11-12	19.	5:33-39	2:19-30	119:145-152	12-13	
19.	14:53-65	3:1-14	□ 112	□ 13	20.	6:1-16	3:1-9	119:153-160	14-15	
20.	14:66-72	3:15-29	□ 113	14-15	21.	6:17-26	3:10-14	119:161-168	16-17	
21.	☐ 15:1-15	4:1-20	□ 114	□ 16-17	22.	6:27-36	3:15-21	119:169-176	<b>18-19</b>	
22.	☐ 15:16-32	4:21-31	□ 115	□ 18-19	23.	6:37-42	4:1-7	☐ 120	20-21	
23.	☐ 15:33-41	5:1-12	□ 116	20-21	24.	6:43-49	4:8-13	□ 121	22-23	
24.	☐ 15:42-47	5:13-26	□ 117	22	25.	7:1-10	4:14-23	☐ 122	24-25	
25.	□ 16	□ 6	□ 118	23-24						

## KING SAUL

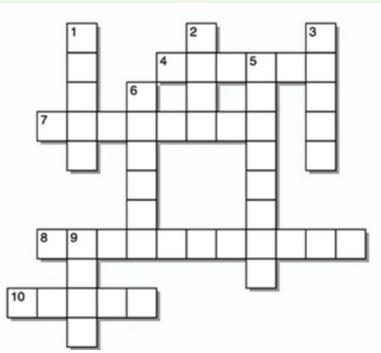
1 SAMUEL, ACTS

#### ACROSS

- 4) King Saul died at the battle of Mount \_\_\_\_\_. (1 Samuel 31:1 ES
- 7) Name of Saul's son who was good friends with David. (1 Samuel
- 8) Saul fought many battles against the \_\_\_\_\_\_. (1 Samuel
- 10) Saul reigned for \_\_\_\_\_ years. (Acts 13:21 ESV)

#### DOWN

- 1) Saul had his own \_\_\_\_ put on David. (1 Samuel 17:38 ESV)
- 2) Saul was the son of \_\_\_\_\_. (1 Samuel 9:2 ESV)
- 3) Saul tried to have his son-in-law named \_\_\_\_\_ killed. (1 Samu
- 5) King Saul was of which tribe of Israel? (1 Samuel 9:1 ESV)
- 6) This prophet anointed Saul as Israel's first king. (1 Samuel 10:1-2
- 9) Whenever Saul was troubled by an evil spirit, David played his \_
- (1 Samuel 16:23 ESV)



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