

WORD IN MOTION

October 2024

NDG HARVESTERS'

Edition #5



BIBLE READING FOR THE MONTH OF OCTOBER

WEEK 1 (OCTOBER 1-5)

- ☐ ISAIAH 11-29, EPHESIANS 4-6, PHILIPPIANS 1

WEEK 2 (OCTOBER 6-12)

- ☐ ISAIAH 26-40, PHILIPPIANS 2-4, COLOSSIANS

WEEK 3 (OCTOBER 13-19)

- ☐ ISAIAH 41-58, I THESSALONIANS, II THESSALONIANS 1-2

WEEK 4 (OCTOBER 20-26)

- ☐ ISAIAH 59-66, JEREMIAH 1-11, II THESSALONIANS 3, I TIMOTHY

WEEK 5 (OCTOBER 27-31)

- ☐ JEREMIAH 12-23, II TIMOTHY, TITUS 1

BOOKS OF THE MONTH

GENERAL :

“DIDN'T SEE IT COMING” BY CAREY NIEUWHOF

ADVANCED :

“THE TOTAL MONEY MAKEOVER” BY DAVE RAMSEY

FRENCH :

“MANUEL SUR LES LIVRES HISTORIQUES” PAR CHRIS PARIS



THE GOD OF PEACE AND MINISTRY

Involvement in ministry as a young person is a profoundly rewarding experience. While many of our peers are focused on worldly pursuits, our youth dedicate themselves to serving the Kingdom of God. However, a significant issue we must address is burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged and excessive stress. It can manifest as chronic fatigue, cynicism, reduced performance or effectiveness, and even physical health issues. This condition often arises from a lack of balance between personal well-being and ministry demands, and it's more common than we might like to admit. Unfortunately, the topic of burnout is frequently overlooked, with some even mistaking enduring it as a form of sacrificial devotion to God.



Understanding that burnout is a genuine risk, it becomes clear that maintaining mental health is essential for effective ministry. While mental health often emphasizes inner peace as defined by society, we aim for the God of peace to dwell and work in us. Our goal should be to pursue blamelessness— or, in other words, purity in our ministry—which requires a healthy balance of mental, physical, and spiritual care. This peace within is only possible through the sanctification of the God of peace. Without this divine peace, we risk falling into error. Scripture supports this holistic approach, emphasizing that our well-being—body, mind, and spirit— must be cared for to sustain our ministry work and prevent burnout :

1 Thessalonians 5:23

“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”

Here are a few keys to sustaining the peace of God and supporting mental well-being :

Proper Rest : Assess whether your rest is truly restorative or merely passive entertainment. Aim for quality sleep and activities that genuinely refresh your soul, such as engaging with Scripture. Even at Creation, God rested on the seventh day, setting a precedent for our own need for rest. However, today's culture often deceives us into believing that activities like binge-watching TV shows or scrolling on our phones qualify as rest. While entertainment has its place, it should not be mistaken for genuine restorative rest.

Nurturing the Spirit : Regularly invest in prayer, fasting, and deep reflection beyond church activities. Jesus, despite His extensive ministry, often retreated to pray and spend time alone with God, highlighting the importance of solitude and spiritual refreshment. Many ministers or people in ministry easily fall into the performative side of ministry and live on the highs of what it can bring, but without a true flow of the anointing, this type of ministry is not sustainable in the Kingdom of God. You will experience emotional highs in ministry, but it's important to recognize the danger of falling for sensationalism. If we fall into this trap, we will not be found blameless. The source of strength and peace in ministry is from Jesus, so we need to spend time alone with Him before anything else.

Accountability : Share your struggles and questions with leaders or pastors. They can help identify signs of burnout and offer support, but you must also actively seek assistance. Staying connected is crucial, as your thoughts can become clouded when overwhelmed. Scripture encourages us to take every thought captive that acknowledges against the knowledge of God (2 Corinthians 10:5). Engage deeply with the Bible and connect with individuals who can discuss spiritual matters with you. Don't rely solely on podcasts or clips on Instagram; these are not substitutes for real accountability. Online preachers are not your pastors or leaders, and meaningful accountability comes from personal, direct relationships within your church community.

In conclusion, while perfection is unattainable and we may falter at times, it's crucial to recognize that preventing burnout and prioritizing mental health is a proactive measure. Some seasons will demand more from us, but maintaining awareness is key. *Remember, we are vessels, not saviors.* This ministry is a gift— take care of it with diligence and love. The Bible encourages us not to grow weary in well-doing but to avoid fainting in ministry (Galatians 6:9). Excellence requires us to give our best, yet how can we achieve this if we are not embodying the God of peace?

Sir. Sunshine Joyce Flores-Valenciano

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A REJECTED FRUIT :

LESSONS ON ANGER AND INTEGRITY FROM CAIN'S STORY

BY SIMON VALENCIANO-MARTEL

Genesis 4:5-8

[5] But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. [6] And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen? [7] If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him. [8] And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.



Anger itself is not wrong; it is a natural emotion that arises when we encounter something we dislike. When you read the books of Joshua, Judges, and 1st and 2nd Samuel, you see that God becomes quite angry with the children of Israel at times.

However, anger should always remain a reaction and not an action. When a situation arises, anger may be our initial response, but it should not dictate our final actions. Anger can be justifiable, but aggression is not. One poor reaction can destroy one's integrity, and once it is broken, it can never be restored. Anger can also deafens the voice of reason; it even deafened God's voice in Cain's life. His anger led him to kill his brother and to harbor bitterness toward God, his brother, and his offering. The Bible says that Cain's countenance fell—in other words, his face reflected his intense anger. His rage overtook him and resulted in the murder of his younger brother in the very field where he worked so diligently.

1 Samuel 15:22 (KJV): "And Samuel said, Hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to hearken than the fat of rams."

It's a tragedy when we believe we have the strength to sacrifice everything yet lack the strength to obey what we are called to do. We tend to follow God only when sacrifice is required, but sometimes God simply seeks our obedience. He wasn't angry with Cain, nor was He disappointed; He wanted Cain to do it properly so he could be blessed. Cain's initial intentions were right. He likely spent countless hours in the field, tending to his crops and offering his best. Yet God rejected his offering. The issue wasn't with the fruit or the effort; it lay in Cain's inability to accept rejection. We often make the mistake of letting rejection linger in our hearts, allowing it to fester and control our thoughts, emotions, and lives. Cain was so consumed by his anger that he killed his own brother in the field—the very place where he ministered and fulfilled his calling—because he could not accept rebuke and correction. There will be times in ministry when your ideas are rejected—not because they aren't good, but because they don't align with the vision God has given your leaders. There will be moments when your intentions are right, but they won't lead to blessings or fruitful outcomes. Submission isn't merely agreeing with your leader and following; it's choosing to follow and submit even when you disagree. God rejected Cain's offering, and Cain took out his frustration on his brother. Being unable to accept correction will limit your potential.

Just like Abel, God could have blessed Cain and multiplied the fruits of his labor, but because of Cain's attitude toward rejection, he ended up a murderer, brotherless, and fruitless. Pride can hurt those around us. If we cannot accept "no" for an answer and cling to our pride and bitterness, we risk destroying the next generation and lose the fruits of our labour. Bitterness not only harms the host but also kills everything it touches.

Harvesters, learn to love, forgive, and forget. Situations may arise, but remember: you have the power to choose how long you stay angry. A situation can become your story or history. Choose wisely.

SEVEN SECRETS OF STRESS MANAGEMENT

BY RICK WARREN

Then Jesus said, "Let's get away from the crowds for a while and rest." There were so many people coming and going that Jesus and his apostles didn't even have time to eat. (Mark 6:31, NLT)

Jesus experienced enormous stress and pressure, yet it didn't seem to disturb his peace of mind. In spite of opposition, constant demands, and little privacy, his life reflected a calm sense of balance. What was his secret?

1. IDENTIFICATION :

Know who you are (John 8:12)

18 times Jesus publicly defined himself. There was no doubt in his mind as to who he was. If you are unsure of your identity, you'll allow others to pressure you into their molds. Trying to be someone you're not causes stress!



2. DEDICATION :

Know who you want to please (John 5:30)

You can't please everyone. Even God can't do that. Just about the time you get Crowd A happy, Crowd B will be upset with you. Jesus never let fear of rejection manipulate him. No one can pressure you without your permission.



3. ORGANIZATION :

Set clear goals (John 8:14)

Jesus said, "I know where I came from and where I am going." Preparation prevents pressure but procrastination produces it. You work by either priorities or pressures.



4. CONCENTRATION :

Focus on one thing at a time (Luke 4:42-44)

You can't chase two rabbits at the same time! Jesus knew how to handle interruptions without being distracted from his primary goal.



5. DELEGATION :

Don't try to do everything yourself (Mark 3:14)

We get tense when we feel it all depends on us. Jesus enlisted 12 disciples. Don't allow perfectionism or the fear that others may do a better job keep you from involving others in the task.



6. MEDITATION :

Make a habit of prayer (Mark 1:35)

No matter how busy Jesus got, he found time to get alone to pray every day. A daily quiet time is a great stress decompression chamber. Use this time to talk to God about your pressures and problems, evaluate your priorities, and discover the rules for successful living by reading the Bible.

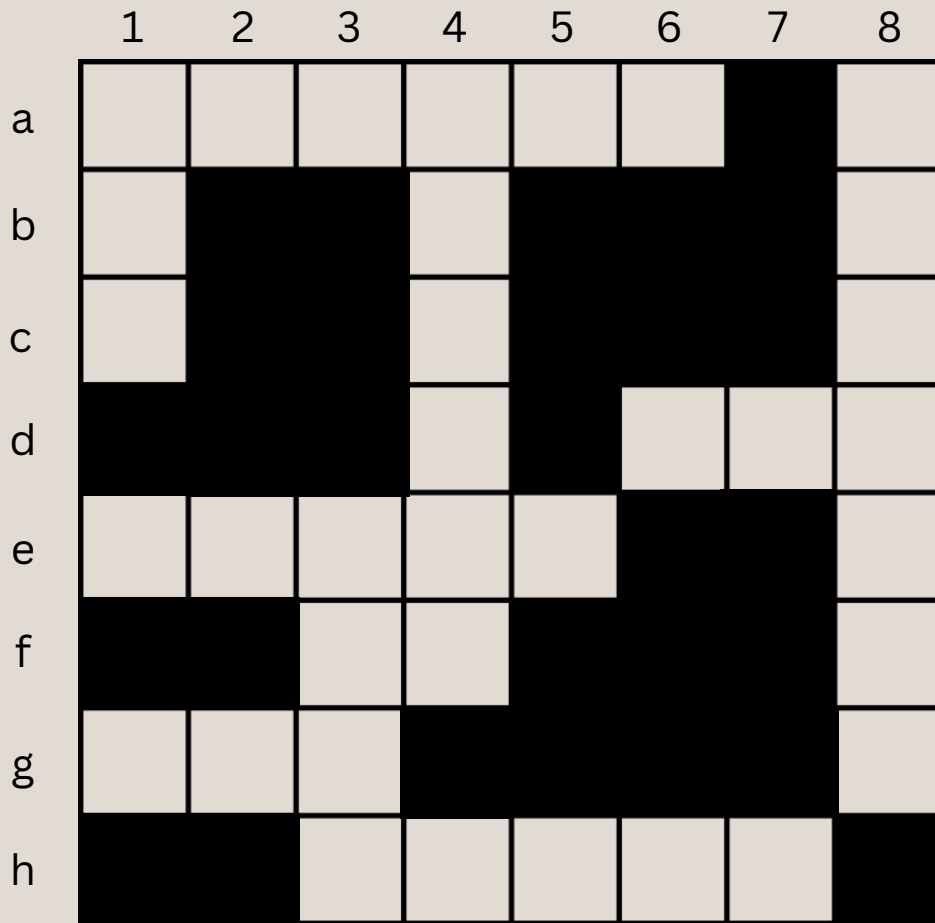


7. RELAXATION :

Take time to enjoy life (Mark 6:30-31)

Balance is the key to stress management. Work must be balanced with fun and worship.

Crosswords puzzle



HORIZONTALLY

A-1 : Before which character in the Bible did King Nebuchadnezzar fall, proclaiming, "Surely your God is the God of gods and the Lord of kings and a revealer of mysteries, for you were able to reveal this mystery"?

C-6 : What other word can we use to describe pride?

E-1 : Which son of Jacob lost his birthright after he slept with Bilhah, to which Jacob described him as "uncontrolled as water"? (Genesis 49)

G-1 : Complete "The Lord on high is mightier than the noise of many waters, yea, than the mighty waves of the ___." (Psalms)

H-3 : What was the name of Rebekah brother, the uncle of Jacob? (Genesis 24)

VERTICALLY

1-a : Complete "This is the ___ which the Lord hath made; we will rejoice and be glad in it." (Psalm 118)

3-e : Which idol did King Josiah order to be removed from the temple of the Lord and burned outside Jerusalem (2 Kings 23:4-5)?

4-a : In the Bible, which land is often referred to as the Promised Land, as it was the land promised by God to Abraham and his descendants? (Genesis 12:7)

8-a : Which son of David was known for his good appearance, particularly his long hair? (2 Samuel 14:25)

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TOGETHER, WE CAN TRULY BE HARVESTERS.

BLESSINGS,

Simon Valenciano-Martel



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