

***Theme for 2018***

**WE ARE THE ARMY OF GOD &  
WE ARE ARMED AND DANGEROUS!**

*“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:3-5 (NIV)*



***This Week’s Thought – May 27, 2018***

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*“And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the first commandment. And the second, like it, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”*  
**Mark 12:30-31 (NIV)**

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What does it mean to be emotionally healthy? Well, one thought you might consider is that people who are emotionally healthy understand their flaws, and accept their imperfections as their need for God’s grace and forgiveness. Because they embrace this powerful truth, they are able to extend the same grace and forgiveness they have received from God to other people.

Emotionally healthy individuals take captive their thoughts, understand their feelings and control their behavior. When facing life’s challenges they become better not bitter. They learn to process pain, so it does not fester into ongoing relational conflict. The emotionally healthy love God, are loved by God, so they are able to love for God. They are peaceful people.

Jesus starts at the heart of the matter—our heart. What captures our passions and yearnings? Our heart is the seat of our feelings and affections. We are drawn to what we desire—what we value. Yes, the heart follows what it treasures above all else.

*"A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."*  
(Luke 6:45)

If we serve in our own strength we can quickly lapse into a loveless routine void of the Spirit's inner strength and power. Our emotions become frazzled and unruly, without the riches of God's grace which abundantly fuel our faith and love. We grow our capacity to serve by being emotionally healthy. A healthy heart is able to encourage other healthy hearts.

Love is the most powerful weapon in our arsenal of faith. Like the tip of an arrow, love points us to God. Love commandeers all other graces to engage the Lord’s affection and His eternal concerns. When Jesus defined love as the greatest command, He gave us a glimpse into what He wants for the world and His children. A life motivated by love is only limited by its capacity to love the Lord and be loved by the Lord. Love is a muscle we exercise, so it grows in stamina and strength. Jesus starts with the heart in His sequence of how we can love God.

*“Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.”*  
(Ephesians 5:1-2)

**Application:** In what ways can you grow your heart of love for God and people; ‘And walk in love, as Christ also has loved you’?

**Prayer of reflection you might pray this week:** “Dear God, I pray to give greater expression of Your love in all of my relationships. Your love reveals the way for me to be emotionally healthy. I choose to be an expression of Your love to everyone I meet and base all of my words and actions, beginning today, on the standard of Your love, grace and mercy. No longer are they dealing with the old me, my outer face, or my old personality, but I am one with You...a spiritual, loving person guided by Your light and love. This is my prayer in the matchless, wonderful and compassionate name of Jesus, Amen!”

*“And then God answered: "Write this. Write what you see. Write it out in big block letters so that it can be read on the run. This vision-message is a witness pointing to what's coming. It aches for the coming—it can hardly wait! And it doesn't lie. If it seems slow in coming, wait. It's on its way. It will come right on time.”* Habakkuk 2:2-3 (MSG)

Yours in Christ, Pastor King