

River of Love

CROSS CREEK
BAPTIST MISSION
Moving Mountains!

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Pastor Ray Gurney

WHAT'S KILLING YOU? by Pastor Ray

Let's address a certain killer-enemy responsible for illness and deaths today, more than ever, because of the times in which we live. Our lives are very stressful right now; future changes are uncertain. The Lord said many times - *do not fear, or fear not*. Fear, worry and especially stress, are killers to the human body. This biggest killer is successful thanks to stress levels that are out of control. The human body is designed to tolerate certain levels of stress, but people around the world are dumping mega doses of life-threatening, internal chemical toxins into our system and we keep on pushing ourselves to the max year after year. It WILL catch up with you! A while back Vickie and I read a book titled, "Deadly Emotions", by Don Colbert, M.D. He is helping people understand what stress does to the human body and what we can do to help protect our bodies from its angry attacks. There is a Mind, Body and Spirit connection that can heal or destroy you. We can overcome deadly emotions that trigger this disease process.

Anger and Hostility create hypertension and coronary artery disease.

Resentment, Bitterness, Unforgiveness, and Self-Hatred bring on autoimmune disorders, rheumatoid arthritis, lupus, and multiple sclerosis.

Anxiety invites irritable bowel syndrome, panic attacks, mitral valve prolapse, and heart palpitations.

Repressed Anger creates tension and migraine headaches, chronic back pain, TMJ, and fibromyalgia. What a nasty list of aggravations for the human body! Where do you find yourself?

The doctor details true life experiences of people who have killed themselves by not becoming the master of these deadly emotions and of those who learned control techniques of their emotions. I bring this up because we may soon be facing a time when these emotions could easily become deadly if we are not aware of their sneaking into our lives. I don't know if anyone reading this newsletter would desire to read this book but it is an eye opener. The book can be found online at Amazon, Barnes and Noble and Christian Book.com for various prices. I'd would recommend reading the book and keep it on hand for reference at a later time.

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Inside this issue:

WHAT'S KILLING YOU?	1-2
MEN'S BREAKFAST	2
LADIES DAY OUT	2
FORWARD	2
GOD PROVIDES ON THE WAY TO THE MIRACLE	3
SPRING CHURCH CLEANING	3
MARCH MENU	4



Special points of interest:

- DAY LIGHT SAVINGS TIME BEGINS MARCH 14TH
-

Men's Breakfast

Men; you will have your monthly **Breakfast Saturday, March 20st, 2021 at 8:00 AM at Sandy's Restaurant, Blue Springs, MO.** Please invite your neighbor or a friend to join us. It's a good time to fellowship with other men in our community.



LADIES DAY OUT

March 18, 2021 will be our next scheduled Ladies' Night Out. We will be meeting at 2:00 PM for food, fellowship and fun. I know that is after St. Patrick's Day; however, if you have anything GREEN please wear it. If you would like to provide the devotion, food or fun, please let me know as soon as possible. Hope to see you there - and, bring a friend.

Thanks,

Dixie

WHATS KILLING YOU?...continued from page #1

Finally I want to include a quote about the book from Gary Smalley. *"Never before have I read a book that completely changed me in just the first 30 pages. God used it in my life to show me how to reduce my stress level to almost zero in just two days. I not only highly recommend this book, but it's a must read for everyone with a busy life or ministry."* Reading a copy is beneficial.

It's time for the Men's March Fish Fry but this year we will do it in April because we need warmer weather. Last year was the best one yet and I hope we can top that feast in 2021. We have a variety of fish this year. Catfish, bass, trout and perhaps crappie. Check the April calendar for the Wednesday night it will be served.

FORWARD...Discovering God's Presence and Purpose in Your Tomorrow

Dr. Jeremiah draws on this key verse to show that while it is good at times to *look back*, we need to *make sure that we don't go back and allow the past to dictate our future. We need to celebrate our good memories but also celebrate our bad memories with finality—thanking God for the lessons that He has taught us through the experience and committing to use those lesson to make positive changes in our lives.*

Learn how God wants to:

- Allow your past memories to cultivate your dream
- Give you divine direction
- Plant within you a life purpose
- Equip you with tools to overcome fear
- Grant you great personal accomplishment

Find a mission that will outlive your life

Don't get stuck in your past failures or current comforts.

Let *Forward* be the step-by-step plan of action you've needed to move past where you are to where you want to be, and move *FORWARD!*

Sessions include:

1. **Dream:** Seize Your Tomorrow Today
2. **Focus:** Make Your One Thing the Main Thing
3. **Risk:** Get Out of Your Safe Zone
4. **Pursue:** Chase Your Dream
5. **Believe:** Get Your Mind Right

Finish: You're Not Done Until You're Done

This is our new Wednesday night study. Join us starting **March 10TH.**

God Provides on the Way to the Miracle

Waiting for a miracle can be hard. Sometimes the road is cold, dark, and lonely; you may even find yourself stuck in a rut. You may not know where you're going or how long the journey will take.

No matter where you are on the way to your miracle, here are some things to remember:

God is all you need.

You don't need lots of money, a full fridge, or even a job. If God wants to, He can have ravens drop food on you as His way of providing. That's how He provided for the prophet Elijah, who was exhausted and burned-out in the desert (read about it in 1 Kings 17). When God turns off one source of provision, He can turn on another just as easily. You can trust Him for all you need. He WILL show up for you.

Where God guides, God provides.

After sending the ravens to feed Elijah, God told him to make a dangerous trip to Zarephath. There was a drought in Zarephath and very little food. Yet God provided for Elijah through a poor widow with a generous heart. When God tells you to go somewhere, go immediately. When God tells you to do something, do it right away. When God gives you direction, He will provide what you need to get there. He WILL show up for you.

You must trust Him one day at a time.

Why? Because some of your problems persist day after day. For instance, if you have financial problems, you'll have to deal with them every day. And so we must trust God one day at a time to provide. The Bible says, "My God will meet all your needs according to the riches of His glory in Christ Jesus" (Philippians 4:19 NIV). He WILL show up for you.

God's promises work when you're obedient.

God often lays out His plan just one step at a time. He wants you to take the first step in obedience, and then He'll show you the next step. Each step along the way may not seem logical, but you can obey in faith and confidence, knowing God's way is always best. He WILL show up for you.

Have you taken the first step of faith?

The first step of faith is asking Jesus to save you and take control of your life. If you've never done that, then I invite you to pray this prayer right now:

"Dear God, thank You for loving me and wanting me to depend on You. Forgive me for when I've depended on my job, other people, and my own plans instead of You. I want to learn to trust You one day at a time. I want to go Your way, not my way. I confess my sin, and I believe You are my Savior. I want to follow You, and I ask You to save me and come into my life. I claim Your promise that if I trust You, I will be saved and You'll meet my needs. When You tell me what to do, I will obey. Help me to remember You're all I need and where You guide, You'll provide. I pray this in Jesus' name. Amen."

MARCH 27TH **SPRING CHURCH** **CLEANING DAY**

8 am-2:pm

Last year's scheduled Church Clean Up was canceled due to the Covid 19 restrictions. We'll attempt to get it done this year. Windows washed, building power-washed, limbs and sticks picked up. Baseboards washed and a few other easy things on the list. If you are able, come and join in the fun!

Daylight Saving **Time**

begins March 14th

MARCH BIRTHDAY'S

Bill Robertson 3/04

Lindsay Tavasovic 3/05

Barbara Romines 3/11

Cindy Brown 3/15

Sharon Dunnam 3/17

Trevor Kirkman 3/17

Ellie Lunde 3/20

Sarah Slate 3/25

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WEDNESDAY NIGHT IS FAMILY NIGHT!

Wednesday night dinners begin at 6:00 PM. The cost is \$5.00 a person for ages 7 years through adult. 6 years and under are \$3.00. The menu for the month is listed on the right. **Please sign-up on the list on the information table each week.** If you are running late that night, please call the church so we can set aside the proper number of meals for you.

Mar.3, Broccoli Cheese Soup & Chicken Enchilada Soup, Corn Bread, Chips, fruit, salad & dessert.

Mar. 10, Corn Beef & cabbage, cheesy potatoes, green beans, cottage cheese, salad & dessert.

Mar. 17, Spaghetti & Meatballs, green beans, garlic bread, salad & dessert.

Mar. 24, Pork Chops, mashed potatoes, gravy, green beans, cottage cheese, rolls, salad & dessert.

Mar. 31, Meatloaf, Mac' & Cheese, mixed vegetable, cottage cheese, salad & dessert.