

Welcome

We're glad you're here

Please consider this a place to call Home - With people, you can call Family.
You are always welcome! God truly loves you, and we do too.

How (Not) to Have a Nervous Breakdown in 2018

In studying Jesus' Sermon on the Mount I was struck with how He began each section in chapter six with the words "Do not!" He began first with the negative: how NOT to give, how NOT to pray, how NOT to fast. I thought it would be interesting to list some DO NOTS for the new year that will prevent the troubles of life from driving you to a nervous breakdown. First, the negative attitudes.

1. Try to figure out the answer before the problem arises.

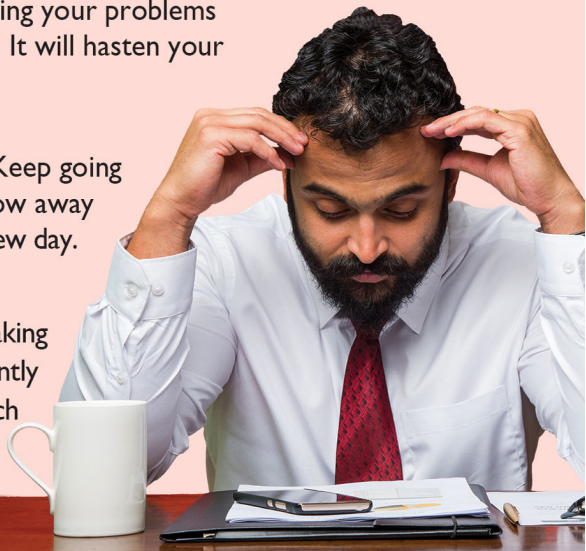
What will I do if I lose my job? How will I manage if my business fails? Oh no, exams are coming; what if I don't pass? What clothes am I going to wear? How am I going to pay for them? What if I get sick? Try solving your problems by worrying. Do not pray for divine help. It will hasten your nervous breakdown.

2. Try to Relive the Past.

Brood over the past. Indulge in regrets. Keep going over what has already happened and throw away new opportunities that come with each new day.

3. Try to Avoid Making Decisions.

Just let your problems stack up without making the decisions that will settle them. Constantly weigh your options and agonize over which would be the right one.



4. Demand More of Yourself than You Can Produce.

Do you think you are superhuman? Maybe you think you are super spiritual. Try to carry a double load, and it will double your chances to have a nervous breakdown.

5. Believe Everything the Devil Tells You.

Satan got Eve to doubt God's Word. He wants us to doubt the Scriptures, to doubt the miracles, to doubt that there is a heaven to gain and a hell to shun.

These are five routes you can take if you want to have a nervous breakdown. But I am happy to say that there is an antidote. It is right there in Matthew 6:25 "DO NOT Worry!" Let us examine the specific antidote for each negative attitude.

1. Do Not Worry. Jesus said it! "Do not worry about your life, what you will eat or drink, or about your body, what you will wear. Look at the birds of the air...your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?" Wow! Never forget the promises of the One who takes care even of the sparrows. Do not forget the Scripture that says God will meet all your needs (Philippians 4:19).

2. Forget What is Behind. The apostle Paul gives very good advice: "Forgetting what is behind and straining toward what is ahead, I press on toward the goal..." (Philippians 3:13-14) The past with its failures and disappointments is behind you. You cannot live there. The future is as bright as the promises of God. You can only live today; live it with joy for the good things God has in store for you.

3. Go to the Counsellor. Take your problems to the Lord in prayer; His Name is Counsellor (Isaiah 9:6). Ask Him to help you make the right decisions about each one. God's Word says "You guide me with your counsel" (Psalm 73:24). After you pray for guidance, take the step of faith—make the decision and then leave the result with the Lord.

4. Get Some Rest. Jesus said to His disciples, "Come with me to a quiet place and get some rest" (Mark 6:31). Doctors agree that many illnesses are only an accumulation of Sundays in arrears. God gave us a day of rest because we need it. Make Sunday a day of rest and worship.

5. Believe God's Promises. The antidote to doubt is faith. "This is the victory that overcomes the world, even our faith" (1 John 5:4, KJV). Trust in the Lord; do not believe the devil's lies. You will be an overcomer!

**May God rule in your life and give you a peaceful
and productive year in 2018.**

Wedding Banns

A Wedding has been arranged between
Mr. Jayaraman Franklin
Son of Mr. Pooswamy Jayaraman
& Mrs. Jayaraman Vanumathi
Resident of Yapral, Hyderabad, Telangana
And

Miss Chandra Shekar Ashwini
Daughter of Mr. Ramadas Chandra Shekar
& Mrs. Chandra Shekar Indrani
Resident of Alwal, Hyderabad, Telangana

The Wedding will be solemnized, LORD willing,
On Wednesday, 7th February 2018 at 5:30 pm

At the All Saints Church (CSI)
Trimulgherry, Secunderabad, Telangana

*"And both Jesus was called and
His disciples, to the Marriage." John 22*

A Wedding has been arranged between
Mr. Thurimerla Kiran Kumar
Son of Mr. Thurimerla Prabhudass
& Mrs. Thurimerla Sugunamma
Resident of Tilak Nagar, Hyderabad, Telangana
And

Miss Sunitha Adavikatla

Daughter of (Late) Mr. Adavikatla Prabhakara Rao
& Mrs. Adavikatla Grasamma
Resident of Palvanha, Kothagudem, Telangana
The Wedding will be solemnized, LORD willing,
On Friday, 26th January 2018 at 10:30 am

At Downie Hall Baptist Church
Nellore, Andhra Pradesh

Launching New Carecell



Old Bowenpally

Frenny Jones Nune & Archana
Wednesday: 7:30 pm - Neighbours
Contact: 9573695058 / 9908377715



AWHO Colony, Ved Vihar

Francis & Grace Powell
Saturday: 7 pm - Neighbours
Contact: 032825474 / 7680099555



21 DAYS PRAYER AND FASTING

14th January to 3rd February 2018

“Paul and Barnabas appointed elders
... and, with prayer and fasting,
committed them to the Lord”

Acts 14:23

HINDI Service

जय मसीह की!

Speaker: Dr. Susan Chacko

This evening,
21st January 2018, 5 pm

At Millennium Gardens,
Main Club Road, Secunderbad.

*We extend our warm welcome to all our
Hindi speaking friends to attend this Service.*

REGISTER NOW
FOR YOUTH CAMP



DATES: 25th-28th January 2018

CAMP SITE:

Ashirwad Global Learning Center (Seva Bharat)
Karremella Village, Ghatkesar

COST:

₹ 750/- (Student) ₹ 1000/- (Working)



youthalivehyderabad



97063 10008
99595 99050



youthalive@
newlifeag.in



myyouthalive.com

* Shuttles to the camp site leave from Church 11am onwards on 25th Jan. 2018



New Life A/G Admin. Office

A-19, 4th Street, Vikramপুরi Colony,
Sec'bad - 500 009, Telangana, INDIA.

040-66385450, 66385451 (Pastors) | 040-66385453, 9959595050 (Youth)

Email: info@newlifeag.in | Website: www.newlifeag.in



www.facebook.com/NewLifeAG.in



<https://twitter.com/newlifeagchurch>

Sunday Worship Services:

1st Service, 7:30 am | 2nd Service, 9:30 am | 3rd Service, 11:30 am

4th Service @ Kompally Campus, 10:30 am