

Mountain Stream
Ministries

THERE IS A RIVER
WHOSE STREAMS
SHALL MAKE GLAD
THE CITY OF GOD,..

(PSALM 46:4)

THE STREAM

Worry
Anxiety
Fear
Stress
Depression

Humanity v/s **Holy Spirit**

Human Spirit V/S God's Spirit

Hatred

Misery

Insecurity

Intolerance

Cruelty

Evil

Disloyalty

Violence

Instability

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-control

*"Let us make known
the name of Jesus, to
everyone God sends
our way."*

*From the desk of Rick Fultz
July 2016*

Newsletter

Worry does not empty tomorrow of its sorrow; it empties today of its strength.

– Corrie Ten Boom

WORRY BURNS UP VALUABLE TIME!

Worry adds nothing of any worth to our lives. *When we worry, we actually are rebelling against God!* Ouch! I know that must have hurt! God plainly warns us that we are not to worry. So,... it sounds like we have a choice! If God tells us NOT to worry, then He certainly knows we are able to do just that. DO NOT WORRY! “I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENS ME!” Seems like I have read that somewhere! **Phil 4:13**

You need to rejoice because God has made a way for you to escape depression, worry, anxiety, etc.! Shout Hallelujah!

Matt.. 6:34 Amplified Bible (AMP)

³⁴ **“So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.**

Philippians 4:6-7 Amplified Bible (AMP)

⁶ **Do not be anxious *or* worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. ⁷ And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].**

Matthew 11:28-30 New American Standard Bible (NASB)

²⁸ **“Come to Me, all ^[a]who are weary and heavy-laden, and I will give you rest.**

²⁹ **Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. ³⁰ For My yoke is ^[b]easy and My burden is light.”**

WORRY DRAGS A LOT OF BAGGAGE AROUND WITH IT

Here is a list of some of the problems that follow worry.

1. Sorrow
2. Depression
3. Anxiety
4. Fear

Fear; Is one of the enemy's most popular weapons that he uses against us. Worry, anxiety, fear...can overwhelm us at times. It can feel like a thick cloud of darkness, is trying to control our thought life,.. trying its best to cause us to make bad decisions.

There is so many things that try to bombard our lives in this world today - wars, conflicts, craziness, persecution, violence, crime. Not to mention natural disasters, economic chaos, unemployment, divisions, disease, terrorism, death. **FEAR FIGHTS US TRYING TO ERODE AWAY OUR PEACE**, including the peace we have for our children's future, **FEAR FIGHTS US TRYING TO TAKE AWAY OUR HOPE**, for our financial future, and our safety.

The list goes on... IFTHAT'S A BIG IF....we allow it to, BUT WE AS CHRISTIANS NEED TO STAND FIRM IN OUR CHRISTIAN MORAL BELIEFS, AND BE A LIGHT TO OTHERS.

YOU MUST REALIZE BY NOW THAT MANY ARE LOOKING FOR A LIGHT TO SHINE A CLEAR WAY TO LEAD THEIR FAMILY TO SAFETY AND SANITY. AWAY FROM ALL THE CRAZINESS AND CHAOS AROUND THEM. ...YOU NEED TO BE THAT LIGHT!

5. Jumpiness
6. Intolerance
7. Sleeplessness
8. Sickness
9. Hopelessness

Hopelessness; I heard a funny saying once about hope. **"I feel so much better since I lost all hope."** That seems like a statement Christians need to refrain from saying,... **AND I AGREE...unless your hope has been in man! Don't lose hope in Christ,... but stop putting ALL your trust in man. Humanity, always disappoints its followers! SELAH!**

**The LORD is my strength and my shield; my heart trusts in him, and he helps me.
Psalm 28:7 NIV**

10. Unhappiness
11. Disloyalty
12. Unnecessary Grief
13. Frustration
14. Hatred
15. Selfishness

There are many other problems that stem from worry and anxiety. Too many to mention here. Anyway you get my point!

DON'T BEAT YOURSELF UP FOR FIGHTING WORRY AND DEPRESSION!

Most people at some point in their life has or will fight depression! Most of us are guilty of fighting this battle in one form or another. So be encouraged, there is a way out with your fight with depression and anxiety!

THERE IS A WAY OUT FOR THOSE SUFFERING FROM WORRY, DEPRESSION, AND ANXIETY!

King David wrote these Psalms:

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”

—Psalm 42:5

“I sought the Lord, and He heard me, and delivered me from all my fears.”

—Psalm 34:4

Another scripture is found in the book of Hebrews, that deals with the fact when someone else has done something to you to make you feel depressed. So, stop blaming other people. Even though you may have suffered from someone else's bad deeds, you have no excuse for wallowing in it any longer! Claim the scripture for yourself, and speak it out loud over your LIFE!

“We can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”

—Hebrews 13:6

HERE ARE OTHER SCRIPTURES THAT WILL ENCOURAGE YOU:

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

—Philippians 4:6-7

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”

—1 Peter 5:5-7

But make up your mind not to worry beforehand how you will defend yourselves.

Luke 21:14 NIV

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken. Psalm 55:22 NIV

I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.. Psalm 16:8 NIV

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28 NIV

THE BIBLE TELLS US WHERE WE CAN LOOK FOR HELP

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth. Psalm 121:1-2 NIV

THE BIBLE TELLS US WHO WE CAN TRUST

The LORD is my strength and my shield; my heart trusts in him, and he helps me. Psalm 28:7 NIV

Trust in the LORD with all your heart and lean not on your own understanding Proverbs 3:5 NIV

IF YOU WILL BE HONEST WITH YOURSELF AND GOD, TRUST IN HIM, ASK GOD FOR HELP, HE WILL ANSWER YOUR PRAYERS!

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12 NIV

EVEN CHRISTIANS HAVE TROUBLES IN THEIR LIFE AT TIMES,... BUT GOD,..... WILL DELIVER YOU OUT OF THEM ALL! PRAISE GOD!

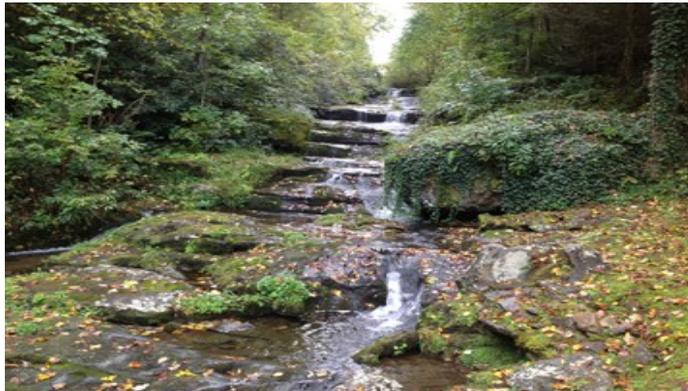
The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the LORD delivers him from them all. Psalm 34:17-19 NIV

They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit. Jeremiah 17:8 NIV

GOD'S WORD IS POWERFUL, HE WILL NOT FAIL YOU

For the word of the LORD is right and true; he is faithful in all he does. The LORD loves righteousness and justice; the earth is full of his unfailing love. Psalm 33:4-5 NIV

**Release the regrets of yesterday, refuse the fears of tomorrow, and receive instead the peace of today.
AMEN!**



A NOTE FROM THE PUBLISHER:

This Newsletter was birthed to water thirsty souls with the Word of God. The name in itself, "THE STREAM" is an indicator of God's intent with this ministry. *Water flows in the path of least resistance. **To resist God is to restrict His flowing river. The river of God brings refreshing hope when you allow it to flow in and through your life.*** Open up your heart and receive refreshing water, in those dry areas of your life. *We all have them at times, so don't feel condemned. Let the Holy Spirit minister peace and healing to your life and He will guide you into all truth. Jesus is the way, the truth, and the life. He is the only way to God, so receive Jesus as your Lord and Savior today.* Reach out to God and let Him complete the good work, He has started in you. God is faithful and He will protect, guard, direct, and comfort you if you will only trust in Him. Amen!

*In His Rest,
Rick Fultz*

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The purpose of Mountain Stream Ministries is to speak prophetically to the Body of Christ and to impart and teach Kingdom Principles and Spiritual Order. Mountain Stream Ministries accomplishes this purpose by providing resource materials, and by teaching through various venues.

Thank you for your commitment in praying and supporting God's Calling upon Rick Fultz. He and his staff at Mountain Stream Ministries endeavor to minister Godly encouragement and direction to the hearts of God's people.

We minister to everyone whom God places in our lives.

(John 17:9) I am praying for them. I am not praying (requesting) for the world, but for those You have given Me, for they belong to You. (Amplified Bible)

Rick Fultz is recognized as a man of integrity, and he is esteemed as a minister to the body of Christ. He teaches the importance of Kingdom Order and God's Grace. He serves in various facets of ministry as author, publisher, counselor, prophet and teacher. His prophetic gifting enables him in speaking, encouraging, and directing with a spirit of compassion, humility, and precision. His prophetic insight and walk with God has caused many to be liberated from the bondages of religiosity. He is the founder and president of Mountain Stream Ministries.

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