

**September
2013**

TEEN NEWSLETTER

VESSELS[©]

Defeating The Spirit Of Fear

FEAR FACTOR

ABOUT SELF RESPECT

Did Miley Cyrus and Robin Thicke blur the line or cross the line with their MTV performance?

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Let's Talk

...ABOUT SELF RESPECT

Therefore I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not be conformed to this world but be transformed by the renewing of your mind then you will be able to test and approve what God's will is - his good, pleasing and perfect will."

~ Romans 12:1-2

It is the performance that left jaws hanging on the floor! And not in a good way. Surprise. Shock. Disbelief. Media backlash.

"That young lady, who is 20, is obviously deeply troubled, deeply disturbed. Probably has confidence issues...and I don't think anybody should have put her up on stage. That was disgusting," MSNBC, News anchor, Mika Brzeninski said of Miley Cyrus' and Robin Thicke's *Blurred Lines* performance on the 2013 MTV Music awards, August 26, 2013.

The Parents Television Council also got in on the outrage, issuing a statement from director of public policy, Dan Isett, that said: *"MTV has once again succeeded in marketing sexually charged messages to young children using former child stars -- (Miley Cyrus played Hannah Montana on the Disney Channel) while falsely rating this program as appropriate for kids as young as 14. This is unacceptable."*

So what's the big deal? People wear skimpy clothes, dance provocatively and make suggestive gestures all the time. She's an entertainer and was performing on MTV; what do people expect?

Well God expects his children to be different and set apart from the world. We live in a society that pressures us to believe that being grown up and cool means to

focus on our outward appearance, instant gratification, selfish pleasures and provocative actions. Unfortunately the pull of wanting to be accepted or popular, causes us to give in and do, say, wear and behave in ways that are not pleasing to God, ourselves, or our parents.

Robin Thicke's mother, Gloria Loring told Yahoo! "I just keep thinking of her mother and father watching this. Oh, Lord, have mercy." Incidentally, Robin Thicke has been criticized for his part in the performance too, being a married man.

Acting in a way that that honors God, your family and yourself is not about judging, but about being able to appreciate who you are as a person. To know your value and worth as a child of God, realizing that the only one you should be trying to please is your heavenly Father and not the world.

Self respect means: self worth, self love, self acceptance and self control. Abiding in God will equip you with the strength you need to live according to His will!



**Illustration - (l) Robin Thicke; (r) Miley Cyrus
by: oceshowbiz.com.com**

GLZBC YOUTH: FRIDAY NIGHT LIGHTS



GLZBC Footballers

Top Photo: Dajawn Williams, #14, Wide Receiver/Defensive Back, Woodbridge Vikings

Center Photo: Brandon Crockett, #8, Running Back, Heritage Lions

Bottom Photo: Tristan Anderson, #59, Quarter Back/ Running Back, Fort Belvoir BullDogs

GLZBC s Tristan Anderson Has A Heart For Football

It's Saturday. The air's a little cool, sun is bright and the Fort Belvoir Bulldogs have just finished a scrimmage game at, Gum Springs Park. Tristan Anderson is kind of tired, sweaty and a little smelly as he sits down to talk to Vessels about the sport he loves to play.

Vessels: *What team do you play for?*

Tristan: I play for the Fort Belvoir Bulldogs 80lbs Central Team, and I'm the quarterback and play the running back position too.

Vessels: *So, what do you like most about playing football and who is your favorite NFL team.*

Tristan: I like running around, hitting, throwing and catching the ball and being with my friends. My favorite

team is...Green Bay Packers (laughs) just kidding! I'm from Chicago so my best team is the Da Bears!

Vessels: *Favorite player?*

Tristan: It's a tie. I love Walter Peyton and Brian Urlacher.

Vessels: *If church members wanted to come out and cheer you and your team on, what days do your team play?*

Tristan: We play every Saturday until the season is over in...November. The times are on the website. (Fort Belvoir)

Vessels: *What has football taught you and why do you like the game?*

Tristan: Football teaches me how to play with my team, be a leader and to have fun whether we win or lose. I like to play the game because it's fun!



Tristan Anderson making it happen!

ON THE COVER: Fear Factor – Defeating The Spirit Of Fear

EVERYTHING YOU
WANT IS ON THE
OTHER SIDE OF
FEAR

-JACK CANFIELD

ON THE COVER: Fear Factor - Defeating The Spirit Of Fear

By Angelica Anderson

The reality show, Fear Factor, featured people who are willing to face their worst fears for fame and financial gain. Kudos to anyone who is able to watch more than a few moments of that show! People eating cockroaches, immersing themselves in a tank full of creepy worms with legs, and staying under water far too long with slimy eels crowding around their heads, not exactly must-see-TV for the faint of heart. But the program is a reminder that fear is an emotion that everyone is very familiar with. In fact, the discomfort with watching for any length of time probably has something to do with reminding us of things and events that we fear, or at least find uncomfortable.

Yet, thinking of the program brings up an important question: Are we willing to conquer our fears to do the things that scare us or what Jesus asks us to do, just as these contestants overcome their fears for a moment in the spotlight on national TV?

There is no doubt that fear is no friend of our effectiveness for Christ and how we want to live our lives. We are often fearful about joining activities in school, meeting new people, saying *no* to our friends, forgiving a cruel offense, saying yes to participating in church, or risking being misunderstood if we speak up for our values at the lunchroom table. If Satan can get us imprisoned with fear, he doesn't have to do much else to shut down our dreams and goals, spiritual progress and usefulness.

So, let's talk about what it takes to succeed for Jesus in the face of fear:

- **Believe in God.**

John 11:40 - *Then Jesus said, "Didn't I tell you that you would see God's glory if you believe?"*

Believe in God, the Father of us all. You are His child and He loves you. He is interested in you. He is concerned about you. He wants you to be the very best you can be. He wants you to make something

of your life. He desires to bless you. If you have courage and live your life in such a way as to be worthy of His blessings, He will bless you, and you will not be troubled by the evil of the world.

- **Believe in yourself.**

Philippians 4:13 - *"I can do all things through Christ who strengthens me."*

Believe in yourselves and in your capacity to do something worthwhile. God has given you a mind and a spirit and a body with which to do your work. You have tremendous capacity. You do not have to be a genius to do something worthwhile in the world. The major work of the world is done by ordinary people who have learned to work in an extraordinary way. This is what makes the difference. Stand tall and look sharp and bright with a smile on your

nothing will harm you. Your fears will not destroy you."

Use the power God has given you! You have the power to identify your fears and overcome them.

- **Believe in Love**

1John 4:18 - *"There is no fear in love. But perfect love drives out fear..."*

God did not give you a spirit of fear, but He did give you love and that is a great defense. Both fear and love cannot coexist. Once you grasp how deep God's love is for you, the sooner you will realize that your fears cannot control you.

- **Believe in a sound mind.**

Colossians 3:2 - *"Set your minds on things above, not on earthly things."*

Satan loves to keep Christians in bondage by consuming their minds with fear and uncertainty. The Lord doesn't want you to focus on anxieties, rather on Him. So don't worry or fret about things of this world. Your fears will not devour your mind.

"God gave us a spirit not of fear but of power and love and self-control."

2 Timothy 1:7 ESV

face, and you will find that people will love and honor and respect you.

- **Believe in the power of prayer.**

John 15:7 - *"If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you."*

Believe in the power and majesty of prayer. The Lord answers your prayers. Prayer brings you into partnership with God. It offers you an opportunity to speak with Him, to thank Him for His magnificent blessings, and to ask Him for guidance and protection as you walk the paths of life.

- **Believe in Power.**

Luke 10:19 - *"I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy;*

So, what's your biggest fear? Is it making friends, trying something new, failure, rejection, or simply the unknown? Make a list and give those issues over to God in prayer, because the Bible commands us to "fear not." God is not being reproachful, rather encouraging us to depend on Him when we are afraid. When we do that, we can defeat the spirit of fear, and get everything we want that's on the other side of it!

** Some excerpts taken from armedmagazine.com*

Girls Only

Power

“Power doesn’t have to show off. Power is confident, self-assuring, self-warming and self-justifying. When you have it, you know it.”

~ Ralph Ellison,
Invisible Man

THE INVISIBLE GIRL

Can you see me? I’m the one in the bathroom having lunch. The one everyone walks past without saying hello to, or notices at all. I’m the one who doesn’t get involved in anything at school and who feels like everyone else is having the time of their lives except for me. I’m a freshman girl in high school. Let’s call me, Sue “Storm” Richards, the invisible girl.

Remember? The fictional character, the superheroine, that appears in the comic books published by Marvel Comics? I’m part of the Fantastic Four team, and received my superhuman powers in a cosmic storm. Let’s call that storm, *teenage life*.

The many villains I fight are usually invisible too; Doctor Doom- pessimism, Mad Thinker - negativity, the Hungry Ghost - depression and Mr. Bottom - low self esteem. Sure, it would be easy to wallow in self pity, give up, play the victim or just disappear all together, if only I didn’t remember I have power; I have a team and so do you!

Spiritual Powers:

Faith - It’s a force to be reckoned with! **Luke 17:6** says, “...If you have faith as small as a mustard seed, you can say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it will obey you.” Try having an open heart that is not afraid to trust in God and move beyond what you think you know and believe in what God can do.

Energy/Effort - Nothing happens without effort. You can complain all you want about things but if you don’t do anything, nothing will happen. **James 2:14:17** says, “...*Faith, by itself, if not accompanied by action (works) is dead.*” When effort is balanced, without any strain, there’s no sense of, “I should do this.” Rather, there’s just a willingness to do. Out of that willingness comes energy, bold and courageous, the state where heroes are born!

Mindfulness - It is the observing power of the mind. **Proverbs 4:23** NCV says, “Be careful what you think because your thoughts run your life.” You are what you create.

Wisdom - Wisdom is not knowledge. It cannot be learned from books; it’s the intuitive understanding, an insight into reality, that comes from God. **Proverbs 2:6** says, “*For the Lord gives wisdom; from his mouth come knowledge and understanding.*” Wisdom is connected to your ability to see things as they truly are.

Finally, remember your Team: God, family, true friends and yourself - The Fantastic Four! Can you see them or are you hiding out? Do you walk past them without saying hello; don’t notice them at all? You can change your situation by using your power and your team! When you do that, the enemy will disappear!

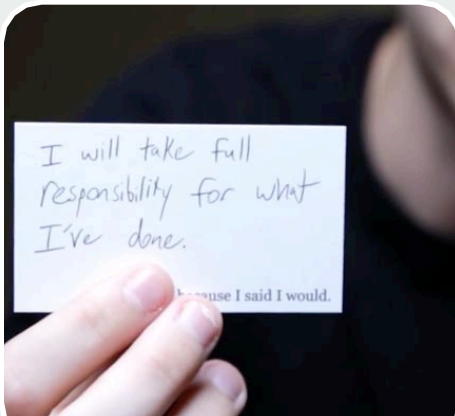


Illustration by: bing.com

brothers,

AN ATTACK OF CONSCIENCE

“I acknowledged my sin to you, and did not cover my iniquity...and you forgave the iniquity of my sin.”
~ Psalm 32:5



By Angelica Anderson

You messed up. Nobody catches you. You get away with it. That may be all well and good until your conscience catches up with you.

According to autoblog.com,

that's what Matthew Cordle apparently felt recently after drunkenly crashing into and killing one Vincent Canzani on June 22, 2013, in Columbus, Ohio. Cordle was returning home from a night on the town when he drove his truck onto the wrong side of the Interstate into oncoming traffic and struck Canzani's jeep. Canzani died from his injuries on the scene. Cordle was advised by attorneys that he could have gotten away with it, but his conscience led him to post a video confession on YouTube instead.

Prosecutors will reportedly indict Cordle for aggravated vehicular homicide with an "alcohol specification," which could, if convicted, put Cordle away for as many as eight years. Cordle was apparently aware of the consequences behind confessing, but did so in order to discourage others from drinking and driving. What would you have done?

How many times have you gotten away with doing something that was wrong, swept it under the rug because you were afraid of reprisal, punishment and/or taking full responsibility for what you've done? At the time, the easy way may have seemed like the best way, right? But the Bible tells us we should confess and repent from our sins not hide them.

Proverbs 28:13, *“Whoever conceal his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.”*

Revealing the wrong things that we've done to God and the people whom we've hurt is a scary thought, sure, but living with the guilt and/or unconfessed sin is worse:

- **It hinders prayer** - Psalm 66:18: *“If I regard iniquity in my heart, the Lord will not hear me.”*
- **Affects physical well-being** - Psalm 32:3: *“When I refused to confess my sin, my body wasted away, and I groaned all day and night.”*
- **Separates you from God** - Isaiah 59:2: *“But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.”*
- **Jeopardizes salvation** - Luke 13:3: *“I tell you, no! But unless you repent, you too will all perish.”*

The Bible tells us, *“that all have sinned and have fallen of short of the glory of God,”* Romans 3:23, and that the wages of sin is death. But if we confess our sins, God will forgive us! Let your conscience be your guide and listen to the Holy Spirit. Even though confession may not seem like the easier way, it is definitely the only way!

“If I took a different route, maybe I would get a reduced sentence, maybe I would get off, but I won't dishonor Vincent's memory but lying about what happened...”

Excerpt from Matthew Cordle's, Youtube confession.

Peter's Confession of Christ

"But what about you?" he asked. "Who do you say I am?" Matthew 16:15 (NIV)

Based on Matthew 16:13-20 (NIV)



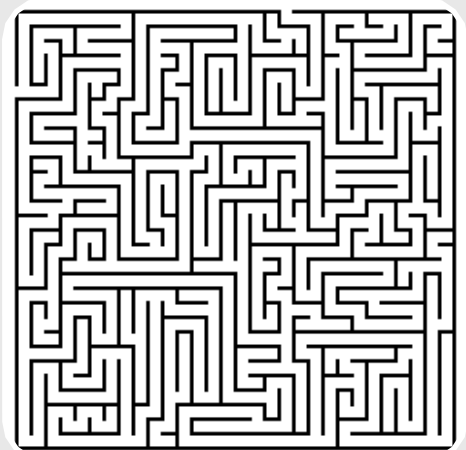
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CHRIST	EARTH	SON	PROPHETS	PEOPLE
BLESSED	KINGDOM	CHURCH	GATES	BAPTIST
LIVING	ROCK	FATHER	HADES	ELIJAH
JOHN	HEAVEN	PETER	KEYS	JEREMIAH

IN ACTS 2, GOD PROMISES TO POUR OUT THIS IN THE LAST DAYS SO THAT WE WILL HAVE VISIONS AND PROPHECY

<http://www.says-it.com/jeopardy/>

Answer: His Spirit



5 Fun Things GLZBC Youth Learned This Summer:

1. "Books are always better than the summer movie! So, disappointed with Moral Instruments movie." ~ Age 13

2. "The best part of school starting back is football!" ~ Age 16

3. "MTV Music Awards is not TV - 14!"
~ Age 14



4. "Distance makes the heart grow fonder! I missed my school friends!" ~ Age 15

5. "Dr. Seuss' quote is the best way to describe summer: 'Don't cry because it's over, smile because it happened!'"
~ Age 14

MATCH SCHOOL WITH MASCOT!	A.	B.	C.	D.
1. Lake Braddock High School 2. Woodbridge High School 3. Robinson Secondary School 4. Heritage High School				

Answers: 1. (c) 2. (d) 3. (a) 4. (b)

VESSELS BOOKSHELF

Where Do Dreams End And Reality Begins?

By Goodread.com

Jordan a sixteen year old boy begins to be haunted by several dreams as he returns to school after his holidays.

Events come quick and fast as a death forces Jordan to realize that something weird is happening. With help from those around him, he starts to understand that his dreams are showing him the future. Then things start to spiral out of control as an unknown enemy haunts him in his dreams and in his real life.

As his friends start to mysteriously vanish without any explanation, he has to overcome his fears of the unknown, and face a reality that he is not just a normal boy, but someone that is walking a destiny foretold thousands of years ago.

About Author, Mike Cesar

Cesar has a very experienced background in the spiritual world. He was brought up in a Christian family, but branched out from that base as he got older, seeking answers about the world around him, and the spiritual world around him. In his mid-twenties, dramatic events occurred in his life which challenged his very existence, but he learned from these experiences and most of all, learned how life is not just in our own hands.

Now, Cesar is a firm believer that everyone has their own path to walk in life, and part of that walk is all about the choices that you make. Some people choose a good life and some a wicked life, but most of us

live the life in the middle, influenced by the world around us and our own upbringing, Cesar understands that life is simply not black and white.

The V-List

Television:

Fall premiere TV shows begin this month! New shows on the CW, *Reign*, a teenage period show about Mary Queen of Scots and ABC's, retelling of classic adventure of Alice in Wonderland's - *Once Upon a Time in Wonderland*, promises not only to give entertainment but provide a little bit of history and literature to boot!

Music:

Big Announcement! Bruno Mars will be taking the torch from Beyonce and headlining the Pepsi Super Bowl XLVII Halftime Show! Although we'll have to wait until Feb. 2, 2014, many are already trying to guess what songs he will sing for the big event!

Apps:

Apple's new App, iHomework allows you to manage your academic career from your iPhone! Quickly enter homework



assignments, task, reading etc. and track it, making sure you complete it and make the grade!

Social Media:

Instagram just got a little cooler than it already is. Now, users can take 15-second video clips with 13 different filters in addition to photos. In other words, taking selfies just got taken to a whole new level!

In GLZBC Youth News:

Join GLZBC Youth in 122 Acts of Kindness, September 15 - October 13th!
POC Cynthia Turner

Submissions

Vessels is always looking for content! We encourage parent and youth to contribute to the newsletter to help make it your own. If you have nothing to submit, we would love to hear your opinion and how we can make the newsletter better. Thanks!

Things To Submit

- Poems, stories & creative articles.
- Achievements in school, church, extra curricular activities and sports.
- Mission trips and youth conferences

**Fill Out Youth Ministry Survey @
Fluid Surveys.com**

VESSELS NEWSLETTER

**Send all submissions and
suggestions to:
vesselsnewsletter@gmail.com**

MORAL OF THE STORY

No Way To Fail

"The Lord will fulfill his purpose for me."

- Psalm 138:8

God has a plan for your life, and if you'll let him, he will fulfill that plan. When we are trying to follow God's plan for our lives, we will make mistakes. We get hung up on all kinds of problems. We feel like failures. Here's some good news: Everyone fails at some point. What matters most is

Dear Lord, I do make mistakes in trying to live a good, clean Christian life. Help me not to become discouraged, but to get up and continue following you.

Amen

not that you fail but what happens after you fail. Do you give up, or try again?

Carpenters use a saying to prevent mistakes in their work: "Measure twice, cut once." That means that when a carpenter needs to cut a piece of wood to a certain length, he will measure the wood more than once to be sure he is accurate before he starts cutting with a saw. Even then, mistakes can happen. Once he cuts, he can't go back and fix a mistake. So if he messes up, what does he do? Does he use a piece of wood that is the wrong size? No, he says, "I made a mistake. I'll have to get a new piece of wood." He goes right on with his project. He gets back on track.

Sometimes in life you will make mistakes trying to follow God's plan for your life. Don't give up when you make a mistake! Failure isn't final. When you fail, ask God to give you the strength to get up

and try again. God will help you get back on the plan - the purpose - he has for your life. He cares more than you do that you are successful in living his way.



VESSELS NEWSLETTER

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