

# MORE TO LIFE THROUGH GOD



## Developing a Calm Spirit by Mary Loudermilk

May 2012

“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city” (Proverbs 16:32).

We live in an angry world. It seems that each week we read of another instance of this anger breaking loose and spilling onto an innocent bystander. We have even coined a phrase to describe the aggressive, often deadly, anger displayed on our highways—road rage.

Anger is a destructive emotion, and it is often directed at those nearest us—our family, our fellow workers, or even our brothers and sisters in Christ. If someone says or does something we don't like, they may receive a mean, curdling look, a rude comment, or a raised voice. Or, the angry one may refuse to talk, pouting and shutting the other out.

Benjamin Franklin once said, “Anger is never without reason, but seldom a good one.” Often anger is caused by negative thoughts. When something happens, we interpret it in a negative rather than positive or neutral way. When we think negatively, we create anger.

Negative thoughts, in turn, may cause us to feel threatened by the situation. When things don't go as expected, we may feel off balance, out of control, and challenged. The final ingredient in anger is a rush of adrenalin. This hormone fuels our emotions by causing our heart to race, our respiration to increase, skin temperature to rise, and blood pressure to go up. Anger is definitely not a healthy emotion.

Ecclesiastes 7:9 warns, “Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.”

Analyze your anger style. Is it “in” or “out”? Do you shout, kick, break, slam (anger out)? Or do you pout, sulk, clam-up (anger in)? Neither way is productive. The best anger style is self-control. You may have to work at this if you are by nature very emotional or easily excitable. James 1:19 admonishes us to “let every man be swift to hear, slow to speak, slow to wrath.”

You can control your response to situations and refuse to blow up or do a slow burn. Here are some steps you can use to defuse your anger.

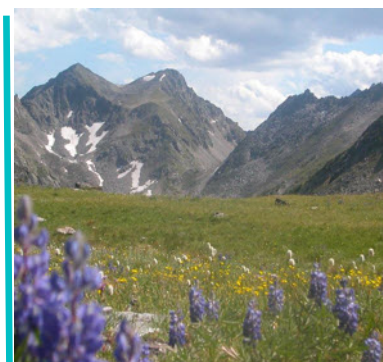
Memorize Scripture and quote it when you feel anger rising. Pray and turn it over to God. It then becomes His problem, not yours. Take a walk. Literally remove yourself from the situation until you have time to cool down and discuss the problem rationally. Write it down instead of spilling it out. Lay it aside until the next day (and then toss). If you still lose control, don't get discouraged. Ask God's help to do better next time.

If you use the above tools consistently, you will break the anger cycle. You will be exercising self-control. Solomon, a very wise man, said, “He who has knowledge spares his words, And a man of understanding is of a calm spirit (Proverbs 17:27).

“The fruit of the spirit is . . . self-control” (Galatians 5:23, NKJV).

Scriptures for Meditation:

Proverbs 15: 1, 18; Proverbs 17: 14, 27; Ecclesiastes 7:9; Galatians 5:22-23  
Ephesians 4:26-32; James 1:19-20



## PENTECOSTALS OF BILLINGS

### SERVICE TIMES

SUNDAY  
10 AM  
6 PM

WEDNESDAY- 7 PM

SATURDAY  
PRAYER- 7 PM

May 13- Mothers Day

May 26- Altar Work  
Seminar

May 27- AM Service,  
Kids Focus

May 27- Tyann Coe  
Left Hand Graduation

2335 Lewis Ave  
406-652-2443  
[www.pobmt.org](http://www.pobmt.org)



After hearing the wonderful message from Brother Erpelding concerning prayer, I remembered this article that I read fifteen years ago in the Free Will Echo, a small Christian Newspaper in Florida. I thought this would be very appropriate following his message. I am as guilty as the next person and probably even more so, but it doesn't have to end here. Our God is a God of resurrections and therefore I believe with all my heart and faith, that Mrs. Prayer Meeting can live again. Pray with me for her resurrection.



## Obituary of Mrs. Prayer Meeting

Mrs. Prayer Meeting died recently at the First Neglected Church, on Worldly Avenue. Born many years ago in the midst of great revivals, she was a strong, healthy child, fed largely on testimony and Bible Study, soon growing into world-wide prominence, and was one of the most influential members of the famous Church family.

For the past several years, Sister Prayer Meeting has been failing in health, gradually wasting away until rendered helpless by stiffening of the knees, coldness of heart, inactivity and weakness of purpose and will power. At the last, she was but a shadow of her former, happy self. Her last whispered words were inquiries concerning the strange absence of her loved ones now busy in the marts of trade and places of worldly amusements.

Experts, including Dr. Works, Dr. Reform and Dr. Joiner disagreed as to the cause of her fatal illness, administering large doses of organization, socials, contests and drives, but to no avail. A post mortem showed that a deficiency of spiritual food coupled with the lack of faith, heartfelt religion and general support were contributing causes to her death. Only a few were present at her death, sobbing over memories of her past beauty and power. In honor of her passing, the Church doors will be closed on Wednesday nights, save the third Wednesday of each month, when the Ladies Pink Lemonade Society serves refreshments to the men's handball team."

By Fran Lane

## SPIRITUAL WARFARE PRAYER

**In the next couple of months I am going to be adding a prayer tool for those expanded prayer times in your life that can change your life, the church and all you do.**

**These tools will help you to push back darkness and go push forward in your walk with God.**

### **Mark 1:35**

*"And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."*

### **WORDS OF INSIGHT**



#### *Hebrews 4:12*

*"For the word of God is quick, and powerful and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints of marrow, and is the deiscerner of the thoughts and intents of the heart."*

### **SWORD OF THE SPIRIT**

**Let me be on the offense with truth.**

**Anoint the word in my hands and heart.**

**Let Your Word do a work through me.**

**Let me be a channel through which the Word can flow.**

## UpComing Events:

May 12-Quiz Tournament Great Falls  
May 13- Mothers Day  
May 19- Youth@ 7  
May 26- Altar Work Seminar  
May 27- AM Service, Kids Focus  
May 27- Tyann Left Hand's Graduation  
June 9- District Quiz Finals  
June 17- Fathers Day  
June 21&22- District Ladies Conference



### CONGRATULATIONS GRADUATE!!

Tyann Coe Left Hand would like to invite  
you to her graduation

May 27th, 2012

Graduation Time : 7 PM

Place: Rimrock Metra Arena

## trust god

from the bottom of your heart:

**don't try** to figure out  
everything on your own.

**listen** for god's voice

in everything you do,

everywhere you go:

## he's the one

who will keep you on track.

don't assume that you know it all.

## run to god!

run from evil!

proverbs 3:5-7



## CHURCH PRAYER REQUESTS


Tyler Sapp  
Louie & Dale Dauenhauer  
Michael Kruger  
Medicine Crow Family  
Marty McFate  
Carol Penrod  
Galen Walter

If you have a prayer request that you want posted for others to pray for  
please submit them to my email: [coonfare03@yahoo.com](mailto:coonfare03@yahoo.com)



# May 2012

S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11	12 Quiz Tournament - Great Falls
13 	14	15	16	17	18  Youth @ 7	19
20	21	22	23	24	25	26  Altar Work Seminar
27 AM Service Kids Focus Rev. Greg Kessler	28 Memorial Day	29	30	31		



## A MOTHERS PRAYER

**M**ake me a wise mother, O Lord. Keep me calm and give me patience to bear the small, irritating things in the daily routine of life. Give me tolerance and understanding to bridge the gulf between my generation and that of my children.

Let me not be too ready to guide my children's stumbling feet, but allow me to be ever near to bind their bruises. Give me a sense of humor that I may laugh with them but never at them. Let me refrain from preaching with words; let me show by example instead.

Keep me from forcing their confidences, but give me a sympathetic ear when my children come to me. Make me humble. Keep my children close to me, O Lord, though miles may separate us. And let Thy light so shine upon me that they, too, will perceive Thy glory. Amen.

### District Ladies Conference Registration Information

Holiday Inn Grand Montana 5500 Midland Road, Billings

Speakers - Gwyn Oakes & Vonnie Lopez

\$60 by June 4th, \$70 after June 4th (ages 17 and up)

Ages 13-16 attend for half price

Fees include all sessions and banquet

Registration Forms can be downloaded from [www.rmdupci.org](http://www.rmdupci.org).

For more info, see Sis. Sermon

### Bacon Stuffed Burgers

### RECIPE OF THE MONTH

4 slices bacon  
1/4 c. onions, chopped  
1 (4 oz.) can mushroom pieces, drained & diced  
1 lb. lean ground beef  
1 lb. pork sausage  
1/4 c. grated Parmesan cheese  
1/2 tsp. pepper  
1/2 tsp. garlic powder  
2 tbsp. steak sauce  
8 hamburger buns  
Lettuce



Cook bacon until crisp. Drain all but 2 tablespoons drippings and saute onions in drippings. Crumble bacon and add with mushrooms to skillet. Crumble bacon, add with mushrooms to skillet. Set aside.

Combine beef, pork, cheese, pepper, garlic powder and steak sauce in a large bowl. Shape into 16 patties. Divide bacon mixture and place over eight of the patties.

Place remaining patties on top and press edges tightly to seal. Grill over medium coals until well done. Serve on buns, with lettuce, if desired.



## Micah 6:8 Ladies Project

During the month of May, our ladies will be taking part in a Micah 6:8 ladies' project. As we get closer to Mother's day, we are reminded of the added responsibilities of a mother. Pentecostals of Billings ladies have been given the opportunity to bless a family in our community. We will be gathering basic essential baby items. These items should be new or lightly used. The gender of the baby has not been determined. These items can be placed in the trunk which will be located in the foyer. See Sis. Sermon with questions or item suggestions. Thank you for being a part of this outreach effort.

# WHY PRAY?



The Bible tells believers to pray without ceasing (I Thess. 5:17). But many people struggle with understanding the purpose of prayer. Why should we pray? Does it really change God's mind or plans?

We should pray because God asks us to pray. Think about the wonder of that statement. The God who created time and space invites us to pour out our hearts before Him. He invites us to share our burdens and longings with Him.

"Cast all your anxiety on him because he cares for you." (I Peter 5:7, NIV)

"Cast your cares on the LORD and he will sustain you; he will never let the righteous fall." (Psalm 55:22, NIV)

We should pray because God listens to our prayers. God has promised to hear us when we pray to Him. He is never too busy to hear His children.

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us" (I John 5:14, NIV)

"The righteous cry out, and the LORD hears them; he delivers them from all their troubles" (Psalm 34:17, NIV)

"Evening, morning and noon I cry out in distress, and he hears my voice" (Psalm 55:17, NIV)

We should pray as a way of worshipping God. Have you ever thought of prayer as a form of worship? It is. For when we pray, we acknowledge the greatness of God and His worthiness and power, which is the essence of worship. In fact, the Greek word for worship is proskuneo, which means to prostrate or bow down, the posture we often take in prayer.

"I will praise you, O LORD, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High. (Psalm 9:1-2, NIV) Come, let us bow down in worship, let us kneel before the LORD our Maker" (Psalm 95:6, NIV)

We should pray to seek God's guidance. We live in a confusing world, and there are many voices competing for our attention. Often, it is hard to know which way to go and what path to follow. As we pray to God, we can find His guidance for our lives.

"Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long" (Psalm 25:5, NIV).

"For this God is our God for ever and ever; he will be our guide even to the end (Psalm 48:14, NIV)."

"I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them (Isaiah 42:16, NIV)."

We should pray because God will answer. God does not always answer prayer exactly the way we want Him to. Sometimes He may say no; sometimes He may ask us to wait. But He does answer every prayer of his children.

"Call to me and I will answer you and tell you great and unsearchable things you do not know" (Jeremiah 33:3, NIV).

"I call on you, O God, for you will answer me; give ear to me and hear my prayer" (Psalm 17:6, NIV).

"On him we have set our hope that he will continue to deliver us, as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many" (2 Corinthians 1:10b-11, NIV).

These are all very good reasons to pray. Of course, some of us may be motivated to pray but not know how.

We may not be asking why we should pray, but, "How Should I Pray?" UPCI TRACK



# The Hard or Easy Path?

By Larissa Timme

Have you ever thought why Jesus chose the death of the cross? According to M.D, David Terasaka, the death of the Crucifixion is a slow suffocation. The first step to the death of crucifixion is the shallowness of breathing which causes lung collapse. Decreased oxygen and increased carbon dioxide causes acidic conditions in the tissues. Fluid builds up in the lungs worsening the level of acidic. The heart is stressed and soon fails.

Jesus had the power to choose how he was going to leave the earth. He could have taken an easier way. But that was not His plan. Jesus wasn't interested in taking the easy way out and he doesn't want us looking for the easy way out either.

Matthew 16:24

Then said Jesus unto his disciples, "If any man will come after me, let him deny himself, and take up his cross, and follow me."

Sometimes it is so much easier to just sit back and relax rather than doing something for God and letting Him move in your life. From a student's point of view, it is so much easier to not do my homework. When I have a word problem in Algebra, I either look in the back of the book or leave it for the teacher to do. I choose to take the easier path. Sometimes at lunch it is much easier to talk about everyday things rather than about what God puts in our hearts. I will answer all of my friends' questions but it is so much easier follow the conversation than to direct it. Sometimes it is so much easier to just do my own thing. Much easier to read one of my books or playing on my iPod rather than memorizing Bible verses or reading God's word. In the mornings it is so much easier to sleep the extra hour than to wake up early and spend time with God.

For my term paper my English teacher gave us the opportunity to write about an event or a person. I chose to do my paper on William Joseph Seymour. He was one of the key figures that led the Azusa Street Revival back in 1906. He was put in difficult situations but he did not choose the easy path. He chose the path less traveled and followed God.

We think that everything should happen at the snap of a finger. When life is hard, we look for the easy way out. Being a follower of Jesus is not always easy, but the reward is so much greater than the momentarily happiness we get from doing other things. And let us be sold out for our God and choose the right path.

**MAY**



**May 19- Youth at 7 pm  
UNBIRTHDAY PARTY  
Bring White Elephant gift**

**Check out **SOLD OUT** Youth Group  
Pentecostals of Billings on Facebook!**



## MAY BIRTHDAYS

2-Heather Rennich/Barry Ziegler  
6-OkHui Woeppl  
7-James Shields  
11-Leonard Woeppl/Ron Lafontaine  
14-Aaron Gopher  
15-Belle Laverdure  
27-Alan Coonfare/Acacia Rennich



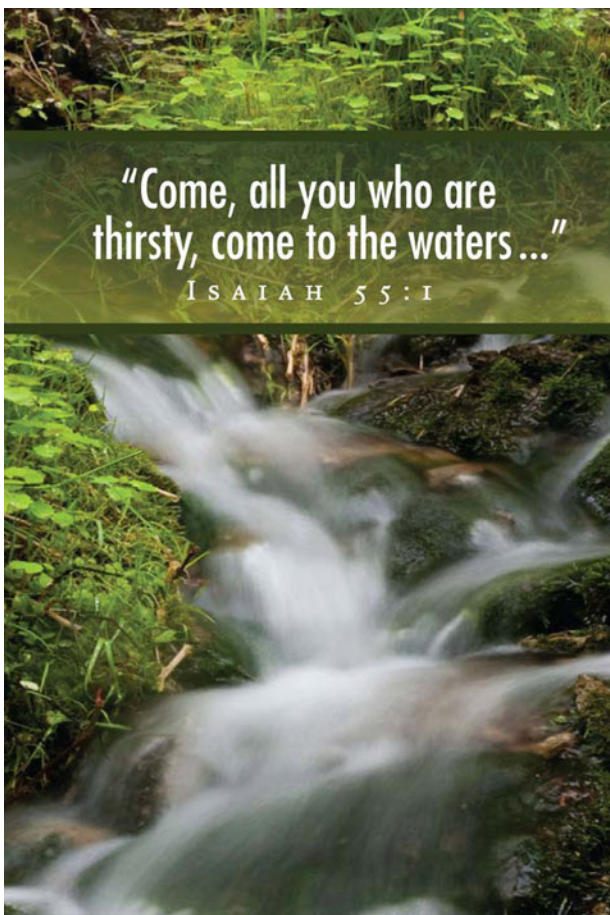
**MAY 28TH**

## Ponder This...

“The Holy Scriptures ... are nothing less than the ongoing Pentecost miracle.”  
—Martin Kähler

“The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.”  
—Honoré de Balzac

““Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”  
—Mary Anne Radmacher



***If you would like a private Bible study simply give us a call. In your bible we will show you where the Lord commands us, that we are to be born again.***

