

Journey Through Life Ministries

Your Spiritual Newsletter



Heaven

Or

Hell

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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..."

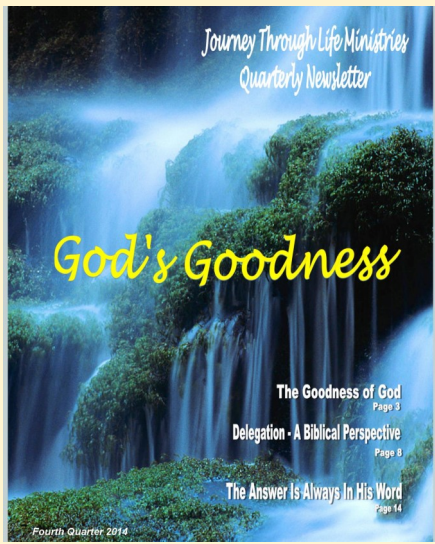
This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and 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 in the purpose God created for them.

Charles & Georgetta Head

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 **2016 Shoe Boxes for Seniors Program**. Checks or money orders can be mailed to:

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

Gift items can be dropped off at our Teaching Facility any Wednesday from 6:00 to 7:00 p.m. at 10529 Lindberg Drive; Penn Hills, PA 15235.

Inside This Issue

- 4 **Heaven Or Hell?**
- 6 **Old Testament Survey**
- 7 **Bible Facts**
- 8 **Ministry News**
- 9 **Financial Fitness**
- 10 **A Journey With Wisdom**
- 11 **Men On A Journey**
- 12 **Journey Through *"The Reality of Life"***
- 13 **Annual Tea Party & Awards Celebration**
- 15 **Women of The Bible**
- 16 **The Answer is Always In His Word**
- 18 **Yield to "Common Sense"**
- 19 **Healthy Living**
- 20 **Salvation Prayer**

Heaven Or Hell?

And saying, where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of the creation. 2 Peter 3:4

Many people like to pretend God and Satan do not exist! They say God or Satan are fictional or a fable! Unfortunately, pretending God or Satan do not exist doesn't make it true. The Word of God (the Bible) is our authority for truth and it states that God is a "living God" and resides in Heaven and Satan is a fallen angel roaming the earth.

The question is "do you choose Heaven or hell?" The choice is yours to make—you are the only one that can send yourself to Heaven or put yourself in hell by how you choose. To enter into Heaven one must accept Jesus Christ as their Lord and Savior by believing He exists and died on the cross for their sins and rose on the third day and is now residing in Heaven. To put one's self into hell for eternity, all one has to do is "reject" Jesus Christ as the Son of God and what He did to redeem man by dying on the Cross, and rising on the third day and now resides in Heaven. Matthew 12:37 tells us by our own mouth we can bless or condemn self to Heaven or hell.

Most doubt the existence of God because they don't believe in His promise to return to earth (2 Peter 3:4). But, God says He will return and every man & woman will give an account for what they have done on earth (Matthew 18:23 & John 5:28-29). The Bible records many scriptures about Heaven and hell, giving the reader vivid details about God's plan for the saved and the unsaved. Psalm 103:19 tells us *"the Lord hath prepared His throne in the heavens; and His kingdom ruleth over all."* 2 Chronicles 20:6 says, *"...art not thou God in heaven? And rulest not thou over all the kingdoms of the heathen? And in thine hand is there not power and might, so that none is able to withstand thee?"*

Heaven is a physical place! Jesus told the disciples in John 14:2-3, *"in my Father's house are many mansions, if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to my self; that where I am, there you may be also."* This is a promise made by Jesus for all disciples, which includes all that accept Him as Lord and Savior. If you know Him as Lord and Savior, He has a place waiting in Heaven for you! Revelations 21:27 tells us that by no means anything that defiles, or causes an abomination or lie will

The Lord hath prepared His throne in the Heavens; and His kingdom ruleth over all.



enter into heaven, only those whose names are written in the "Lamb's Book of life" will enter into Heaven. Jesus is in Heaven seated at the right hand of Father God in heaven until God makes His enemies His footstool (Psalm 110:1). And, there are a host of angels ministering before God and for those who will be heirs of salvation (Hebrews 1:14).

Heaven is a place of activity! We will not sit idly around floating on clouds. God has plans for His children. We will be made rulers over many things (Matt. 25:21). We will be happy and excited about serving for the Lord using the gifts He has already placed in each of us. In heaven there will be no sickness, anger, death, liars, etc. We will experience joy and peace unspeakable. Heaven will never be boring, because God is not boring. Also, we will experience all the "goodness of God!" Heaven is rich and we will share equality in all that Jesus has because we are joint heirs with Him. Have you made your decision yet? Heaven will be an awesome place to live eternally with our Lord! We will enjoy being in the presence of Jesus, knowing Him and having fellowship with Him.

Jesus hasn't forgotten his children, He will return. First Thessalonians 4:13-18 tells us *"...that He will descend from heaven and with a shout with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first; then we which are alive and remain shall be caught up in the clouds, to meet the Lord in the air; and so shall we ever be with the Lord. Wherefore comfort one another with these words."* Unfortunately, if you do

not know Jesus as your Lord and Savior, you will not be caught up in the air to meet the Lord.

Just as heaven is real, so is hell. The Bible tells us those that reject Jesus will spend eternity in hell. Hell was not originally prepared for man, it was prepared for Satan and the fallen angels. You see, God never intended for man to die, sin brought death! Second Peter 3:9 says, *"the Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance."* God has not forgotten His promise, He is still warning people about the dangers of hell.

Unfortunately, some say preaching hell is a scare tactic. Jesus preached hell more than anyone in the Bible. His preaching about hell was to warn them of the danger and horror of spending eternity in torment, *"where the worm never dies and the fire never quenches"* (Mark 9:44). Hell is God's wrath against sin!. As Apostle Paul said in Second Corinthians 5:11 *"knowing therefore the terror of the Lord, we persuade men."* Friends, God has not forsaken us, we have forsaken Him! The problem lies with us, our hearts have grown dull (Matt. 13:15). Seek God and allow Him to give you a new heart (Ezekiel 18:3) - why should you spend eternity in hell, where the fire never quenches.

God is not a man that He should lie, Jesus will return and heaven and hell are real, make the right choice today! Pray the prayer on page 20 and believe in your heart and you shall be saved.



The Book of Ezra is a great testimony of God's Word. He says what He means, and means what He said! It is a story of redemption, deliverance and reformation. The children of Judah and Israel were taken into captivity by the Babylonians and Assyrians for 70 years because they had forsaken God and chose to worship idols; and made their children to pass through the fire of Moloch (a demonic god of the Ammonites). God, speaking, through the prophet Isaiah (150 years earlier), told the children of Judah that they would go into captivity for idolatry, but He would have someone that would free them.

The Book of Ezra was written by Ezra. He was a priest from the priestly line of Aaron (Ezra 7:1-5). This book relates the story of two returns of the tribe of Judah. Chapters one thru 6 details the return of the first group of Jewish people under the leadership of Zerubbabel (rebuilding). Chapters 7 & 10 the second group of Jewish people returned under the leadership of Ezra (reformation).

In chapter one we read the 70 year captivity was over and God stirred up the heart of king Cyrus to made a decree permitting any or all Jews to return to their home land Jerusalem, with the priority of rebuilding the Temple. King Cyrus also funded the return and gave back to the Jewish people all "the vessels of the house of the Lord" (Ezra 1:7). Fifty thousand Jewish people were lead by Zerubbabel to return for rebuilding the Temple. During their years of rebuilding, which took 60 years, they were met with much adversity. Their enemies tried to deceive them by saying they wanted to help in the rebuilding of the Temple, saying they wanted to worship their God. When Zerubbabel told them "no" their enemies turned on them, they hired counselors against them to frustrate their purpose all the days of Cyrus king of Persia (Ezra 4:5).

During the reign of king Artaxerxes, they wrote letters of accusations and continued to harass the workers until the reign of king Darius. But God, using the prophets Haggai and Zechariah, prophesied to the Jews who were in Judah and Jerusalem to continue the work God had called them to do and not to fear the enemy. Zerubbabel and the men then rose up to resume the rebuilding of the Temple. I love what Ezra 5:5 says: *"but the eye of their God was upon the elders of the Jews, so they could not make them cease till a report could go to Darius..."* God promised the Jews they would have their land back and He worked on their behalf. When letters were sent to king Darius, he did a search and found that king Cyrus had decreed the work of rebuilding the Temple. So king Darius decreed the work to continue and that he would pay for whatever was needed, and if anyone tried to stop the work, their house would be torn down upon them. What a mighty God we serve! Man can not stop God's work.

The book of Ezra teaches us some valuable lessons: first, unity is important. The people returned to Jerusalem with one accord. They worked in oneness of mind with the purpose of rebuilding the Temple. Second, God's word is powerful! God says what He means, and He watches over His word to perform what He spoke. Third, God provides for his children. When God calls us to service for Him, He provides all that is necessary. Trust in God's promises to provide in your personal life, for the ministry or assignment He has called you into. Lastly, God protects His children.

When opposition comes our way, pray and God will fight our battles! Friends, trust God and not man for your every need. God has your best interest at heart—He will take care of your needs!

Part Two next quarter—Reformation!

Bible Facts

Elder Charles S. Head

Jesus described two gates in the book of Matthew: one wide gate and one narrow gate. The wide gate leads to destruction and the narrow gate leads to life with Him. (Matthew 7:13-14)

Proverbs 17:1 tells us that it is better to eat a small dry piece of food and have peace, rather than a whole table full with fighting and arguing going on.

Those who accept Jesus are promised a “rest” in Him. (Hebrews 4:1-3)

Our heart in the natural, because of Adam, is very deceitful and wicked. (Jeremiah 17:9-10)

Stephen was a “Deacon” full of Holy Spirit, fire and boldness. He died for preaching about “Jesus” our Savior. (Acts 7:54-60)

When David was delivered from Saul, he praised the Lord by calling Him his “Rock,” his “Fortress,” his “Deliverer,” his “Strength,” his “Buckler,” the “Horn” of his salvation, and his “High Tower.” (Psalm 18:2)

Jesus said “the Holy Spirit” would always lead us in the “truth.” (John 16:13-14)

Book Review

Order your
copy of
the Bible
today!



The Bible is about a King and His Kingdom. It tells us why the most important King ever left His Heavenly throne to redeem lost man.

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

**Available at any Christian Book Store.
Order your copy to 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



Upcoming Events

Men's Fellowship Breakfast

August 20, 2016

King's — Harmarville, PA

10:30 to 12:30 p.m.

Daughter's of Wisdom and Virtue Fellowship Meeting

August 4th & Sept. 1

7:00 to 8:30 p.m.

10529 Lindberg Drive

Penn Hills, Pa 15235

Discipleship Workshop

October 29, 2016

10:00 to 3:00 p.m.

\$15.00 for supplies

10529 Lindberg Drive

Penn Hills, Pa 15235

Bible Study:

Weekly Bible Study is every Wednesday from 7:00 to 8:30 p.m. All are invited to join us as we journey through the Word of God learning His precepts and principles for how to live a victorious and abundant life as a Christian.

Shoe Boxes for Seniors Outreach:

The Shoe Boxes for Seniors Christmas Outreach is an ongoing program in that we accept donations year round to fill shoe boxes for Seniors during the Christmas season. You can mail donations to the ministry or drop off donations on Wednesday's 5:30 to 7:00 p.m. Log onto our website for more details:

www.JourneyThroughLifeMinistries.net

Daughters of Wisdom & Virtue:

Meetings are held the first Thursday of every month from 7:00 to 8:30 p.m. at Journey Through Life Ministries' Teaching Facility. We are studying the importance of developing a sincere and meaningful relationship with Father God, our family and others. The month of August the topic is: "God's Love for Mankind."

Movie Night

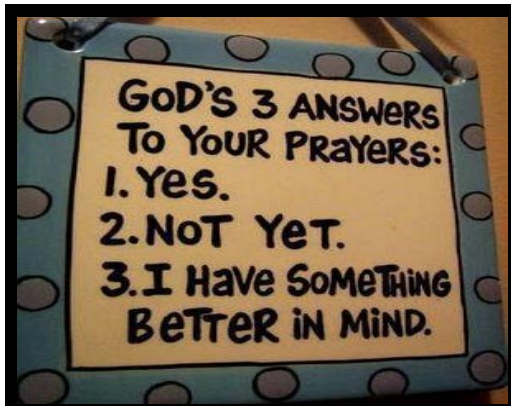
Pizza and Movie Night is the last Friday of the month. This is a free event. Ages 13 and up are invited to attend. Because food is served, we ask that you please R.S.V.P. to make sure we have enough food. Call Rev. Georgetta, 412.731.3450

Discipleship Workshop:

Next workshop, October 29, 2016

Topic: "The Believer's Authority"

At this workshop we will discover what true "purpose and power of authority" is for the life of a believer. We are living in perilous times and need to learn how to ignite the authority within us to have power to defeat the works of the enemy. For Reservation—412.731.3450





Rev. Georgetta Head

When facilitating workshops, the following questions about being becoming a business owner are asked quite often—*"should I start my own business; when is a good time to start a business; do I need a lawyer; how much for start up cost; should I work from home or rent space, and where do I start?"* While these are good questions, there is not a "one size fits all" answer because every business opportunity is different. It is a great opportunity to be able to cut the apron strings from a 9 to 5 job and become self-employed, but beware self-employment does have its advantages and disadvantages.

The first step is to consult with Father God. Seek His advice, for the plan He has for your life and ask Him to partner with you in this venue. You don't want to do "anything" without Father God! Next start your Business Plan and Company Policy Manual. A Business Plan will keep you focused and give you direction and guidelines for running the business. A Company Policy Manual, especially if you intend to hire employees, is needed to give yourself and employees established guidelines, such as employee conduct, hiring and firing policy, etc.

You now need to name your business and to register it with the State. The question now is do you register the business as a limited liability company (LLC), or a limited liability partnership (LLP), or do you want to incorporate the business. If you choose to incorporate, you will need the help of a lawyer. If you chose LLC or LLP, depending on the type of business you are starting you can register the business yourself by logging on to the PA State website and download the appropriate forms, note there is a cost asso-

ciated with registering your business and business name. (Please note also that I am listing the steps for business start up for the state of Pennsylvania. Please check with the state you intend to operate business from for registration procedures and guidelines.) If your business collects sales tax, then you will also need to register the business with the PA Use Tax Agency. If you intend to hire full-time employees, you will need to check into healthcare plans for them; you will need business insurance and workmen's compensation insurance.

Startup cost will be different for each person's business type. Depending on business type, most can initially run the business from their home and later rent space as the business grows.

The disadvantage of self-employment is making sure that you setup a retirement fund and savings and your own healthcare. Most people forget these important steps and often when it's too late! I know of a person who omitted these steps and became injured, lost his business and now has no money or pension to help during his recovery time. Make sure you plan for your future!

Every business should have a good and trusted accountant. Poor recordkeeping and not knowing the state of your business is a sure way of losing it! Also, keep your business and personal money accounts separate. One checking account for home and one checking account for business—do not commingle the monies. **Please**, pay yourself a salary and tithe from your business! Being your own boss is great, but be sure to start the business right by trusting God as your partner, and you will have a successful business.

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



A Journey With Wisdom

Rev. Georgetta Head

“Lest Satan should get an advantage of us: for we are not ignorant of his devices.” 2 Corinthians 2:11

Every day newspapers report of wars and people killing one another! Leaders changing laws to make evil good and good evil! And how about on the personal level, individuals going through financial difficulties, health issues, unemployment situations, rebellious children, breakup in marriages; parents and children at odds with one another, etc. When these adversaries strike in the family or in the world, most individuals begin to question God and His goodness, *“if God is so loving, why does He allow evil and troubles in the lives of people?”* Have you ever thought this way or questioned God when adversity comes your way or into the world we live?

Well it's time we learn the cause of all this chaos! We have an enemy who is just as real as the air we breath! He does a good job of hiding his identity to the world, but the Bible tells us his name is Satan! He was a beautiful angel created by God and his original name was Lucifer. Satan unfortunately, let pride and envy rule in his heart; He wanted to be God (read Isaiah 14) and to possess all that belongs to God, so he encouraged 1/3 of the angels in Heaven to revolt with him against God. God cast satan and the 1/3 of the angels from heaven and they are now roaming the earth seeking whom they may devour. When cast out of Heaven, Lucifer's name changed to Satan and the fallen angels are now called demons. Satan hates God and opposes him by attacking the believer and unbeliever trying to stop Gods plan. Friends, satan is man's adversary and the one causing all the confusion, fighting and division in the world and in the families.

The book of Job introduces satan as an adversary and reveals to us that satan has freedom to roam the earth with his purpose of hindering God's people and trying to stop God's plan. John 10:10 tells us that satan is a thief and that he comes to steal, and to kill, and to destroy. He will use anyone or anything to bring about confusion and adversity into a person's life.

A good example of satan working through people to cause harm is found in Ezekiel 28:12-7. Satan was using the king of Tyre to bring about his evil works against God's children. He showed up in the Garden of Eden as a serpent to deceive Eve! In Zechariah 3:1-2 satan was the adversary of Joshua the high priest and the Lord had to rebuke him. Satan will use our children or close friends to deceive us or to cause us harm; and his biggest deception of all is doubt. Satan wants everyone to doubt God's promises and to believe that God is responsible for all the evil in this world. His goal, to see everyone in hell with him! So, the next time you are in an argument with someone, know that it's not that person, but the spirit behind that person, which is satan or one of his demons. Satan forgets that God is still on the throne and that he can not stop God's plan. Satan may be evil and uses evil devices, but God uses satan's opposition and evil devices to fulfill His purposes and to frustrate satan's purposes.

Remember satan is the enemy of God and the adversary of man! He seeks power and recognition for himself, arrogantly resisting and rebelling against God. In his ambition to further his own position, he willingly sacrifices mankind and all creation by using mankind against one another and blinding them to that fact he is their enemy, convincing people that he doesn't exist. He delights in keeping men, women and children bound with addiction, unforgiveness, anger, fighting, etc. If he can keep us busy with worldly things believing we need temporal pleasures of this world, then we will be walking in defeat blaming God for the evils of this world instead of him - the real enemy! Unfortunately, he does exist and mankind, especially believers, need to take a stand against satan. Jesus has given his children all power and authority over serpents and demons. We are told to resist satan and he will flee from us. Resist him and live the life of victory God intended you to live!



Men On A Journey

"Urgent! It's Time To Seek The Lord"

Elder Charles S. Head

If you look around you will notice that our country is in trouble! And God's people need to **SEEK HIM AND ASK HIM FOR MERCY.**

Our forefathers established this country with righteousness based on God's Word. We have many examples in the Bible where God's people had drifted away from their original covenant with Him, but when they cried out for mercy and were willing to change their ways, God had mercy on them.

Many times during their sinful lifestyle God allowed them to go into captivity as slaves, with an evil king to reign over them. God loved them so much that He waited for them to come to their spiritual senses, repent and return to him in order to receive all the benefits He had for them.

In the book of 2 Chronicles 15:1-12, we have the example of how God's people were in deep trouble because they had forsaken God and the whole nation was in bondage as a result. God loved His people and sent a warning to them with His conditions. Asa, king of Judah, had three things happen to him during this time as king: 1) *the conditions* (vs. 1-2); 2) *the problem* (vs. 3-7); 3) *an action* (vs. 8-12).

Asa choose to put away all false gods and to renew the alter of "the one and only true and living God." Asa also entered into a covenant, both he and God's people (Judah) to seek the God of their father's. The results were found in v.15, which says "*and all Judah rejoiced at the oath: for they had sworn with all their heart, and sought Him with their*

whole desire: and He was found of them: and the Lord gave them rest all around." These scriptures were not written for a cute little story, but as an example and warning to God's people of today—the Church and our great country—the United States of America. We have taken God out of our lives, homes, schools, jobs, government and many of our churches. It's time to seek the Lord!

2 Chronicles 7:14 says; "*if my people which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.*"

It's time for ACTION—it is time to return to the Lord!

Want to have the Quarterly Newsletter mailed to your home? You can! For \$20.00 per year, a copy will be mailed to your home each quarter. Or would you like to make a donation of any amount to help in the cost of preparing, copying and distribution of this newsletter. Fill out the form below and mail to: **Journey Through Life Ministries; P.O. Box 17968; Pittsburgh, Pa 15235 or you can subscribe or make a donation.**

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Journey Through "The Reality" of Life

"The Cost Of Sin"

Rev. Georgetta Head



For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord! Romans 6:23

Sin is costly and deadly, yet many toy with sin as if it will not affect them! God says the wages (payment) of sin is death eternally in hell. God gave Moses the ten commandments to show mankind the evil that resides within their hearts. Everyone is born in sin, but God gave us a solution for sin, one that guarantees eternal life; and that is *His Son Jesus Christ*.

One doesn't have to be a rocket scientist to see and feel the effects of sin in this world. Sin is a deadly poison that has infiltrated every culture's homes, schools, congregations, governments, etc., destroying anything and anyone in its way. Yet when you talk about sin or correct someone for sinning, you are told you are offending or judging them. And, how about this, we are told we were not using the "politically correct name" when addressing or talking about bad habits or morally wrong problems committed in society."

So let's define sin. The dictionary says sin is—"a transgression of divine law; a willful or deliberate violation of some religious or moral principle; or a reprehensible or regrettable action, behavior, a great fault or offense." The Bible tells us that sin is "disobedience and rebellion against God's commandments." Both sources state sin as a willful or deliberate act to break a law or commandment.

So if sin is so costly and deadly, why do men commit disobedient acts of behavior? The answer—satan and our own lustful wants? Satan has lied and tricked people into believing that it's "ok" to live however you want, "you are in control of your own destiny," he says. Because of our own lust, we enjoy the sins that we are committing and don't want God to rule over us, so we crave evil instead of good. But God says sin is only for a "season." When that season is over, the sinner will be left empty and miserable inside with

feelings of hopelessness. Government leaders are rewriting laws to accommodate these sinful acts and abominations, and some church leaders are compromising the Word of God by minimizing and rationalizing sin into something good instead of evil (Romans 1:18-24).

I attended a seminar a couple months ago on "Mass Incarceration." While the topic was a worthwhile cause, I couldn't agree with what the presenter was talking about, because his entire message was "blaming others for the sins they committed." He was rationalizing and minimizing sin and its affects on others, the community and society. He then began encouraging the audience to support his programs that had politically correct names for sinful behavior. "God says the wages of sin is death, but the gift of God is eternal life in His son Jesus Christ" (Romans 6:23). When we sin our conscience should convict us of that sin (John 8:7-9). When it does we have the choice to repent and choose Jesus, or to choose not to repent and stay in the sinful lifestyle the devil is tricking the sinner into believing. We are further instructed in the Word that if we see someone sinning, we should warn that individual as if snatching them out of the fire (Jude 1:21-23). The Bible records numerous scriptures about sin and wickedness and the horrible consequences for those who "choose" to live a life of disobedience and rebellion—sin.

Romans 1:20-23 says we are without excuse for God has inherently given all men the knowledge of Him and the conscience to know the difference between good and evil. Just because laws are being written to condone sin doesn't give us an excuse, God's laws take precedent over any manmade law and if you follow manmade laws, your fate will be eternal damnation. *God's laws and obedience guarantees eternal life!*"

2016 Fruit of The Spirit Awardees



Shirlene Wilson was nominated by Carolyn Peeks and Grinetta Elston. She was awarded for the fruit of the spirit of *“Love, Faith, and Longsuffering.”* Shirlene has opened her heart to others and is always willing to invest whatever necessary to help the needs of family, strangers, and sometimes foes. Her pure humility strives to understand and sometimes even relate to others in an unpretentious manner, despite the absence of expressions of gratitude or the spoken words—“thank you.”

Geraldine (Gerry) Hickman was nominated by Victoria Hodge. She was awarded for the fruit of the spirit of *“Love and Meekness.”* Gerry truly represents Jesus by exhibiting a life of meekness and she innately distributes the gift of “helps” with no prejudice involved in any way. She will help and or assist anyone that has a need she can supply.

Jacqueline Robinson was nominated by Dolores Mitchell. She was awarded for the fruit of the spirit of *“Kindness and Faithfulness.”* Jacqueline wears many hats in her home church, volunteering in several of the church’s ministries and she is active in the community volunteering her time in non-profit. For many years Jacqueline served at Gwen’s Girls collecting donations and cooking meals for staff and residents, along with any other service that was needed.

Melonye Barham was nominated by Dolores Mitchell and Jocelyn Coleman. Melonye was awarded for the similar spirit of her late mother, Brenda Ripley, *“gentle kindness, but tough love.”* Melonye has a genuine sweet, kind, and loving spirit. As van driver and usher at her church she is unselfish in giving of her time to meet the needs of the church. She exhibits patience in dealing with many different personalities and is a true intercessor that passionately prays and travails for herself and others. Melonye loves unconditionally, uplifts and encourages others when needed.

Let’s congratulate the awardees for a job well done serving for the Lord



Women of
The Bible

Minister Cocco

Just One Touch

Matthew 9:21 Then she thought to herself If I could just touch his garment I would be healed Amen



*The Woman
Who Touched
Jesus*

Rev. Georgetta Head

"Faith That Heals"

Luke 8:43-44 *"And a woman having an issue of blood twelve years, who had spent all her living upon physicians, neither could be healed of any, came behind Him, and touched the border of His garment: and immediately her issue of blood stanchd."*

Luke 8:43-48 gives the account of an unknown woman who had an issue of blood for 12 years. While she visited physician after physician spending every dime she earned to find a cure for her medical problem—none could heal her. Mark 5:26 actually tells us that the many physicians treatment made her worse. Can you imagine her frustration!

Furthermore, this unknown woman lived during a time that Levitical Law stated to have an issue of blood made her unclean. Which means she couldn't touch anyone, because whoever she touched they would become unclean; and she couldn't go into the Temple. Bible historians also, believed that, because of her "uncleanness," this unknown woman lived in the outskirts of town away from everyone.

But one day, she heard of a man coming to her town, Capernaum! The whole town was buzzing about this man, *a man named Jesus*. She heard, He heals the sick, gives sight to the blind, and makes the lame to walk! She wanted to see this man, she wanted this man, Jesus, to heal her! She reasoned in her heart, that if she could but touch Him, just one touch of the hem of His garment she thought would heal her—now that is FAITH! Faith that moves mountains!

With faith, she pushed through the crowd, came from behind Him, and reached out and "touched the border of His garment" and immediately her issue of blood stanchd (dried up). Mark 5:29 tells us that *"she felt in her body that she was healed of that plague."* When Jesus felt virtue (power) leave Him, he asked "who touched me." In fear the unknown woman came forth and told her story to Jesus. He comforted her and said to her *"Daughter, be of good comfort: "your faith has made you whole; go in peace"* (Luke 8:48). Notice Jesus now called her Daughter instead of woman, claiming her as His own and making her a part of the family of God.

What are you going through that you need the healing power of Jesus? Like the woman with the issue of blood, step out in **FAITH** believing that God is no respecter of person, and that what He did for her, He will do for you? God says He delights in doing good for His children! Matthew 21:22 reads *"and all things, whatsoever ye shall ask in prayer, believing, ye shall receive."* Friends, ASK today and RECEIVE your HEALING!

The Answer is Always in His Word

ELDER CHARLES HEAD

"ENCOURAGEMENT WHEN REALLY NEEDED"

Have you ever had someone encourage you while in a storm when you thought all hope was gone? Paul was put on a ship and sent to Rome to appear before Caesar, but on the journey a great storm appeared at sea which caused shipwreck for Paul and all on board (Acts 27:13:20).

In the natural it seemed that all hope was gone and that Paul and the whole crew would perish at sea. In the midst of all that, and against all odds, God sent an angel to speak to Paul. Acts 27:22:26 gives us Paul's words of encouragement: *"and now I exhort you to be of good cheer: for there shall be no loss of any man's life among you, but of the ship, for there stood by me this night the angel of God, whose I am, and whom I serve, saying, fear not, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee. Wherefore, sirs, be of good cheer: for I believe God, that it shall be even as it was told me, howbeit we must be cast upon a certain island."* Things happened exactly the way the angel said!

We may not have been through a shipwreck or storm at sea but when we feel hopeless about our own personal situation we will need encouragement while we can't make it on our own. God has a way of sending us encouragement, sometimes through a brother or sister in the Lord. Sometimes through God's Word we are encouraged as we read the scriptures. Other times God's presence comes over us and He speaks to our heart words of encouragement. However it happens, it is encouragement that lifts our spirit and gives us hope to carry on. "Don't allow discouragement to make you quit, trust in the Lord to encourage you through your storm!"

A wooden cross is the central focus of the image, set against a bright blue sky with scattered white clouds. The cross is made of two weathered wooden beams. The text is overlaid on the image.

There's still room at the Cross

*He shed His
Blood for you!*

-The Cross-

The only answer to man's dilemmas—the CROSS! What are your struggles in life? What bad habit does the enemy, satan, have you bound with—drugs, alcohol, cigarettes, sexual sins, anger, unforgiveness! Then there is room at the Cross for you! *Let Jesus set you FREE!*

Jesus went to the Cross and shed His precious blood just for you! You don't have to live in bondage to sin anymore! Freedom is just a step away for you! Come to the Cross today and call on that precious Name—JESUS for salvation and forgiveness from your sins and deliverance from bad habits.

Jesus loves you and died for you. Every sin you have ever committed was nailed onto the Cross with Jesus. His precious blood washes your sins away! There's still room at the Cross for YOU! What are you waiting for? Come today!



THE DEATH OF COMMON SENSE:

Today we mourn the passing of a beloved old friend, **Common Sense**, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as: Knowing when to come in out of the rain; Why the early bird gets the worm; Life isn't always fair; and maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death, by his parents, Truth and Trust, by his wife, Discretion, by his daughter, Responsibility and Reason, by his son.

He is survived by his 4 stepbrothers:

I Know My Rights
I Want It Now
Someone Else Is To Blame
I'm A Victim

Not many attended his funeral because so few realized he was gone. *(Author Unknown)*



Health Tips

Tips for Healthy Living

Healthy Living

Rev. Georgetta Head

“What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?” 1 Corinthians 6:19 (KJV)

Are you a food detective? Do you investigate the food you eat and drink by reading the “food nutrition” labels and the manufacturer’s ingredients label found on all packaging?

According to 1 Corinthians 6:19, our bodies are not our own they belong to God, which means we are to be “good stewards” of our bodies. With that in mind, we should take good care of our bodies by being aware of what we are eating and drinking, along with a healthy exercise regimen.

A good starting place is to ask your doctor or a food nutritionist the appropriate daily intake for sodium, carbs; sugar, protein, fiber, etc. for your

body weight, i.e., for a 1500 to 2000 daily calorie intake. Next, learn how the ingredients found on packaging labels effect the body. You can do a google search for the definition of just about any one of the ingredients on your smart phone, tablet or computer.

One such ingredient we should be cautious of and avoid is “high fructose corn syrup.” This is a sweetener made from corn and used to replace “regular table sugar.” Why the switch, because manufacturers discovered it was cheaper to use high fructose corn syrup then sugar, but at the cost of the consumer’s health.

Eating foods or consuming drinks with high fructose corn syrup can in-

crease one’s triglyceride levels and their LDL (bad) cholesterol. It has been recorded that the number one source of calories in the U.S. is “high fructose corn syrup.” What makes this an unhealthy product is that it metabolizes to fat in your body far more rapidly than any other sugar, and it’s effects are significantly magnified. High fructose corn syrup disrupts insulin levels and has been linked to diabetes and obesity.

So, the next time you are grocery shopping, take a moment to read the nutritional facts and the ingredients labels. Become a good steward of your body and avoid foods and drinks with high fructose corn syrup.

Words of Wisdom

Laughter is jogging for the insides. It increases heart rate and circulation, stimulates the immune system, and improves the muscle tone of he abdomen. *(Barbara Johnson)*

Christ can put a spring in your step and a thrill in your heart. Optimism and cheerfulness are products of knowing Christ. *(Billy Graham)*

If you want people to feel comfortable around you, to enjoy being with you, then learn to laugh at yourself and find humor in life’s little mishaps. *(Dennis Swanberg)*

I think everybody ought to be a laughing Christian. I’m convinced that there’s just one plance where there’s not any laughter, and that’s hell. *(Jerry Clower)*

Laughter is to life what shock absorbers are to automobiles. It won’t take the potholes out of the road, but it sure makes the ride smoother (Barbara Johnson)

Quotes From the Book “Thanks”

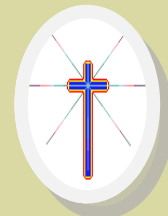


To:

Have a prayer request?

Log onto our website www.JourneyThroughLifeMinistries.net/prayer.html
Our team of intercessors pray over all requests received.

"do you know that God loves you?"



"do you know that God forgives?"

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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.