



There are three roots of anxiety that feed into our worry. The first root is FEAR, and the key to overcoming it is FAITH IN GOD'S WORD. Fear is often the first reaction to a stressful situation. It might be dread of what could happen in the future or uncertainty about our ability to handle the current situation. Whatever the cause of our fear, the problem is our focus. That's why it's so important to let God's Word frame every situation.

Our circumstances may seem hopeless, but according to Romans 15:4, whatever has been recorded in Scripture has been written that we might have hope. On one occasion, when the disciples were faced with something seemingly impossible, Jesus said, "With people this is impossible, but with God all things are possible" (Matt. 19 :26). The Word of God is filled with examples, promises, commandments, and principles that reveal our Lord is bigger than any problem we may encounter.

I will just mention two more roots for lack of space... Doubt and Control.

The evil one will try to bring doubts, and we want to take control of the problem??? (Selah – ponder and think about that.)

Peace and contentment can become a reality in our life. It has nothing to do with circumstances and everything to do with God. In the midst of storms, His peace is like a shelter around us guarding our hearts and minds in Christ Jesus (Phil. 4:7). Nothing comes our way without His permission, and if He's allowed something, difficult or painful, you can be sure that He will use it to strengthen our faith and build our character. He desires to give us peace in every circumstance.

I write about anxiety because of the many cases that come to me day after day. May this help at least one person, God Bless and may your trust in Christ grow each day.

Prayerfully yours,

Stella Davis

You are invited to our **prayer breakfast meeting on Saturday, July 30, 2016 at 9:00 a.m.** at the **HOLIDAY INN - CARLYLE** at **2460 EISENHOWER AVENUE, ALEXANDRIA, VA 22314**. Off Interstate 495, this hotel is a two minute walk from the Eisenhower Avenue Metro station. For more info go to www.cwiaholyspirit.org or call Patti 703.971.3633. Price is \$15 and includes a Buffet Breakfast and all tax/gratuities. If you wish to stay at the hotel on Friday night, ask for the CWIA discounted rate (for the breakfast meeting). Bring a friend. Great speakers, fellowship, praise & worship. Men and women are invited. The Lord is waiting for you! There will be a healing service afterwards.

July 30th Guest Speaker: “MAN OF GOD” Before our guest speaker met the Lord, he was in a dark place. He'd been struggling with same-sex attraction for years, and the agony of it was tearing him apart inside. Self-hate made his life miserable. Then one day, he hit rock bottom. All hope vanished. He realized at that time that he had nowhere to go....except to the Lord. A family member recommended a healing ministry, and after two deliverances he was set free! When presented with the opportunity to give his life to God, his fiat was “Yes!”, and his life was changed. It was as if a murky veil had been lifted, and he was able to see the world as if for the first time, with different eyes. He was now able to forgive those who'd hurt him, and then began the difficult task of forgiving himself. It wasn't easy. There were and still are difficulties, but his joy is full and see double blessings coming to him all the time. This June he graduated from college, and in September he will marry a nice young lady he met at a prayer group. God is good! He never truly ran away from God. God was with him all the time and still is. He knows that without the Lord he could return to that dark place. The love of God changed his rebellious life and filled his empty heart. He now believes that God put him on this journey to help others with this same struggle. He knows he's not perfect but, with the love of God as his anchor, it's easier to carry the cross. His purpose in life is to bring people closer to God with his testimony, a very tough task. Come and hear the rest of his story! Bring a friend.

Our next prayer breakfast will be Saturday, September 24, 2016.

REGISTER NOW for our 2016 Catholic Charismatic Conference on Friday, August 12 through Sunday, August 14, 2016 in Alexandria, Virginia. See our website (cwiaholyspirit.org) for details and updates, and registration form.

Intercessory Prayer Meetings: Mondays, 10:30am at 5917 Bond Court, Alexandria, Virginia, 22315

Prayer Chain: For prayer, e-mail our Prayer Chain at fraven1@verizon.net.