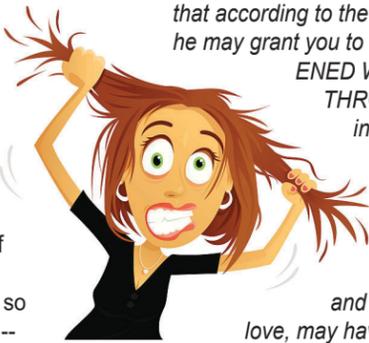


Times of Stress and the Antidotes

Recently I talked to a good friend (via email and texting – rats) who is taking a couple of weeks off to hopefully de-stress. She is one who believes in and follows God as we know Him in Christ Jesus. My message to her follows (slightly edited) and applies to anyone already committed to God, and anyone who is holding out. (Remember, the signs of His imminent return are coming fast and furious, so STOP HOLDING OUT!) --



Ephesians 3:

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of His glory he may grant you to be **STRENGTHENED WITH POWER THROUGH HIS SPIRIT** in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the **BREADTH AND LENGTH AND HEIGHT AND DEPTH, 19** and to know the love of Christ that surpasses knowledge, that you may be **FILLED WITH ALL THE FULLNESS OF GOD.**

Now to him who is able to do **FAR MORE ABUNDANTLY THAN ALL THAT WE ASK OR THINK, according to the power at work within us, 21** to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Romans 8

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. . . . And not only the creation, but we ourselves, who have the first-fruits of the Spirit, groan inwardly as **WE WAIT EAGERLY FOR ADOPTION AS SONS, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.**

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the **SPIRIT HIMSELF INTERCEDES FOR US** with [sighs] too deep

- Some sources of your stress:
1. You live in the city.
 2. You drive the freeways of SoCal.
 3. Your whole working life is wrapped up in bureaucratic boxing matches.
 4. You have family to deal with, some of whom give you headaches.
 5. This state and the whole nation are crumbling all around us.
 6. You are part of the sector of society that is considered unjustly privileged, bigoted, and hateful. You are now a target for leftist hatred.
 7. You still watch some TV (I bet).
 8. There are probably many more of these points I could list.

Following is Paul's prophetic list of stresses, hinting at what to expect.

2 Timothy 3:

But understand this, that in the last days there will be times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. Avoid such people.

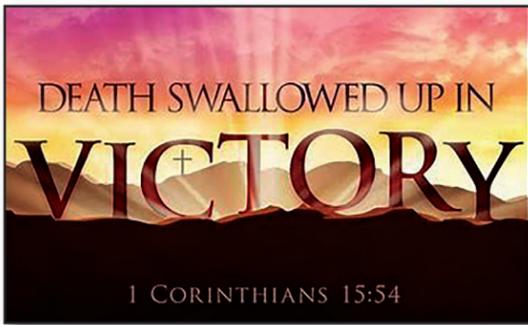
There are several more scriptures I could include, but we live it every day now, so why pile it on? Gommel (my dad) would be asking you, "Where is your hope?" and "What did you expect?" as he did me all the time.

Antidote to stress:

Ephesians 1:

For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the **EYES OF YOUR HEARTS ENLIGHTENED, that you may KNOW what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the IMMEASURABLE GREATNESS OF HIS POWER toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come.**

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for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. . . . What then shall we say to these things? **IF GOD IS FOR US, WHO CAN BE AGAINST US?** He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? Who shall bring any charge against God's elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? . . .

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor ANYTHING else in all creation, will be able to separate us from the **LOVE OF GOD IN CHRIST JESUS OUR LORD.**

Wow! Is that not hopeful and exciting?? And de-stressing, if you BELIEVE and SURRENDER YOUR LIFE TO GOD? BETTER do it. Time is getting really, really short!

Linda Gommel



Contributed from the Web

"Do not be afraid, you who are highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength." —Daniel 10:19

If aliens landed and said, "Take me to your leader," can you even imagine how embarrassing that would be?

REMEMBER: When you bury a body, cover it with endangered plants so it's illegal to dig it up. Follow Me For More Gardening Tips

If you're not on a government watchlist by now you should be ashamed of yourself



From Amir Tsarfati
Israeli Bible and Prophecy Teacher

This body that you have right now, it will not be able to enter heaven. You can work out five times a day. You can do keto. You can be vegan. You can eat vegan animals like I do. Still, your body will not enter into the kingdom of God. This body is mortal, it's corrupt, this body is a sinful body. This is the last thing that has to change in the believer's whole being. We received a new heart, a new spirit. We are a new creation, but we're still stuck in this body. How many of you say amen to that? . . .

. . . What does it mean when we are coming to faith in Christ? Death is no longer a word we should use. When a believer dies – let's say, we go out and a car hits us and that's it. We're not dead. We're asleep. Because for the believer, the minute the soul leaves the body it goes straight to the presence of Jesus. To be absent from the body is to be what? Present with the Lord. . . .

. . . For the Christian, death is no longer something to bind us with fear. To lose a loved one is still painful and sorrowful, and grief is the right response even among the godly. But death no longer has its former power. We, as Christians, have been released from the power of death.

1 Corinthians 15:50-55: Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption. Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed—in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will

sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: "Death is swallowed up in victory." "O Death, where is your sting? O Hades, where is your victory?" . . . One of the "very big" things that being a Christian has given us is that the pain and sorrow of the death of a loved one who is a believer is not a hopeless sorrow. The body is in the grave but the soul is with the Lord. And someday the dead in Christ and the living in Christ, because they know or knew Christ, will meet Christ in the air and enter an unending season of being with and like Christ!



In other words, knowing Christ changes everything, even to the degree that the fear of death has been defeated! This, and a host of other reasons, are why it is beyond ridiculous to say the Christian life is a boring, pleasureless life. The truth is the Christian life is the only one where life's biggest fear has lost its sting. The Christian doesn't have to wonder what happens after they die. The One who saved them has already proven it. Only the Christian has the comfort of this proven truth and the host of other benefits that come from knowing Him! . . .

Even so, come quickly Lord Jesus. (For the full text of this writing, and for a whole lot of other great stuff, go to BeholdIsrael.org)

LVEDA Meeting (Lucerne Valley Economic Development Association)

MON. April 4, 5 PM. at the Moose Lodge
on Foothill Road, just west of Tradepost Road.

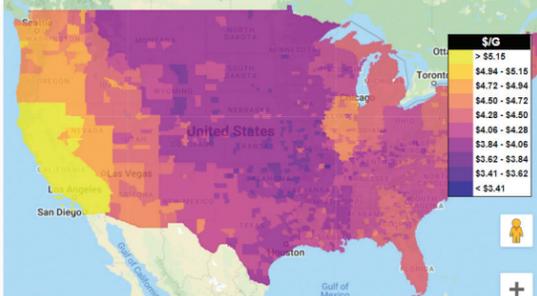
- **Our County Supervisor Dawn Rowe** will present community updates/issues and report on a Lucerne Valley solar project, etc.
- **School Dist. Supt. Peter Livingston** will talk about LCAP (local control) and other school issues.
- From our County, State and Fed. representatives: **Reports from the Sheriff Dept. and CHP.** How is Abatement ordinance working. Code Enforcement activity. What's happening at the County, State and Federal levels. Status of bills submitted to the legislature re: illegal marijuana grows.
- Any work performed by Mojave Water Agency's involvement in cannabis water use, and over-pumping without water rights.
- **Status of MET team's busts in Lucerne Valley.**
- Ideas re: the **Lucerne Valley Leader newspaper** and follow-up on past agenda items.

Why California's gas prices are sky-high!

From SaveCalifornia.com
A picture is worth a thousand words, right? Here are the March 10, 2022 "heat maps," with notes, from Californiagasprices.com (GasBuddy.com)
The Democrat Party's multi-decade hold on the California State Legislature has prevented gasoline pipelines from other states, prohibited new oil drilling, required expensive gasoline blends, and imposed the nation's highest gas tax.

Constitutional Assembly Republican Leader James Gallagher of Yuba City says California imposes "taxes and mandates that add \$1.27/gallon to the cost of gas." If that were done away with, and new drilling and at least one interstate pipeline permitted, California could have the lowest-cost gasoline in the nation.

Gasoline prices in all 50 U.S. states have nearly doubled under Biden & Co., representing the Democrat Party's war against oil, which lowers



the supply and increases the price, which obviously caused this crisis. Remember, on his first day of occupying the White House, Biden canceled the Keystone XL pipeline.