

in the morning; for You have been my defense and refuge in the day of my trouble. To You, O my strength, I will sing praises; for God is my defense, the God of my mercy (verses 16-17).

Let your mind be filled with praise rather than anger. Give your anger to God in exchange for His peace and joy. Amen.



Available Positions:

- RESOURCE CENTER MANAGER
- RECEPTIONIST

Both positions are full-time. Resumes must be submitted to Stephanie Van Koten-Hinger:

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steph@lightbearers.org

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Events Schedule

- **September 2-4**
Guam Micronesia Mission Women's Ministries Conference, Guam Marriott Resort & Spa
mrs.kasperbauer@gmail.com • (671) 477-9745
Risè Rafferty
- **September 7-8**
Gorge Camp Meeting, Goldendale, WA
mathisen@gorge.net • (509) 493-1463
Ty Gibson
- **September 14**
Spolecenske centrum, Prague
www.spolecenskecentrum.cz/kontakt/
Ty Gibson
- **September 15**
sbor Praha Smíchov Peroutkova 57, Prague
www.casdsmichov.cz/kontakt/
Ty Gibson
- **October 6**
Valley View SDA Church, Medford, OR
(541) 773-6097
James Rafferty
- **October 19-20**
Battle Creek Tabernacle, MI
(269) 968-8101
Ty Gibson
- **October 25**
3ABN Today Live
www.3ABN.org • (269) 968-8101
Ty Gibson & David Asscherick
- **November 2-3**
Walla Walla Eastgate Adventist Church, WA
(509) 529-9933
Ty Gibson
- **November 5-10**
Milo Adventist Academy, Days Creek, OR
(541) 825-3200
James Rafferty

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*Light Bearers is a non-profit ministry based in beautiful Oregon State.
Our purpose is to help proclaim the gospel
of our Lord Jesus Christ through the spoken and published word.*

MISSION UPDATE

The Newsletter of Light Bearers

What To Do With Anger



By James Rafferty

Anger is by definition “an emotion related to one’s psychological interpretation of having been offended, wronged or denied and a tendency to undo that by retaliation.”

The David of the Bible had some pretty intense anger issues. As found in Psalm 59, at times he expressed a desire to see his enemies consumed by God’s wrath (verse 13). There are a lot of us that are angry with the injustice taking place on Planet Earth. One of the ways that we can channel that anger is to connect with God like David did.

The Bible says, “Be angry and do not sin. Do not let the sun go down on your wrath” (Ephesians 4:26). Don’t stuff your anger and go to bed thinking that everything is going to be okay in the morning. Turn it over to God. Tell him about your situation, your feelings, ask Him for help.

Help—David pleads, “Deliver me from my enemies, O my God; defend me from those who rise up against me. Deliver me from the workers of iniquity, and save me from blood thirsty men” (Psalm 59:1-2).

Whatever your anxieties and trials, spread out your case before the Lord. Your spirit will be braced for endurance. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer.

Emote—Explain your situation to God. Why are you upset? What happened? David said, “For look, they lie in wait for my life; the mighty gather against me; not for my transgression, nor for my sin, O Lord. They run and prepare themselves through no fault of mine. Awake to help me, and behold” (verses 3-4).

Walk through it point by point. Talking to Someone who will listen brings a lot of peace.

Let Go—David exploded his anger toward God when he said, “You therefore, O Lord God of hosts, the God of Israel, awake to punish all the nations; do not be merciful to any wicked transgressors” (verse 5). “For the sin of their mouth and the words of their lips, let them even be taken in their pride, and for the cursing and lying which they speak. Consume them in wrath, consume them that they may not be; and let them know that God rules in Jacob to the ends of the earth” (verse 12-13).

Tell God exactly how you’re feeling. Why? Because if you don’t explode to Him, you’re going to explode on somebody else!

Praise—Then David could praise God. “But I will sing of Your power; yes, I will sing aloud of Your mercy

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CONSIDER THIS . . .

The Lord encourages the trust of the most faulty and most perverse. He is able to restore His moral image to the soul, and is not slack concerning His promises. Christ went to the very depths of human extremities in order that He might meet men where they are and know how to befriend them in their need. He is our Friend, who has come to save us. Why are we not more diligent in learning of the great Teacher lessons of patience, kindness, forbearance? We may suppose that we have great provocation to feel injured, and to be angry with those with whom we associate, but we may be laborers together with God no matter what may be our circumstances. We may be sustained by faith, inspired by hope, that God in His goodness and mercy will deliver us from evil.

Ellen G. White
Manuscript Releases
vol. 2, p. 269

It is easier to act the part of a martyr than to be patient under provocation and to control a bad temper. Sound religious principles must be brought into the life to repress anger rather than inflame it by giving vent to it. We feel very angry, but if we control that anger and are not betrayed into expressions of hasty feeling, we will not lose the respect of our brethren or respect for ourselves. The

Pattern, Christ Jesus, is our example. Patience is a heavenly attribute, and Christians must cultivate it. We must not ever keep before us the feeling that we are slighted. The very fact that we suspect evil will go a long way toward creating that evil which we allowed ourselves to suspect. Our feelings will sometimes be deeply hurt, our temper sadly tried, but the sooner we shall forget the cause of this disturbance the better will it be for us and all connected with us.

Ellen G. White
Manuscript Releases
vol. 19, p. 345

We are placed in this world to be children of God and to prepare for the future immortal life. Speak no unkind, thoughtless words. As you associate in family relationship, be careful to speak kind, tender words which will comfort and encourage. Do not forget the little acts of kindness which do so much to help the member of the family who is struggling with infirmities which no one but himself can understand.

Ellen G. White
Manuscript Releases
vol. 21, p. 135

THE HOUR HAS COME



By David
Asscherick

It was, without doubt, one of the highlights of my life: more than a thousand young people standing arm in arm, committing themselves to God and to making a difference in Europe. Even now as I write, more than a week later, my heart thrills within me as I remember that site and that night. It will be with me for the rest of my life, of this I am certain.

GYC Europe was, by all accounts, a wonderful success, as young adults from more than 40 countries convened in Linz, Austria from July 20-24. Forty countries! The theme was *The Hour Has Come: A Call to Reignite the Dormant Embers of the Reformation*. And that's exactly what it was! The call was made over and over by preacher after preacher, from Pastor Mark Finley's opening message on Revelation 10 and the Advent movement to Sebastian

Braxton's stirring closing commission.

The call was made, yes, but more importantly; the call was responded to and accepted. I had the privilege and responsibility of preaching the evening meetings Saturday through Monday. My presentations centered, perhaps predictably, on the book of

after the book of Acts? *How did Europe end up, largely, in a state of secularism, skepticism and sensualism?* Was there any hope for Europe's spiritual future? Did the book of Acts hold the key to that future?

In addition to the book of Acts,

and an unworshipable God." Much of Europe's present predicament is directly traceable to the predicted apostasy within the Christian Church itself. That apostasy was foretold in, among other places, Daniel, Matthew, Acts, 2 Thessalonians, the epistles of John and of course, Revelation.

You might say it this way: Rome sneezed and all of Europe caught a cold.

And yet the Bible tells of more than the apostasy, the de-formation. It also speaks of the remnant and of re-formation.

That which was lost will be regained and restored. The gates of hell will not prevail against God's church! They bore sway for a time, yes, but the final victory belongs to God and His church triumphant.

And the book of Acts holds the template. What once was will be yet again! What was deformed will be reformed and, at last, fully restored.

The embers of a spiritually renewed Europe are gathering and warming. I have seen it with my own eyes, and I will never again be the same.

Neither will Europe!



Acts. As I prepared and prayed for the forthcoming event—an event of monumental significance—I kept being drawn to the fifth book of the New Testament.

As I prepared, questions circled again and again in my thinking. What happened to the church

I found myself reading from Ellen White's *The Great Controversy*. One chapter in particular arrested my attention: chapter 15, The Bible and the French Revolution. The sad saga that became France's history was, as I would preach, "a legitimate reaction to an absurd religious system