

Journey Through Life Ministries

Your Spiritual Newsletter



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Journey Through Life Ministries' Newsletter is a quarterly publication promoting spiritual awareness and evangelism in the communities.

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Journey Through Life Ministries accepts testimonies and questions provided they are related to spiritual awareness. All testimonies and questions will be edited for content & validity.

Please note that Journey Through Life Ministries does not publish political or opinion pieces.



Welcome to Journey Through Life Ministries' Quarterly Newsletter. We pray you will be blessed by the reading of these inspirational articles.

Our goal is to fulfill the great commission Jesus commanded in Matthew 28:16-20 to "...go and make disciples of all..."

This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and discipleship workshops. All of these programs are created to help individuals to discover the "love" of God and who they are in Christ. And, finally these programs will help individuals to learn the "freedom" they have in Christ Jesus as they become "free" spiritually enabling them to live their lives walking victoriously in the destiny God has planned for them.

We Would Love To Hear From You!

Do you have a testimony or praise report you would like to share? We would love to publish it! Your testimonies and praise reports are encouraging words of praise and glory of what God has done in your life—and it will be a great help to others in their walk with the Lord. Email your testimony to journeylife@verizon.net or visit our website www.journeythroughlifeministries.net (prayer request page).

For Back Issues



Visit our website at:

www.journeythroughlifeministries.net/newsletters



Shoe Boxes for Seniors is an on-going program drive. You can send donations any time during the year for the *Shoe Boxes for Seniors Program*. Checks or money orders can be mailed to:

Journey Through Life Ministries
P.O. Box 17968
Pittsburgh, PA 15235

We are in need of: *Socks; Hats, Scarves; Puzzle Books; Men's Tee Shirts; Travel Mugs; Adult Coloring Books; Pill Boxes; Toothpaste; Tooth Brushes; Sugar-Free Candy and Cookies; etc.* Gift items can be dropped off at our Teaching Facility any Wednesday from 5:30 to 7:00 p.m. at 10529 Lindberg Avenue; Penn Hills, PA 15235.

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Visit JTLM's Blogger site for Ministry News and Updates



<http://journeythroughlifeministries.blogspot.com/>

Kingdom Living Is "Citizenship"

Rev. Georgetta Head

"From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand."

The question was asked, "what is kingdom living?" Naturally, when in a group there will be several different answers, and this was the case. Some said "kingdom living" is a spiritual state of thinking, another said it is being obedient to God, another said kingdom living is doing good for others, the responses were numerous. Unfortunately, there is much confusion about the Kingdom of God and Kingdom Living because very little is preached or taught about the Kingdom of God and Kingdom Living.

Jesus first message was "*repent for the kingdom of heaven is at hand*" (Matthew 4:17). He was revealing to the world, that as the representative of the Kingdom of God, He was available to teach about the "future Kingdom of God." Jesus' main purpose was to come to earth to save a lost and dying world, by showing them the way and by dying on the Cross for the sins of the world.

Jesus showed the way through His teachings, in which the majority of His teachings were done in the form of parables about the Kingdom of God (which are earthly stories with a heavenly message). So, this should tell us there is a literal kingdom, especially with Jesus spending so much time talking about the Kingdom.

From the parables of Jesus, we can learn that the Kingdom of God is a literal physical place that currently resides in Heaven. It is a kingdom that has territory, citizens, laws, and a ruler. The territory is earth, the citizens are humans, the laws are found in the Bible, and the Ruler is Jesus. So the question is who are the citizens that make up the Kingdom of God and what is Kingdom Living? Today we will explore Kingdom Living and its citizens.

The greatest example, we can use for a similarity of Kingdom Living, is the Children of Israel. God chose Abraham to be the Father of many nations, from which the children of Israel came from, the loins of Abraham. Abraham is the father of Isaac and grandfather of Jacob. From Jacob came 12 sons, which later became known as the 12 twelve tribes of Israel. These 12 sons produced the nation of Israel, the nation we know today.

Unfortunately, Abraham's great-grandchildren were in Egyptian bondage for 400 years until God, using a man named Moses, brought the children of Israel out of Egypt with a "strong hand."

Through the commandment of God, Moses led the children of Israel into the wilderness. There in the wilderness, God was going to speak to the children of Israel and teach them His Ways and Kingdom Living.

Jesus' first message was "repent for the kingdom of Heaven is at hand!"



God called unto Himself a nation of people to teach them how to live an abundant life with Him as their Father. He wanted to teach them how to flourish as Kingdom Citizens living the Kingdom Life! So you see, Kingdom Living is being a part of a Heavenly Culture with a Heavenly Father who wants to provide for His children's every need. To better understand this concept, let's explore what God wants us to learn from the lives of the children of Israel during their 40 year experience in the wilderness as Kingdom Citizens:

Kingdom Living is Knowing God's Ways: God wanted to establish a relationship with the children of Israel. He wanted the Israelites to know His ways so that they would trust Him and depend upon Him and His Word, such as a child, Father relationship. He wanted them to know that His Ways are "just and holy." He is not a God that He would lie, so everything He promised, He would bring about.

Kingdom Living is Holy Living: God instructed the children of Israel to be holy. To be different from the world. Not to do what the world was doing, but to be in "a relationship" with Him as their Father. They were to be His "special" people who were given standards that God wanted them to live by (the Bible). They belonged to Him, they were to be set apart from the world. As Kingdom Citizens they were to conduct their everyday life and business actions on a higher standard than the world's. As Kingdom Citizens they were to be a "light" to a lost and dying world through their actions, word and generosity, without expecting anything in return.

Kingdom Living is God's Protection and Provision: God promised the children of Israel protection and provision. For 40 years the children of Israel wan-

dered in the wilderness and He provided their food everyday from Heaven - and their shoes and clothes never worn out.

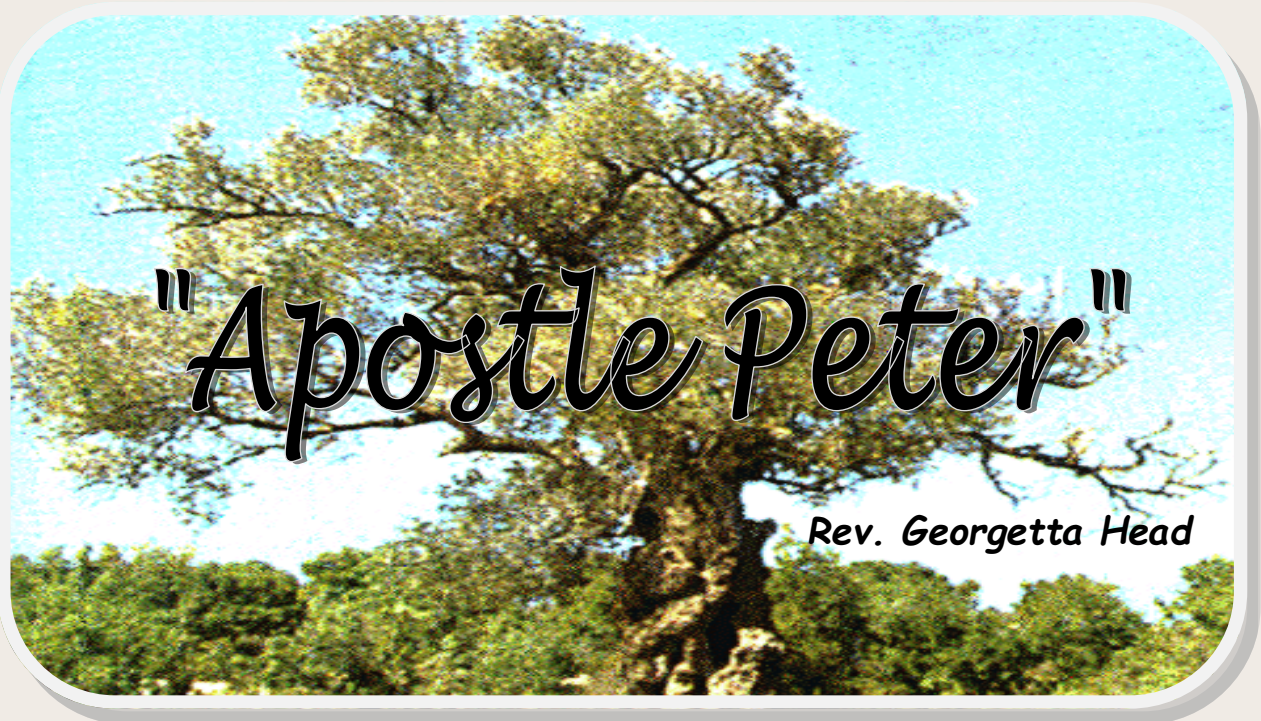
Kingdom Living is Obedience to God: Kingdom Citizens are loyal and do not question the Father. Deuteronomy 28 lists all of the benefits of obedience and consequences of disobedience, for living an abundant life while on earth, with the ultimate reward of — eternal life with Him.

Sad to say, but the children of Israel became a stiff-neck generation of people and they didn't want what Father God promised. For now, they have chosen the way of the world, one day though they will come back to God.

However, what Father God taught the children of Israel those thousands of years ago is still true today for the children of God, which are now called the Church.

When an individual comes into the Kingdom of God through the "born again" experience, he/she is grafted into the Family of God.

For those who choose to stay under the "Blood Covenant of God" through obedience and holy living, Father God promised a relationship with Him that provides protection, provision, healing and abundant living. If you find yourself drifting from the truth of God's word, it's not too late to come back. Stay in His Covenant, living the Kingdom Life as His child with the promise of "eternal life" ruling and reigning with Him in eternity. Father God is a just and benevolent God! Allow God to bless you by transforming your mind and ways! He loves you very much and wants to take care of you!



The Apostle Peter, who's birth name is Simon, was one of the first followers of Jesus Christ. He was originally from Bethsaida (John 1:44) and lived in Capernaum (Mark 1:29). Peter was married and was in a profitable fishing business with James and John (Luke 5:10).

Andrew, Simon's (Peter) brother, followed Jesus after hearing John the Baptist proclaim Jesus as the "Lamb of God," he went and got Peter. When Jesus met Simon, He gave him a new name: Peter which means "rock" (John 1:40-42).

From scriptures we learn that Peter was an enthusiastic, strong-willed, impulsive, and outspoken person who loved Jesus and was one of Jesus' closet friends and a "pillar" of the church. Being in the inner circle of Jesus, he along with James and John were the only ones present when Jesus raised the daughter of Jairus (Mark 5:37). It was Peter who first confessed Jesus as "the Christ, Son of the Living God," a truth which Jesus said was divinely revealed to Peter. It was Peter who walked on water! When he and the other disciples saw Jesus walking on the water, Peter immediately called out to Jesus to bid him to come to Him.

So what can we learn from Peter's life and time with Jesus? We learn that Peter was human with faults just like us, he made mistakes! It was Peter who took Jesus aside to rebuke Him for speaking of His death; it was Peter who suggested erecting three tabernacles to honor Moses, Elijah and Jesus in the garden; it was Peter who attacked the servant of the high priest with a sword; it was Peter who proclaimed he would never forsake Jesus; it was Peter who denied Jesus Christ 3 times. But through all his mistakes and impulsive behavior, Jesus remained his loving Lord and faithful Guide. Jesus knew Peter needed correction and He gave it to him with patience, firmness and love.

Notice after Jesus' ascension, it was Peter on the day of Pentecost that preached boldly before the Sanhedrins and 3,000 souls came to the Lord. Jesus uses the most unlikely to make fishers of men and women for Him. Like Peter are you willing to leave all and follow Jesus? When Peter preached on the day of Pentecost the people were amazed at his boldness because he was unlearned and ordinary. But then they remembered he had been with Jesus, and that is what made the difference. Do you know Jesus, are you spending time with Him. Time spent with Jesus will change your life! Allow Him to correct you with firmness and love, and He will make you a "fisher of men" for His Kingdom.

Bible Facts

Elder Charles S. Head

Joshua captured 31 kings. (Joshua 12:7-34)

Abraham married again after Sarah died. He married Katurah, they had 6 children. (Genesis 25:1-2)

David's tomb was still visible in Jerusalem at the time of Pentecost. (Acts 2:29)

There will be no marriages in heaven. (Luke 20:34-35; Matt. 22:30; Mark 12:25)

About 75 pounds of myrrh and aloes were placed on the body of Jesus (John 19:39). Some versions say 100 pounds, but a Roman pound (Greek for pound is litra) was 12 ounces, not 16 ounces.

A "Sabbath Day's Journey" (Acts 1:12) was about a half-mile. This was a man-made tradition that determined how far Jews could walk on the Sabbath.

There were 30,000 Israelites who helped build God's Temple. They worked in shifts, 10,00 worked for one month, then they had 2 months off. (1 Kings 5:13-14)

Book Review

**Order your
copy of
the Bible
today!**



The Bible is a great book written about a King and His Kingdom. It reveals why the most important King, ever, left His Heavenly throne to redeem lost man.

The Bible teaches man why they need salvation and how to have a relationship with God, our creator. And, most importantly, the Bible teaches us why Jesus Christ died on the Cross, and what the Cross means for fallen man.

**Available at any Christian Book Store.
Order your copy today to learn the truth about salvation,
eternal life, real love, and how to live in this world.**

Ministry News

Rev. Georgetta Head

Designs By God 

The God Who Knows

I do not know the future,
But I know the God who knows.,
And in His perfect wisdom,
Unknowing, I repose.
What good could come of knowing?
How little I could do
To meet the joys or sorrows
That I am coming to!
I do not know the future,
But I know the God who knows.
I make His love my study,
And follow where He goes.
The path, its joy and sorrows,
I do not care to trace;
Content to know His goodness,
His mercy and His grace.
(Author, William Luff)

Journey Through The Bible:

Weekly Bible Study every Wednesday from 7:00 to 8:30 p.m. all are welcome to attend as we study the Word scripture-by-scripture.

Daughters of Wisdom and Virtue Meetings:

Women's meeting are held the 2nd and 4th Thursday monthly. For the past month we have been studying: "Following God—Knowing His Will." We are currently in Week 8. New attendees are welcomed and participation from previous weeks is not a prerequisite for attending. Through this series we are learning the importance of Seeking God, Surrendering to God, Submission to God and Hearing the Voice of God.

Men On A Journey Fellowship:

Men's Fellowship meetings are held the 3rd Saturday monthly. The men are currently studying Tony Evan's "Kingdom Men" Series. All men are invited to attend these monthly meetings. Time is 10:00 to 12:30 at JTLM Teaching Facility.

Shoe Boxes for Seniors Outreach:

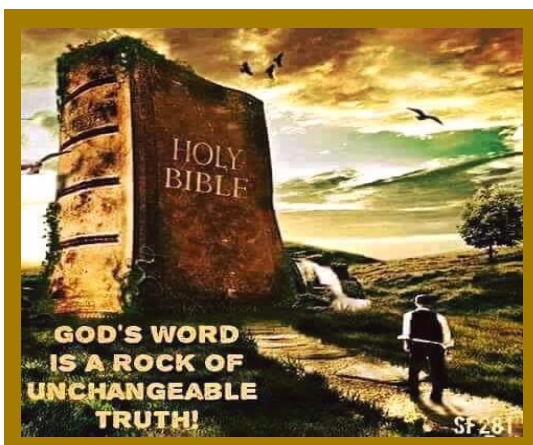
Shoe Boxes were delivered December 23, 2017 to Seniors in two personal care homes (see page 13). Although Christmas is over, individuals can still contribute items or cash donations for Christmas 2018. (see page 3 for suggested items shoe boxes or cash donations).

Footsteps in The Word Workshops:

Interested in growing in your relationship with God; Desiring to understand the Bible; Interested in understanding your position as a Believer; or Interested in understanding Bible principles, statues, commandments, and precepts—great! These workshops are for you!

To register contact Elder Charles or Rev. Georgetta Head at 412-583-8628 or email your inquiry to journeylife@verizon.net or visit website's Event page for more information:

www.JourneyThroughLifeMinistries.net





“For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?” (Luke 14:28)

Linda writes: Christmas is over and I am now stuck with bills I forgot to pay and I had to charge some presents because my money was tight. How can I get out of this mess?

This is a common occurrence for many! The Christmas Holiday is over and you find yourself with a mound of unpaid bills and additional credit card purchases. Now you are left with having to figure out a way to catch up before your utilities or phone are cut off. Unfortunately, this is the state of many after Christmas due to poor planning during the year.

The first task at hand is to make arrangements to pay bills you put on hold to purchase Christmas presents you couldn't afford by calling your creditors to make payment arrangements. This will be a temporary fix!

Depending on the amount of debt you have incurred, you are left with two options to raise money quickly: 1) Have a household sale to sell items you are not using; or 2) get a temporary part-time job until you are able to pay past utility bills and pay off your credit card debt.

Most individuals find themselves in this situation because they are not working from a budget with allocated categories for spending. So, to prevent this situation from happening again and to know at all times where your money is being spent, try using a budget, which is a godly principle.

A good budget should include categories for Gift-Giving, Personal Allowance, and Savings. Working from a budget takes consistency and commitment. Give yourself 3 to 6 months of consistent usage and you will not return to your old habit of spending on the fly. With your budget in place this should prevent you from overspending and help you plan wisely for next Christmas. God calls His children Stewards. We are Stewards over the money we have in our possession. The money we have is not ours, but God's; and we need to learn how to be a “good steward” of what He has entrusted us with.

Journey Through Life Ministries offers Budgeting Workshops. If you are interested in setting up a budget or what to learn how to better manage your finances, call Rev. Georgetta Head at 412-583-8628 for next scheduled workshop.

If you give, you will receive. Your gift will return to you in full measure, pressed down, shaken together to make room for more and running over. Whatever measure you use in giving—it will be used to measure what is given back to you.

Luke 6:38



"Christian Humor"

Whispers

The man whispered, "God, speak to me" and a meadowlark sang. But the man did not hear, so the man yelled, "God, speak to me" and the thunder rolled across the sky. But, the man did not listen. The man looked around and said, "God let me see you" and a star shined brightly. But the man did not see, and, the man shouted, "God show me a miracle" and, a life was born. But, the man did not notice. So, the man cried out in despair, "touch me God, and let me know you are here." Whereupon, God reached down and touched the man, But, the man brushed the butterfly away, and walked on. This is a reminder that God is always around us in the little and simple things that we take for granted. Don't miss out on a blessing because it isn't packaged the way that you expect! (Author Unknown)

Fifth Grade Assignment

A fifth grade teacher at a Christian school asked her class to look at TV commercials and see if they could use them in ways to communicate ideas about God. Here are some of the results:

God is like
Bayer Aspirin
He Works miracles.

God is like
A Ford
He's got a better idea.

God is like
Hallmark Cards. He
cares to send His
very best.

God is like
Tide. He gets the
stains out others
leave behind.

God is like
General Electric. He
brings good things to
life.

God is like
Walmart
He has everything.

God is like
Allstate
You're in good hands
with him.

God is like
Dial Soap. Aren't you
glad you have Him,
don't you wish every-
body did?

God is like
Chevrolet
The heart beat of
America.

God is like
Maxwell House
Good to the last drop.

God is like
Energizer Bunny
He keeps going, go-
ing, and going.

God is like
VO-5 Hair Spray
He holds through all
kinds of weather.



Men On A Journey

"Which Gate Will You Enter?"

Elder Charles S. Head

In the Bible Jesus used "Gate" to give us a demonstration of how life works and the choices we have to make in our life. The choices we make in life will determine our destination on earth, and if we should end our life on earth having made the wrong choice, the consequences would not be good for us. Matthew 7:13-14 reads *"Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."* Jesus spoke this as an illustration which is a guide to all of us in making choices.

The two gates described by Jesus in these verses are used to give us a message in life about serving God or not serving God. Notice He starts the message by saying—"enter in at the strait gate," and then reveals the consequences of choosing the "wide gate" which leads one to destruction. Jesus then points out that "if" we choose "the narrow gate" it will lead us to "Life" rather than destruction.

The key point here is, anyone can go through the "wide gate of life," everyone is doing it, so you just follow the majority, but only a few go through the narrow gate because it requires discipline and obedience to God's Word, the rewards are much greater. Sad to say, some start off on the path of the "narrow gate," but end up joining the crowd at the "wide gate."

One thing to remember in the lesson of life, "It's not how you start, but how you finish" that matters. Most people don't think of life on a long-term basis, but it is very important to know where you will spend eternity.

Whatever your decision is in life, you need to think carefully and make the right choice—which is the "narrow gate." Jesus went to every extent in these verses to steer us in the right direction. Simply said, "the wide gate represents "hell," the "narrow gate" represents "Heaven." Choose "life," choose the "narrow gate" where The King of kings and Lord of lords will be waiting for you to join Him.

Jesus paid a great price for you to have the opportunity to choose which gate you will enter. He shed His precious Blood for you as the perfect Sacrifice so that you could be free from the bondage of "sin." Once again, choose the "narrow gate" which leads to eternal life with Jesus Christ!

Acknowledge God

**In all your
ways and**

**He will direct
your path.**

Prov. 3:5-6

48



Jesus' Life

Q R X A E V B F O H T R I B T
N T O L T O T N E M E S I W G
Z R J R C C S S K U Y V S W H
B A W S X A I E P Q D G U R O
X V G U B D R L Z V L E A Y H
O E S D R E H P E H S P N D I
A L K X G A C I E N A B G T H
O I F F I L L C Z N R F E E R
S N E S M E P S D A T W L A E
H G S P P Z V I N W K E S C G
I E O S X E J D T R Z Q R H N
M Y O H S O H C T R W B L I A
P G B E T H L E H E M Y K N M
W G N I L A E H G Q L L L G D
C C N B A P T I Z E D Q P I D

ANGELS
BAPTIZED
BETHLEHEM
BIRTH
CARPENTER

CHRIST
DISCIPLES
GOSPEL
HEALING
MANGER

MESSIAH
SHEPHERDS
TEACHING
TRAVELING
WISE MEN

"Shoe Boxes For Senior's Program"



Journey Through Life Ministries delivered gift wrapped Shoeboxes and Large Decorative Tote Bags filled with personal care items, Teddy Bears, snack items, crocheted lap throws, and much more to two Personal Care Homes: Allegheny House and Brookdale House, and we also visited a couple residents at Manor Care. The Seniors asked us to send their sincere thanks to everyone who cared enough to remember them. Every Shoebox and Tote Bag was much appreciated by the Seniors. The hats, scarves and teddy bears were a welcomed surprise and much coveted. For most of the Senior's this was their only gift.

Journey Through Life Ministries would like to extend a very special "thank you" to the following contributors who made this special event possible: Shelly Piper, Menwhe Redd, Beatrice Harper, Karen Longcrier, Gerry Hickman, Regina Byers; Judy White, Teresa Hickman, Crystal Pollard-Harris, Carolyn Jackson, Carla El, Gail Boyd, Diane Carter, Aliyah Snowden, Cheryl Ignasiak, Steven Minnich, Pamela Briston, Pamela Santoro, John McTiernan, Evelyn Dunklin, Nina Nichols, Terralyn Jones, Karen Ayer, David Henry, and Lois DeSilva.

INVEST IN PEOPLE—BECOME A JTL FINANCIAL PARTNER

- Now is the time to take action -
 Journey Through Life Ministries needs your help!

I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me. (Matthew 25:37)

Yes! I want to be a partner and commit to a monthly amount of:

\$5.00 \$10.00 \$20.00 \$30.00 \$40.00 \$50.00 Other

or: **Send a one-time gift of any amount.**

Ministries' Outreaches:

Women's Ministry Men's Ministry Senior's Ministry Prison Ministry Christian Counseling

Journey Through Life Ministries, thank you for helping us to reach our neighbors in need.

Name: _____

Send your tax deductible gift to:

Address: _____

City: _____ State: _____

Email: _____

Phone: _____ Cell _____

Journey Through Life Ministries
 P.O. Box 17968
 Pittsburgh, PA 15235

**For teachings and workshops call: 412-583-8628
 or Log onto our website: www.JourneyThroughLifeMinistries.net**

*Looking for Answers?
They're in here!*



Footsteps In The Word Meetings & Workshops

Journey Through The Bible

Bible Study—Wednesday Evenings

7:00—8:30 p.m.

JTLM Teaching Facility

10529 Lindberg Avenue

Penn Hills, PA 15235

Cost: Free

Daughter's of Wisdom & Virtue Fellowship

2nd and 4th Thursday's Monthly

7:00—9:00 p.m.

JTLM Teaching Facility

Penn Hills, PA 15235

Cost: Free

Men On A Journey Fellowship

3rd Saturday Monthly

10:00—12:00 Noon

JTLM Teaching Facility

10529 Lindberg Avenue

Penn Hills, PA 15235

Cost: Free

Journey Through Life Ministries Annual Luncheon & Tea

May 5, 2018

11:00 to 3:00 p.m.

Comfort Inn Hotel

Penn Hills, PA 15235

\$35.00 in Advance

\$45.00 at the Door



Rev. Georgetta Head

Anna Woman Who Hears God

“And there was one Anna, a prophetess, the daughter of Phanuel of the tribe of Aser: she was of a great age, and had lived with an husband seven years from her virginity;” (Luke 2:36)

Very little is written about Anna, but from the few scriptures revealed to us by Holy Spirit, much can be learned about Anna. So let's explore the recorded scriptures and see what Holy Spirit wants us to learn about Anna and how her story is applicable for Christians of today.

Anna was the daughter of Phanuel from the tribe of Aser and her name means ***“favor” or “grace.”*** She was married at a young age (probably 14 or 15) to one husband who died after 7 years of marriage. After the death of her husband, Anna chose to remain single and to dedicate the remainder of her life to the LORD. Holy Spirit tells us that Anna never left the Temple, she lived either in the Temple or next to the Temple and devoted her life to worshipping the LORD day and night along with fasting and praying to the LORD God. One can only image the spiritual life of Anna! Her life serving God through worship, praise and adoration had to be one of peace, joy and expectancy.

So, why does Holy Spirit take the time to record that Anna fasted and prayed? What is He trying to reveal to the reader? Anna was an intercessor praying for others, she was fasting and praying to hear from God, she was fasting and praying for her country, and she was fasting and praying for the Kingdom of God, now that says a lot about Anna. This is a great example that should be applied in the life of today's Christians.

Living in the Temple, Anna knew the scriptures, she knew there was a “fullness of time” coming which would bring forth the Birth of the Messiah. She was praying for this blessed event! Because of her devotion to God, she was rewarded with an encounter of Her Savior, the Messiah (Luke 2:38). When Mary brought Baby Jesus to the temple, Anna immediately recognized Jesus as the long-awaited Messiah and began to thank God. How did she know He was the Messiah? She had a close relationship with God and He spoke to her revealing to her His only Begotten Son. ***Now that is “favor and grace,” to see and touch the Messiah!*** We too can hear from God! As we spend time with God through our worship and fasting and praying, Father God will speak to us and reveal to us the deep things of His Word. Like Anna, become devoted to Father God and the things of God, He wants to speak to you!

The Answer is Always in His Word

"Love Is An Action"

ELDER CHARLES HEAD

***"THEREFORE WHOSOEVER HEARETH THESE SAYINGS OF MINE, AND DOETH THEM,
I WILL LIKEN HIM UNTO A WISE MAN, WHICH BUILT HIS HOUSE UPON A ROCK:" (MATT. 7:24)***

Throughout the years I have heard a lot of talk about "love," but in many cases I have not seen evidence of "love" manifest itself. The reason is because "love" requires more than talk, it needs action to go along with it's words to confirm it. For example, *"love doesn't need words to manifest itself, it's the action behind it!"*

In John 3:16 we read *"For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."* From this scripture God not only spoke it, but He put action with it. Because of God's unconditional love, He sent Jesus, His Son, to save us from our sins. There is nothing we can do to earn it, Jesus already paid the debt for our sin, free of charge. All we have to do to show our love back to Father God is accept the "free gift of Salvation" by His Son, through our Saviour, Jesus.

It's not enough for us to use our words saying "we love Jesus," our part of action is to prove it by accepting Him and allowing His love of action to transform us spiritually from our old nature to the likeness of Christ by becoming a "born-again" Christian. The same goes for our natural love for others and our family. We can tell them that we love them all day long, but if it's not backed up with action, it's just words.

The lesson to be learned from this is to let our actions overrule our words, and in the process love will manifest itself. Love is something we need to continue to give away, there will never be a time when we have too much love and we have to stop. If we would even dare think that way, what if God would shut off all His love and many second chances. Our world would be in more trouble than it is now, if you could image that as possible with the way things are now, along with that, Heaven would end up empty. "Thank you Father God that you put action in Your love and sent the very Best from Heaven above to redeem a lost and dying world."

Servants of God



Pastor & First Lady Washington

Ordained by God, Rev. Howard Washington, Jr., is Pastor of Morningside Baptist Church located at 4846 Sullivan Street in the Garfield area of Pittsburgh. Before pastoring at Morningside Baptist Church, Rev. Washington ministered at Wilkins House in Wilkinsburg for 8 years and shared radio time with host, Rev. Stephen Mitchell and co-host Pastor Ozette Lee on WCXJ 1550 AM for two years.

Rev. Washington completed Doctrinal Studies in August 1993, earned degrees in Biblical Teaching for Spiritual growth from Bethel Bible School in Waynesburg, and Christ Truth Ministries in Upland, California.

Rev. Washington is a native of Pittsburgh and is happily married to Lady Tuarone for 39 years. Pastor says Lady Tuarone is his beautiful, high school sweetheart and together they have been blessed with 4 children.

Rev. Washington and First Lady Tuarone just celebrated 19 years of pastoring at Morningside Baptist Church and look forward to another 19 years serving the Lord. Rev. Washington says his heart's desire is that God will always be "glorified" and that God will continue to use him as a light, planting seeds into the hearts of souls for the Kingdom.

Rev. Washington and First Lady Tuarone extend an invitation to all to visit their Church Home any Sunday for the 11:00 a.m. service, joining them and the congregation praising and lifting holy hands unto the Lord.



"Footsteps in The Word"

*"Ponder the path of thy feet, and let all thy ways
be established" (Proverbs 4:26)*

Rev. Georgetta Head

"For as he thinketh in his heart, so is he..." (Proverbs 23:7)

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Phil. 4:8)

"Fast From Negative Thinking"

Susan was invited to attend a Women's Weekend Retreat. This meant she would have to spend the night away from home! She wanted to attend, but her thoughts rehearsed to her every bad thing that could happen; such as getting a flat tire, not knowing the other women, what if she got sick, she may not like the food; how could she handle sharing a room with someone she didn't know or they may not like her. Her negative thoughts wouldn't stop, leaving her so stressed that she decided in her mind not to attend the Retreat.

The Bible says ***"as a man thinketh so is he."*** Just as "negative speaking" has the power of life or death, so does "negative thinking." Our fearful thoughts can actually bring death into our lives when we believe the negative lies we rehearse to ourselves. Just because words are not spoken out loud doesn't mean they don't have an affect in our actions. It has been proved by the medical community that negative thinking is unhealthy for our emotional well-being because our negative thoughts can control our attitude which will ultimately affect our bodies in a negative way. The medical community also calls negative thinking "toxic thoughts" and they contrast it as "like poison," which triggers negative and anxious emotions leaving it's victim with "stress." Medical consultants encourage victims of negative thinking to foster joy, peace and happiness.

We need to "starve negative" thinking by "fasting" away those poisonous thoughts. As soon as our thoughts begin to gravitate towards negativity don't feed it, instead "fast" it away with the Word of God! If the medical world encourages victims of negativity to foster joy, peace, and happiness, then God's children need to open their Bible to Philippians 4:8. This scripture is our answer for fasting away negative thinking. We are instructed to feed on thoughts that are of truth, honest, just, pure, lovely, of good report, with any virtue, and if there be any offer up praise. Think on the "goodness" of Almighty God! Remind yourself of Him being your provider and how He watches over you every day. Read, God's testimonies from the Bible, you will be amazed at what a Powerful, Loving God we serve. These are the thoughts we need to feed into our minds!

Susan's thoughts were not of truth or of a good report. When she explained her situation to her friend, the friend prayed and read scriptures of truth from God's word that revealed to Susan she was a victim that needed set free. Are you a victim of negative thinking? Break that cycle today by feeding on the Truth of God's Word and "fast from the negative lies" satan wants to feed you. The truth will set you free!



Health Tips

Tips for Healthy Living

Healthy Living

Rev. Georgetta Head

There's a lot of talk these days about carbs as to whether they are good or bad to eat. Depending on what type of carbs you eat and how it raises your blood sugar determines whether it is a good carb or a bad carb. Good carbs are easily absorbed and do not give you "sugar rushes;" whereas bad carbs (known as "low-carb junk food") such as candy, cakes, soda drinks and fruit juices made with high fructose corn syrup can cause "sugar rushes," which are not good. However, we do need a certain amount of "good" carbs on a daily basis for natural energy. Manufactured energy drinks and junk food are not good sources for natural energy.

As stated, good carbs are necessary for natural energy and brain function. If you are a diabetic you need to consult with your doctor as to how many grams of carbs are required for your daily intake. If you are not a diabetic, and wanting to lose weight or maintain your existing weight, there is a great article on the web written by Kris Gunnars, BSC. The "*How Many Carbs Should You Eat Per Day to Lose Weight*" article has guidelines for maintaining your weight or for losing weight. For example, the dietary guidelines explains that carbs provide 45 to 65 percent of our daily calorie intake. So if an individual is eating a 2000-calorie diet, they are eating 225 to 325 grams of carbs per day. But if they need to lose weight, and are eating a 1200-calorie diet, they will have faster results eating around 50 to 150 grams of carbs per day. Eating fewer than 150 grams of carbs per day is much better for weight loss. Studies show that low-carb diets reduce your appetite and make you eat fewer calories and lose weight much effortlessly, as long as you manage to keep the carbs down.

Carbs you can eat: Fruits and vegetables have good carbs and are necessary for a healthy lifestyle. So, eat all the vegetables you can imagine. Eat at least 2 to 3 pieces of fruit per day. Moderate amounts of healthy starches like potatoes, sweet potatoes and healthier grains like brown rice and oats. Looking to lose weight? Try the 50-150 grams per day range, plus a daily walking routine is a great way to lose weight effortlessly while allowing for a bit of carbs in the diet. **Website:** www.healthline.com (Article "*How Many Carbs Should You Eat.*")

People In The Bible

Prophet Zechariah means, "*the Lord remembers.*" He was born during the Babylonian Exile and was a contemporary of Haggai. He returned to Jerusalem in 538 B.C. He is the author of the Book Zechariah. The first eight chapters are of visions that encouraged those in Jerusalem to work at rebuilding the Temple. The remaining six chapters are oracles of judgment and salvation that describe a time in the future when Israel will be redeemed by God.

Prophet Zephaniah means "*the Lord has hidden or the Lord has treasured.*" He is was a contemporary of Jeremiah. Zephaniah prophesied during the early reign of King Josiah. He prophesied against pagan practices of the people and on the corruption of civil and religious leaders.

Zerubbabel, means "*seed of Babylon.*" He was a member of the royal house of king Jehoiachin of Judah and was among the Jews taken captive by Babylon for 70 years.

Zelophehad, means "*shadow of fear.*" He is from the tribe of Manasseh. He died in the wilderness after the Exodus from Egypt. He had no sons to inherit his name or his share of the Promised Land, but he had five daughters. The five daughters Mahlah, Noah, Hoglah, Milcah, and Tirzah appealed to Moses and the others leaders for their right to claim their father's inheritance. Moses consulted with God and determined that the daughter's claim was valid.

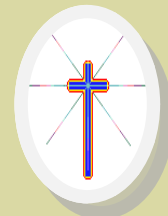


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What Must I Do to Be Saved?

Believe in Jesus and pray the "sinner's prayer below!"

Dear Jesus, I come to you today as a lost sinner. I am asking that you save my soul and cleanse me from all sin. I know that I need help and that I can't save myself.

I believe that you are the Son of God. Forgive me for my sins and all wrong doings I have done to others and help me to forgive those who have hurt me. I believe that you died on the Cross for my sins and the sins of the world. I accept You, Jesus, into my heart as my Lord and Savior.

I confess with my mouth the Lord Jesus, as my Savior and believe in my heart that God has raised Him from the dead and You are now seated in Heaven.

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Congratulations!

You are a "new creature in Christ and a child of God!" Now share the "good news" by telling someone else about your salvation.