

# Increasing Joy Ministries Inc.

"The meek also shall increase their joy in the Lord..." Isaiah 29:19

November 2018

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The newsletter of Increasing Joy Ministries Inc.

## Mission Statement

To declare the Gospel which brings willing hearts to a saving faith in Christ Jesus and causes a life of Christ likeness through Worship, Ministry, Evangelism, Teaching, and Fellowship.



Pastors  
Dr. William and  
Dr. Barbara DeSue

IJM Motto:  
Seeking  
The Lost  
Strengthening  
The Saved  
Serving Others

## Praise ye the LORD! (Psalm 148:14b)

### Seven Words for Praise

**Praising God is a decision.** When we make that decision we not only give action to our faith, but we open the door for the perceived manifested presence of God, **THIS IS THE REWARD!** For God inhabits the praises of His children.

There are seven basic words for praise...

•**HALAL** – to rave upon the Lord, to celebrate, to dance, to act clamorously foolish before the Lord. The word Hallelujah comes from Halal. When Paul talks about being filled with the Spirit compared to being intoxicated (**Ephesians 5:8**); and after they were baptized with the Holy Spirit, people thought they were intoxicated (**Acts 2:13-21**). [**2 Samuel 6:14-16** – David dancing before the Lord; **2 Samuel 6:20-23** – I will celebrate before the Lord; **Psalms 30:11-12** – mourning into dancing; **Psalms 149:3** Praise Him with dancing]

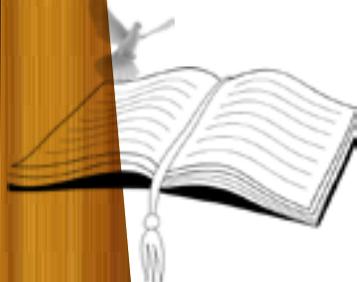
•**YADAH** – to lift open hands to God with love, faith, trust, thanks. When we get beyond our circumstances, beyond ourselves, reaching hands to the Father with the attitude of love, trust and awe, then we are giving Yadah to the Lord. [**Psalm 7:17** – I will give to the Lord thanks; **Psalms 42:11** – why are you cast down my soul, praise Him!; **Psalms 63:4** – I will lift up my hands in praise of you]

•**ZAMAR** – to touch the strings, to sing songs of praise with instruments. To make music accompanied by voice. [**Psalms 57:7-11** – I will sing and make a melody!; **Psalms 45:8** – stringed instruments make you glad; **Psalm 147:7** – sing and make a melody]

•**TOWDAH** – with extended hands; adoration, agreement, thanks for what has been done or what will be done. Agreeing and confessing His word. To speak the same thing. **Jesus, the Word, is our sacrifice to confess the Word, is how we give a sacrifice of praise to God. Further, the Word is our entrance into the presence of God. To declare openly, freely, unreservedly. Admit as real or true; agreement, confession.** "Enter His gates with Towdah!" [**Colossians 1:13**; "He has delivered us from the pow-

Continued on next page

Inside This Issue	Pg
Pastors' Message	1-2
Health	3
Article	4
Know Your Bible	5
Selah	7



er of darkness and translated us into the kingdom of the Son of His love.” I confess, I have been delivered from the power of darkness and have been translated into the kingdom of the Son of His love. **Romans 8:37**; “Yet in all these things we are more than conquerors through Him who loved us.” I confess, I am more than a conqueror through Him who loves me. **Philippians 4:19**; “And my God shall supply all your need according to His riches in glory by Christ Jesus.” I raise my hands and confess, my God shall supply all my need according to His riches in glory by Christ Jesus. **1 Peter 2:24**; “Himself bore our sins in His body on the tree that we, having died to sin, might live for righteousness -- by whose stripes you were healed.” I confess, by the stripes of Jesus I am healed. **This is what it means to confess, to speak the same thing. Admit as real or true. To declare openly, freely, unreservedly.**

•**SHABACH** – to joyfully shout the testimonies of God! A loud adoration, a joyful to overflowing attitude. [**Psalm 5:11** – take refuge in Him and sing for joy; **Psalms 32:11**

– be glad in the Lord and shout for joy; **Psalm 67:4-5** – let the nations be glad and sing for joy]

•**BARAUCH** – a lifestyle of yielding to God, the act of kneeling or to bow, the word “bless” in scripture. To express an attitude of love, submission and trust through the act of kneeling or bowing, it is to continually give place to the Father in every area of our life; a lifestyle. [**Psalms 95:6** – let us worship, bow and kneel before the Lord, our Maker; **Psalms 34:1-3** – I will bless the Lord at all times.]

•**TEHILLAH** – to sing a new song. Spontaneously singing or melodious chanting to God. The only praise that scripturally “God inhabits in” (**Psalms 100**). “We enter His courts with Tehillah.” [**Psalms 100:4** – enter His gates with thanksgiving and His courts with praise; **Psalms 33:3** – sing a new song and play skillfully with the strings]

Pastors William and Barbara DeSue



“It is a faithful saying.” 2 Timothy 2:11

Praise is comely for the people of God, What then does comely signify? Simply, praise is suitable and beautiful to those who love God. Paul has four of these “faithful sayings.” The first occurs in 1 Timothy 1:15, “This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to save sinners.” The next is in 1 Timothy 4:6, “Godliness is profitable unto all things, having the promise of the life that now is, and of that which is to come. This is a faithful saying, and worthy of all acceptation.” The third is in 2 Timothy 2:12, “It is a faithful saying--If we suffer with Him we shall also reign with Him”; and the fourth is in Titus 3:3, “This is a faithful saying, that they which have believed in God might be careful to maintain good works.”

We may trace a connection between these faithful sayings. The first one lays the foundation of our eternal salvation in the free grace of God, as shown to us in the mission of the great Redeemer. The next affirms the double blessedness which we obtain through this salvation--the blessings of the upper and nether springs--of time and of eternity. The third shows one of the duties to which the chosen people are called; we are ordained to suffer for Christ with the promise that “if we suffer, we shall also reign with Him.” The last sets forth the active form of Christian service, bidding us diligently to maintain good works.

Thus we have the root of salvation in free grace; next, the privileges of that salvation in the life which now is, and in that which is to come; and we have also the two great branches of suffering with Christ and serving with Christ, loaded with the fruits of the Spirit. Treasure up these faithful sayings. Let them be the guides of our life, our comfort, and our instruction.

The apostle of the Gentiles proved them to be faithful, they are faithful still, not one word shall fall to the ground; they are worthy of all acceptation, let us accept them now, and prove their faithfulness. Let these four faithful sayings be written on the four corners of My house.

Charles Spurgeon

## Can you guess the worst? Lack of Exercise, diabetes, smoking, and heart disease.

For quite a while now, The Lord has revealed a lot of things to us through this medium relative to our health. We have learned the danger of Carcinogens such as parabens in deodorants, biphenol and polyvinyl chloride in plastics, acidic nature of soda, diabetes and sugary food, Marijuana and its effect on memory, etc. We also talked about the importance of exercise. What we did not address, however, was the impacts of a lack of exercise on our health. Why do I feel like there is a resistance built against this particular topic of exercise? This is likely the trick of the enemy. The enemy will not win the battle of information and knowledge because we have a time-tested blueprint for knowledge: The Holy Bible. According to Proverbs 18:15, “the heart of the prudent getteth knowledge; and the ear of the wise seeketh knowledge” So, let us focus on this article with some degree of intensity and personal reflection, so that we do not assume anything, especially since it is a familiar topic. If we assume that we already know, then we will deprive ourselves of its usefulness.

Exercise has been known, even since the 16th century, as an important factor in health. However, it was generally regarded as a lame concept. In fact, some of the doctors who pioneered such” radical claims were regarded as quacks by patients and the medical community alike. Fast forward, in recent times, exercise has worked its way into the mainstream of medicine as a formidable component of a healthy life style. Yet, the practice of exercise is still being resisted by many patients and nonpatients alike.

So, in 2007, the American college of sports Medicine launched a Global Initiative to have all healthcare practitioners and educators promote exercise in their practice. After examining the facts and listening to the compelling information, they emerged from the Global Initiative with the term: Exercise is Medicine (EIM). Yet again, many patients still resisted the idea of exercise and continue to do so until now. These patients (people) would much rather undergo risky and complicated surgical procedures, take medications with severe side effects that include death, rather than exercise. Can we stop here and really ask ourselves, Why? Why is it so difficult to begin, much less commit, to exercise especially given its indisputable benefits?

By now, can you guess which is worst: Lack of exercise, diabetes, smoking, and heart disease? Yes, as un-

believable as it may sound, a brand new study released this year, 2018, has sedentary life style (lack of exercise) as being worse than diabetes, smoking, and heart disease. Dr Wael Jaber, who works as a cardiologist at the Cleveland clinic describes the result as “extremely surprising.” Dr Jaber said, “being unfit on a treadmill or in an exercise stress test has a worse prognosis, as far as death, than being hypertensive, being diabetic or being a current smoker.” Researchers studied 122,007 patients since January 1, 1991 to December 31, 2014. The study compares those who have sedentary lifestyle to top exercise performers and find that the death associated with lack of exercise is 500% higher. It also compares those who do not exercise much to those who exercise regularly, it finds 390% higher risk of death in those who do not exercise much. These are called statistics, but what it really represents are the number of our brothers, sisters, father, mother, cousins, neighbors, and friends who have lost their lives due to lack of exercise that resulted in various medical complications.



Contrary to previous belief that too much exercise was not good, this research demystifies such flawed notion; there is no limit to the benefit of exercise. The good news, according to Dr Satjit Bhusri, a cardiologist at Lenox Hill Hospital, heart disease relating to sedentary life is not only reversible but preventable. So, with this new study, we must put up resistance, but this time, we will resist the discouraging spirit and not the call to exercise. A day is coming when exercise will be a prescription in the regiment of patient care, but we cannot afford to wait to be ordered this “medicine” because it is already inside our “cabinet.” Let’s take it and reverse or/and prevent a lot of our health problems. We must not stigmatize, but rather encourage, one another in love as we embark on this road together; together we can get it done! If in doubt, check with your doctor before you start.

Brother Christopher Ukpong

# The Reply

A person finds joy in giving an apt reply— and how good is a timely word! Proverbs 15:23 NIV

The other day I had the opportunity to witness to a gentleman who was posted up at the grocery store. He was giving out papers, attempting to gain memberships, while in his words, “attempting to deal with so-called church-going folk.” The focus of his displeasure was evident; the job had become a major disappointment, filled with momentary exchanges with the cleanly pressed in their Sunday best, as well as others, who were coming from wherever, minding their own business and going about their day, but those responses were with a wave of the hand of irritation, constant “not interested” replies, to just downright ignoring his inquiries. Essentially, he was seen as a deterrent to the ultimate goal of shopping and getting on with their Sunday afternoon.

“Hey man...” he spoke to me and I responded.

Him: “You want a free paper?”

Me: “No sir...thank you...and you have a blessed day.”

Him: “What’s so blessed about it? All day, I have to stand here handing out papers, get totally ignored, even told that I am in the way. Sometimes I just feel like ‘what’s the use?’ My father was a loser and I feel the same way.” The least all these folk can do is stop and acknowledge that I exist.

Me: “Why do you feel that way?”

Him: “My father committed suicide and sometimes I feel like I’m headed in the same direction. This job just solidifies my feelings of hopelessness. Nobody cares about me enough to notice me.

But you seem different...”

Me: “Man...we all have felt hopeless, but what I believe is that God sent his Son to die so we can live... even when hopelessness takes a hold, my hope is in that relationship. Believing is simple and ultimately, it is about finding this hope through faith.” (John 3:16)

“Man...you don’t know me, but if I could tell you the defeats, successes, failures...WHEW...just know that I decided to hold on to what works and that is a strengthening faith anchored by God’s Word. I trust Him with my whole heart because I don’t understand life sometimes. But that’s for God to handle. (Proverbs 3:5-6)

Remember...there is no temptation, test or trial that has taken you that is not common to other men, but if you believe in God, he will make a way for us to escape. (1 Corinthians 10:13).

The ultimate question is “have you asked God to forgive you of your sins?”

Him: “I’ve tried.”

Me: “Let’s all try...As a matter of fact...let’s do it now...You have a blessed day.”

Him: “You too.”

The conclusion is that all of our journeys will ultimately lead to self-resolve when it comes to profession of faith. Usually at the moment in which you least expect, your position will be tested. Confirm where you are trying to go on in your faith by encouraging others.

Brother Wenston DeSue

Jesus, to those who would witness to others, “Ye are the salt of the earth and ye are the light of the world. A city that is set on an hill cannot be hid”. So let your light shine before men, that they may see your good work, and glorify your Father which is in heaven.” (Matthew 5:13, 14,16)

*Share Your Faith!*

# Know Your Bible

## The Book of Zephaniah

**Author:** Zephaniah 1:1 identifies the author of the Book of Zephaniah as the Prophet Zephaniah. The name Zephaniah means “defended by God.”

**Date of Writing:** The book of Zephaniah was written during the reign of King Josiah, likely in the early part of his reign, between 635 and 625 BC.

**Purpose of Writing:** Zephaniah’s message of judgment and encouragement contains three major doctrines: 1) God is sovereign over all nations. 2) The wicked will be punished and the righteous will be vindicated on the Day of Judgment. 3) God blesses those who repent and trust in Him.

### Key Verses:

*Zephaniah 1:18*, “Neither their silver nor their gold will be able to save them on the day of the LORD’s wrath. In the fire of his jealousy the whole world will be consumed, for he will make a sudden end of all who live in the earth.”

*Zephaniah 2:3*, “Seek the LORD, all you humble of the land, you who do what he commands. Seek righteousness, seek humility; perhaps you will be sheltered on the day of the LORD’s anger.”

*Zephaniah 3:17*, “The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.”

**Brief Summary:** Zephaniah pronounces the Lord’s judgment on the whole earth, on Judah, on the surrounding nations, on Jerusalem and on all nations. This is followed by proclamations of the Lord’s blessing on all nations and especially on the faithful remnant of His people in Judah.

Zephaniah had the courage to speak bluntly because he knew he was proclaiming the Word of the Lord. His book begins with “The word of the Lord” and ends with “says the Lord.” He knew that neither the many gods the people worshiped nor even

the might of the Assyrian army could save them. God is gracious and compassionate, but when all His warnings are ignored, judgment is to be expected. God’s day of judgment is frequently mentioned in the Scriptures. The prophets called it the “Day of the Lord.” They referred to various events such as the fall of Jerusalem as manifestations of God’s Day, each of which pointed toward the ultimate Day of the Lord.

**Foreshadowings:** The final blessings on Zion pronounced in 3:14-20 are largely unfulfilled, leading us to conclude that these are messianic prophecies that await the *Second Coming* of Christ to be completed. The Lord has taken away our punishment only through Christ who came to die for the sins of His people (*Zephaniah 3:15; John 3:16*). But Israel has not yet recognized her true Savior. This is yet to happen (*Romans 11:25-27*).

The promise of peace and safety for Israel, a time when their King is in their midst, will be fulfilled when Christ returns to judge the world and redeem it for Himself. Just as He ascended to heaven after His resurrection, so will He return and set up a new Jerusalem on earth (Revelation 21). At that time, all God’s promises to Israel will be fulfilled.

**Practical Application:** With a few adjustments in names and situations, this prophet of 7th century B.C. could stand in our pulpits today and deliver the same message of judgment of the wicked and hope for the faithful. Zephaniah reminds us that God is offended by the moral and religious sins of His people. God’s people will not escape punishment when they sin willfully. Punishment may be painful, but its purpose may be redemptive rather than punitive. The inevitability of the punishment of wickedness gives comfort in a time when it seems that evil is unbridled and victorious. We have the freedom to disobey God but not the freedom to escape the consequences of that disobedience. Those who are faithful to God may be relatively few, but He does not forget them.

## APOSTLE'S CREED

According to Christian Apologetics & Research Ministry; this creed arose out of the early Western church and should be thought of as a summary of the Apostles' teaching rather than directly attributable to them. Originally it was essentially a baptismal confession and had several variations. The form used today dates from the eighth century and reads as follows:

"I believe in God the Father Almighty, Creator of heaven and earth, and in Jesus Christ His only Son our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried and He descended to the dead.

On the third day He rose again and sitteth at the right hand of the Father, From thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy \*catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen"

\*Catholic meaning the universal church.

## The Ten Commandments

- I. Thou shalt have no other gods before me.
- II. Thou shalt not make unto thee any graven image.
- III. Thou shalt not take the name of the LORD thy God in vain.
- IV. Remember the sabbath day, to keep it holy.
- V. Honour thy father and thy mother.
- VI. Thou shalt not kill.
- VII. Thou shalt not commit adultery.
- VIII. Thou shalt not steal.
- IX. Thou shalt not bear false witness against thy neighbour.
- X. Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbor's.

## Family Fun Festival Photos 2018



# FOOD

## COMMODITIES

### Distribution

**Date: Thursday,  
December 20, 2018**

**Time: 1:00 P.M. - 4:00 P.M.**

This institution is an equal opportunity provider...

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# Selah!

Praise now is one of the great duties of the redeemed. It will be their employment for ever. Albert Barnes

The prayer that begins with trustfulness, and passes on into waiting, will always end in thankfulness, triumph, and praise. Alexander MacLare

Prayer means lovingly contemplating the Father, the Son and the Holy Spirit, allowing our hearts to be enkindled to praise and adore the love and omnipotence of the most blessed Trinity. Basilea Schlink

The greatest form of praise is the sound of consecrated feet seeking out the lost and helpless. Billy Graham

I think we delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment; it is its appointed consummation. C.S. Lewis

Praise is the rehearsal of our eternal song. By grace we learn to sing, and in glory we continue to sing. What will some of you do when you get to heaven, if you go on grumbling all the way? Do not hope to get to heaven in that style. But now begin to bless the name of the Lord. Charles Spurgeon

Prayer and praise are the oars by which a man may row his boat into the deep waters of the knowledge of Christ. Charles Spurgeon

Praise is not only speaking to the Lord on our own account, but it is praising Him for what He has done for others. D.L. Moody

Let us ever remember that God recognizes every expression of praise and of His people's love. He knows so well what His love and grace are to us that He must expect us to praise Him. G.V. Wigram

# Happy Thanksgiving

Thank You Sunday  
November 18, 2018  
10:45 am Service

**In all things give thanks.**

**Bring a friend  
Let's fellowship,  
give thanks to God and  
one another together...**



**Thanksgiving  
Dinner  
immediately  
following  
morning service**



## *Mission Statement*

*To declare the Gospel which brings willing hearts to a saving faith in Christ Jesus and causes a life of Christ likeness through Worship, Ministry, Evangelism, Teaching, and Fellowship.*

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## November 2018 Events

Corporate Prayer-2nd Friday

Daylight Savings Time Ends - November 4th

Veterans Day - November 11th

New Members Class - November 12th, 14th, 15th

Volunteer Appreciation Luncheon - November 17th

New Members Reception - November 18th

Thank You Sunday - November 18th

Office Closed -Thanksgiving

November 22nd & 23rd



## December 2018 Upcoming Events

Corporate Prayer - 2nd Friday

Saints Night Out - December 8th

Pastor William's Birthday Celebration - December 23rd

Birth of Jesus Christmas Celebration - December 24th

Office Closed - Christmas Observance

December 24th - 26th

## Ministry Schedule

Sunday Bible Study  
9:30 AM

Sunday 10:45 AM  
Worship Service

First Sunday 4:00 PM  
Communion Service

Tuesday 7:15 PM  
Worship Service

Prayer (2nd Fridays)  
6:30 PM

Lunch In The Word  
Wednesdays 11:00 AM