



## Covenant Baptist Church

*Reformed and Refreshing*

*May 16th, 2021*

Welcome to Covenant Baptist Church. We are a Reformed church committed to three things:

- **The Exaltation of God**

We desire that the people at Covenant truly understand who God is and His rightful place in their lives as their Lord and sovereign Savior.

- **The Edification of the Saints**

We consider it extremely important to correctly teach the Bible, verse by verse, so we can properly have the Holy Spirit apply it to our lives.

- **The Evangelization of the Sinner**

We understand that God has given us the responsibility to be stewards of the Gospel and that means sharing it exactly like God gave it to us with those who need Jesus.

*<https://covenantbaptistsc.org>*

## Service Times:

Bible Education Hour (The Genesis Academy)  
~ 9:30 A.M.

Sunday Worship ~ 10:30 A.M.

Wednesday Prayer Service ~ 6:00 P.M., 7:00 P.M.

*(We are not interested in traditional worship  
or contemporary worship. We are only  
interested in true worship.)*

## Order of Worship

*(May 16th, 2021)*

Prelude

Call to Worship: Psalm 96: 7-13

Brethren, We Have Met to Worship—334

Scripture Reading: James 4:1-17

Before the Throne of God Above—187

His Forever—156

Message:

Godly Spiritual Leadership

— Philippians 2:25-30

(Mark Corral, Grace Covenant Church, Rock Hill)

Prayer and Benediction

Rise Up, O Men of God—339

## Table of Contents

1. Announcements, Events, and Book of the Week—pg. 2
2. Theology: The Effects of Anxiety (article)—pg. 3
3. News: Christian MP faces 6 years in prison for tweeting Bible verses on marriage, sexuality (main article)—pg. 5
4. News (cont.), Quote of the Week, and Resources for Biblical Counseling (updated)—pg. 7
5. Directions—pg. 8

### On-Call Deacon List:

- May 16: Shumpert
- May 23: Smoak
- May 30: Kyzer

### Church Cleaning Schedule:

- May 22: Bristol
- May 29: Olds/Shealy
- June 5: Kyzer (K&R)/Bean

### Church Bookstore:

Purchases (cash only) can be made by seeing Annsley or Cristan Smoak, or following the instructions left near the bookstore entrance.

## Announcements

Thank you for continuing to pray for Pastor Swann and his family as he addresses some health concerns.

Parents, please keep in mind that while we fully support and encourage keeping your children with you in the service, we also have provisions for those still training their young ones to sit quietly. If your child is being a distraction (loud) in the sanctuary, please make use of the many rooms on the fellowship side of the church, where the sermon is being played on TVs and other families are also training their young ones to sit quietly. If you prefer to use a nursery, we have one staffed with volunteers down the hall on the fellowship side for children up to the age of two.

Please join us for a work day on May 22nd starting at 8am. We will be doing yard work and painting. Chain saws and painting supplies are needed. Contact Chris Waddell (803-447-8257) with any questions.

There are a number of homeschool items and houseware items available for free in the library. Please feel free to take any of the items you would use.

Our Wednesday service includes a prayer time in the “Other Room” at 6pm. Following that, at 7pm, we have our evening worship with prayer and the study of the Book of Romans. We would love to have you come and be with us in this mid-week worship.

Please continue to pray for supporters for 10 girls in the orphanage in Guntur, India that have not as of yet received the \$41 per month support. Everything has been going well with the boys and the girls orphanages with this exception. Thank you all for the help that you have given to bring these children off the streets of India. Please see Alton for more details, or sign up to support an orphan on the blue pad on the foyer table.

## Covenant Baptist Church Events

**Greek Class**—*On hold*

**Biblical Counseling Class**—*On hold*

**Second Sunday Dinner**—*June 13th. Please plan to bring a dish to share and stay for the fellowship. Also remember that we usually have visitors who stay for the meal, and you are encouraged to bring more than a small side dish so that there is plenty to go around.*

## Book of the Week: Altogether Lovely: The Glory and Excellency of Jesus Christ—by Jonathan Edwards

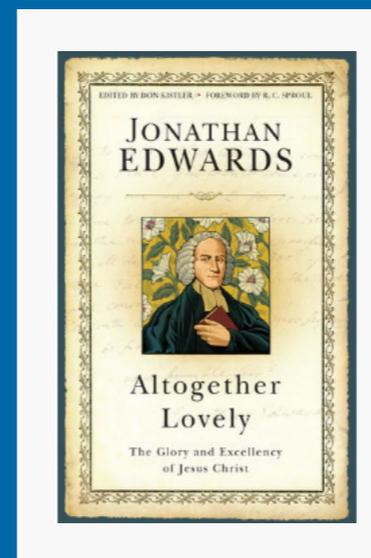
Jonathan Edwards is considered by many historians to be one of the greatest intellects of his age. Even today, Edwards’s sermons and writings challenge the minds and inflame the hearts of Christians everywhere. The sermons included in *Altogether Lovely* reveal Jonathan Edwards’s deep affection for the glory and excellency of Jesus Christ.

*“The value of Edwards’s work is not found merely in his lucid and penetrating mind. What is most singular is his combination of rational analysis with spiritual ardor. Here was a man whose heart was aflame with love and devotion for the sweetness and excellence of Christ. His work exudes authentic religious affection. He was, above all things, a lover of God who made the seeking of His Kingdom the chief business of his life.”*

—R. C. Sproul (1939–2017), founder and chairman of Ligonier Ministries

Purchase at:

<https://www.heritagebooks.org/products/altogether-lovely-the-glory-and-excellency-of-jesus-christ-edwards.html>





## The Effects of Anxiety

—*Rebecca VanDoodeward*

Sometimes, even if we know that something is wrong, it can take a bit to see the ugly side. Starting the generator right outside the door on the porch might seem like a good idea in a thunderstorm, but the headaches caused by carbon monoxide poisoning will soon enough tell us otherwise. Like anything else that Scripture warns us about, anxiety also has some very damaging effects. The New Testament word for anxiety, *merimna*, is also translated “care” or “worry.” Because anxiety is real and prevalent in our world, so is the impact. And while anxiety may come from imagined scenarios, real and present issues, or a sense of impending doom, a life of perpetual anxiety makes it impossible to love God and neighbor as we should. Regardless of the cause or source, anxiety disrupts life on multiple levels.

### Physical Effects

There is a reason that Jesus asked, “And which of you by being anxious can add a single hour to his span of life?” (Matt. 6:27). We all know that anxiety is not the key to healthy longevity. Feeling scared, feeling down, and losing sleep are just the beginning. While conditions such as chronic pain, disability, or long-term illness can spawn anxiety, things can go the other way as well. Chronic anxiety can create pain, illness, and other physical issues due to an abnormal physical state. Adrena-

line and cortisol perform many essential functions in our bodies—God gave them to us for good reason. A rise in these hormones enables us to face stressful situations through altered physiology: our pulse quickens, our breathing speeds up, and blood vessels expand, giving more oxygen to our brains and muscles, focusing our concentration. But when these hormones flow through our systems too often or too long, a host of ailments can result.

Increasingly, scientists are finding links between anxiety and negative physical effects. Studies have shown that anxiety can lead to heart disease in otherwise healthy adults and that chronic emotional stress and anxiety are linked to predispositions to a range of digestive system issues, from acid reflux to irritable bowel syndrome to cancer. And the situation is more concerning with age, as older adults are likely to have comorbidities that accelerate the physical conditions and deteriorations connected with anxiety. The body of research is growing. Worrying yourself to death may be a truer danger than we thought.

### Relational Effects

Anxiety has demonstrable, measurable effects on our bodies. But the root is often in our mental and spiritual lives. Because of this, we cannot expect our relationships to be unaffected. The relational effects of anxiety are also damagingly strong. Clinically, anxiety is linked to difficulty with short-term memory, concentration, verbal and spatial performance, reading attention span, and more. No wonder that it makes socialization difficult.

But the difficulties go beyond functional aspects. We know anecdotally that visiting a truly anxious person is difficult. If conversation gets going, it tends either to focus on the superficial or to drag us into the world of dark cares in which the other person lives. One elderly woman I knew not only recited litanies of terrible accidents and diagnoses during visits but also listed potential hard providences, elaborating on fears of the future. It seemed as though she had opened the door wide to dark thoughts, oblivious to the effects. She had faced real grief in her life, but it was her anxiety about the future that prevented real relational closeness with other people.

Anxiety turns us in on ourselves and our problems. We shrink inward, weighed down by burdens that we were not meant to carry, dragging them around and bumping into others as we go. Jeannie Marie Guyon told a friend, “Melancholy contracts and withers the heart. . . . It magnifies and gives a false coloring to ob-

jects, and thus renders your burdens too heavy to bear.” Anxiety colors our view of the world with a sinfully negative lens. Clearly, these sorts of effects will hamper socialization and healthy relationships with others.

But the effects go beyond socialization. In her prayer-hymn “Father, I Know That All My Life,” Anna Waring asks for “a heart at leisure from itself, to soothe and sympathize.” Anxiety robs us of this. Twisted in, we are not at leisure from self. Instead, we are consumed by our own thoughts and preoccupations and so are cut off from real opportunities around us. Anxiety robs us of social relationships, yes, but also of the ability and opportunity to serve. It robs us of the spiritual connections that flow from fellowship and usefulness. The relational isolation that comes from anxiety is no fluke. It’s one of Satan’s tactics. A believer without close relationships and community engagement is an easy target for doubt and despair. The relational and spiritual effects of anxiety are closely linked.

### Spiritual Effects

The impact of anxiety really begins and ends in the soul. If anxiety affects our human relationships, how could it not affect our relationship with God? Anxiety often happens when we doubt or lose sight of God’s wisdom and goodness. Instead of being like a weaned child with its mother, our souls are agitated and grasping, concerned with things that are beyond us (Ps. 131:2). We cannot rest in providence. This is particularly true when we are anxious about things that have not even happened. Elisabeth Elliot reminds us that God promises grace not for our imaginations but only for reality. He promises us new mercies for every morning, not for every worry. Again, Waring states, “There are briars besetting every path that call for patient care; there is a cross in every lot, and an earnest need for prayer; but a lowly heart that leans on Thee is happy anywhere.” Recognizing the spiritual dangers of anxiety is not a denial that there are hard and frightening things in this world. But, Guyon warns us: “A sad exterior is more sure to repel than attract to piety. It is necessary to serve God, with a certain joyousness of spirit, with a freedom and openness, which renders it manifest that his yoke is easy.”

This is the heart of it, isn’t it? We are most often anxious because we either do not believe or do not feel as though our Shepherd is good. Sometimes the darkness does press in, and it is a spiritual battle to believe that God is good all the time. Sometimes feeling that truth is a distant hope. That is why anxiety has such a dangerous effect on our souls. It makes us doubt the Father, even the One who has not

withheld His only Son. Anxiety listens to lies—lies that may be loud and intrusive, but lies nonetheless. But being anxious also passes on those lies, as we bear Christ’s name in the church and the world while behaving as though He is not omnipotent, omniscient, omnipresent, and good. Anxiety tries to squeeze out truth—and where that happens, lies line up to come in. Lies about God’s character and promises are the most devastating, as they seek to create doubt toward the only One who is our Helper. Anxiety and the lies that come with it separate us from God. Perhaps this is why Elaine Townsend wrote, “Lord, teach me never to be anxious, but to share with you my heart; and thank you so much for your peace as I share with you.”

### Conclusion

Together, all these effects are sobering. But don’t let them give you anxiety. They clearly show the foolishness of justifying our worry. We all do it, don’t we? Sometimes we do it by choosing something important and valuable to fret over. In our own minds, our anxiety about our children is justified by our love for them. We justify our worry about society by our concern for safety and morality. We justify fretting about health with claims of stewardship. Other times, we try to justify our worry by choosing crises to feed it, mulling over the impact that car wrecks or terminal diseases would have. We justify our anxiety in our own minds and perhaps even to friends.

But something so destructive to our bodies, minds, and souls must be fought. Something that has the potential to distance us from God, from our communities, and from good health can’t really be justified, can it? We have no excuse for giving quarter, calling a truce, or negotiating on the side. No rationale is enough. We sometimes equate worry with discernment, concern, or even love and prayerfulness. But the fruit of those things is godly action and trust. They give life. The fruit of anxiety kills on multiple levels. Let’s not justify it. The stakes are too high. Let’s battle it. That battle may not be brief or clear-cut, and it may involve help from doctors, pastors, and others, but giving up this good fight cannot be an option for God’s children.



## Christian MP faces 6 years in prison for tweeting Bible verses on marriage, sexuality

—by Sara A. Carter

A Christian member of the Finnish Parliament is facing six years imprisonment for allegedly committing three crimes, including “hate speech,” for sharing her opinion on marriage and human sexuality on social media, on television and in a pamphlet.

The country’s chief prosecutor has brought three criminal charges against Finnish Member of Parliament and former Minister of the Interior, Päivi Räsänen, according to the Austria-based Christian legal group ADF International.

The politician, who is a member of the Evangelical Lutheran Church of Finland and former chair of the Christian Democrats, has been under police investigation since June 2019 for publicly voicing her opinion on marriage and human sexuality in a 2004 pamphlet, for comments made on a 2018 TV show, and a tweet directed at her church leadership.

A medical doctor, mother of five and grandmother of six, Räsänen now faces two years in prison for each alleged crime, the group said.

“I cannot accept that voicing my religious beliefs could mean imprisonment,” said Räsänen in a statement issued by ADF International, which is representing her. “I do not consider myself guilty of threatening, slandering or insulting anyone. My statements were all based on the Bible’s teachings on marriage and sexuality.”

A Member of Parliament since 1995, Räsänen said she will “defend my right to confess my faith so that no one else would be deprived of their right to freedom of religion and speech.”

She said she holds on to “the view that my expressions are legal and they should not be censored.”

“I will not back down from my views. I will not be intimidated into hiding my faith. The more Christians keep silent on controversial themes, the narrower the space for freedom of speech gets,” she said.

ADF International Executive Director Paul Coleman added, “Freedom of speech is one of the cornerstones of democracy.”

“The Finnish Prosecutor General’s decision to bring these charges against Dr. Räsänen creates a culture of fear and censorship,” Coleman continued. “It is sobering that such cases are becoming all too common throughout Europe. If committed civil servants like Päivi Räsänen are criminally charged for voicing their deeply held beliefs, it creates a chilling effect for everyone’s right to speak freely.”

In 2019, Räsänen wrote a tweet questioning the leadership of her church for sponsoring the LGBT event “Pride 2019,” it was accompanied by an image of a Bible verse. As a result, she was accused of hate speech and interrogated by the police.

About the pamphlet, ADF International explained that Räsänen wrote it more than 16 years earlier to outline the official teaching of her own church on human sexuality. “Despite the police previously concluding that no crime had been committed, the Prosecutor General re-opened the file,” ADF International said.

The investigations include her comments on a TV show in 2018 in which the presenter came to her home and stayed overnight. In the program, they discussed religious matters, including Räsänen’s personal beliefs.

In a radio interview in 2019, Räsänen commented on the show’s topic of discussion, “What would Jesus think about homosexuals?”

In her 2019 tweet, she cited Romans 24-27 and posted a picture of the passage from the Bible.

The passage reads: “Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised.

“Because of this, God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed shameful acts with other men, and received in themselves the due penalty for their error.”

Räsänen is no stranger to controversy as she has become known as a prominent Finnish defender of traditional Christian views on marriage, euthanasia and abortion.

As Evangelical Focus noted earlier, Räsänen’s views are often more conservative than those in the ECLF leadership.

### Also read:

## Pricey Manhattan Catholic Prep School Makes Students Undergo Gender Ideology Training by Gabe Kaminsky

<https://thefederalist.com/2021/04/30/exclusive-pricey-manhattan-catholic-prep-school-makes-students-undergo-gender-ideology-training/>

*Note to Parents:*

*Some content of this article may not be appropriate for children.*

## Other News:

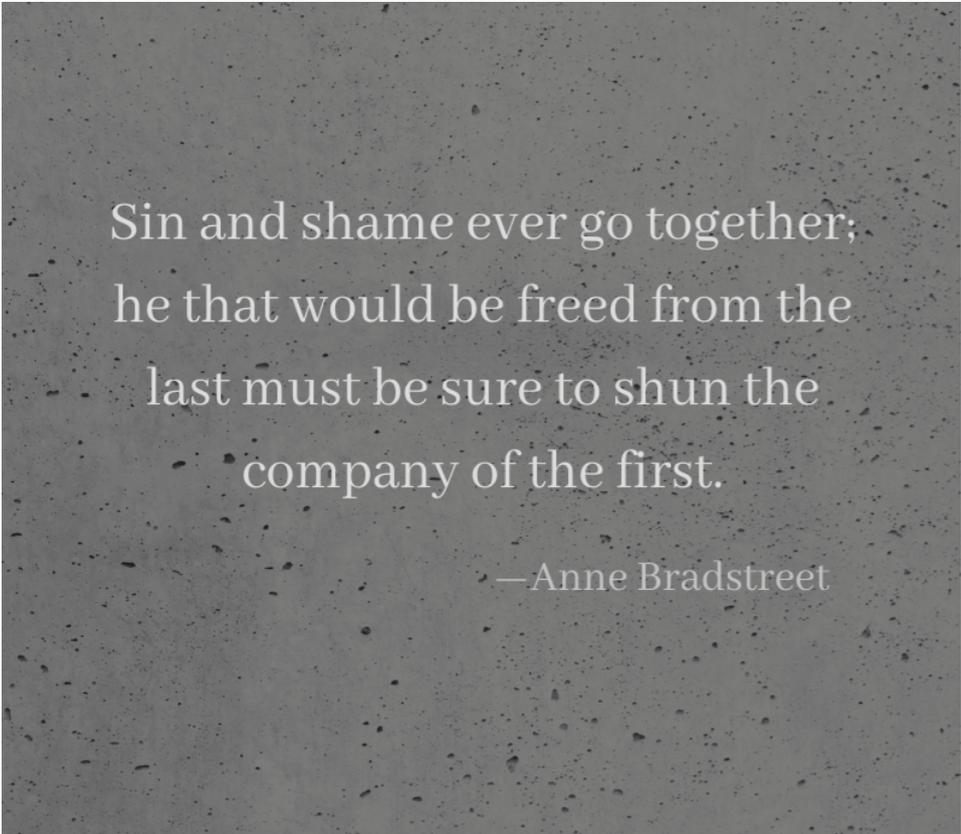
**U.N. puts dangerous Iranian regime on Women's Rights Commission—**  
<https://saraacarter.com/u-n-puts-dangerous-iranian-regime-on-womens-rights-commission/>

**NYC School Pushes Students To Stop Saying 'Mom,' 'Dad,' 'Parents,' Referring To People By Gender—**  
<https://www.dailywire.com/news/nyc-school-pushes-students-to-stop-saying-mom-dad-parents-referring-to-people-by-gender>

**SCARY Pentagon Scientist Says They Have Created A Microchip That Needs to Be Implanted Under Your Skin Which Senses COVID-19 in Your Body—**  
<https://thedcpatriot.com/scary-pentagon-scientist-says-they-have-created-a-microchip-that-needs-to-be-implanted-under-your-skin-which-senses-covid-19-in-your-body/>

**'Victory for Children': Arkansas Becomes 1st State to Ban Transgender Surgery, Hormones on Kids—**  
<https://www.christianheadlines.com/contributors/michael-foust/victory-for-children-ark-becomes-1st-state-to-ban-transgender-surgery-and-hormones-on-kids.html>

## Quote of the Week:



Sin and shame ever go together;  
he that would be freed from the  
last must be sure to shun the  
company of the first.

—Anne Bradstreet

## Biblical Counseling Resources

**Strategies for Fighting Depression Well—by Jim Newheiser**  
<https://biblicalcounseling.com/fighting-depression-well/>

**Identity Language in Counseling—by Martha Peace**  
<https://biblicalcounseling.com/identity-language-in-counseling/>

**The Pursuit of Peace—by Sam Stephens**  
<https://biblicalcounseling.com/the-pursuit-of-peace/>

**Defeating Despair—by Tim Pasma**  
<https://biblicalcounseling.com/defeating-despair/>

**Gracious Words Amid Sword Thrusts—by Jim Koerber**  
<https://biblicalcounseling.com/gracious-words-amid-sword-thrusts/>

**You Can Please God—by Kyle Gangel**  
<https://biblicalcounseling.com/you-can-please-god/>

**Crafting Temptation and Repentance Plans to Help Addicts—by Keith Palmer**  
<https://biblicalcounseling.com/crafting-temptation-and-repentance-plans-to-help-addicts/>

**Counseling Self-Injuring Teens**  
<https://biblicalcounseling.com/resource-library/conference-messages/counseling-self-injuring-teens/>

**Enduring Dark Providences**  
<https://biblicalcounseling.com/resource-library/articles/enduring-dark-providences/>

### Covenant Baptist Biblical Counseling Class:

*A Biblical Counseling class started February 13th at 7 PM here at the church. If you would be interested in participating, please let the pastor know. We are going to live-stream the class. Just go to the website at <https://covenantbaptistsc.org> and click the live-stream button on home page at 7pm Thursdays.*

**Biblical counseling class on hold while teacher recovers from surgery.**



## Covenant Baptist Church

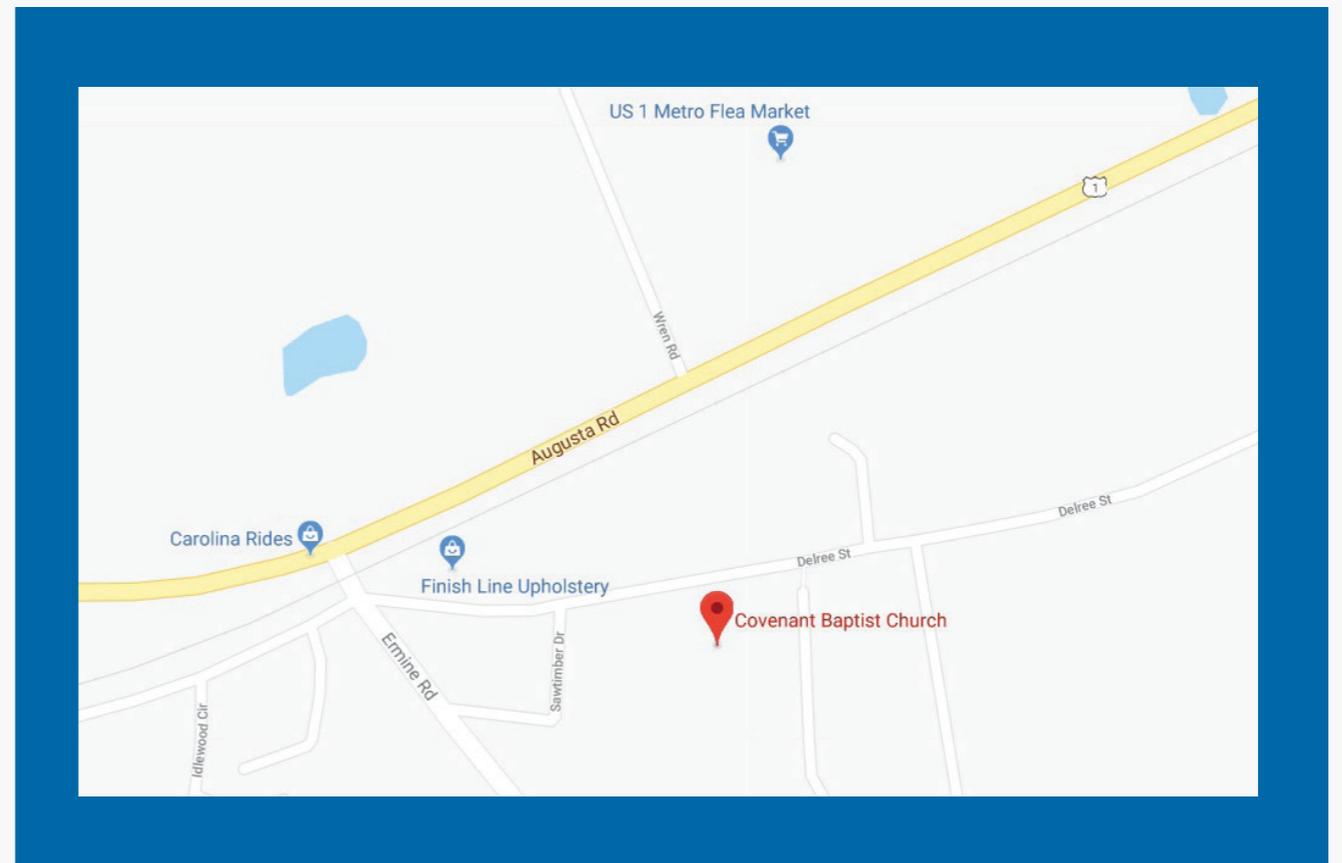
*Reformed and Refreshing*

*3535 Delree Street*

*West Columbia, SC 29170*

*<https://covenantbaptistsc.org>*

## Location:



*If you are interested in joining our church, please speak to one of our elders or deacons.  
They will be happy to give you the information you need.*