

Journey Through Life Ministries

Your Spiritual Newsletter



Happy New Year

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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...."

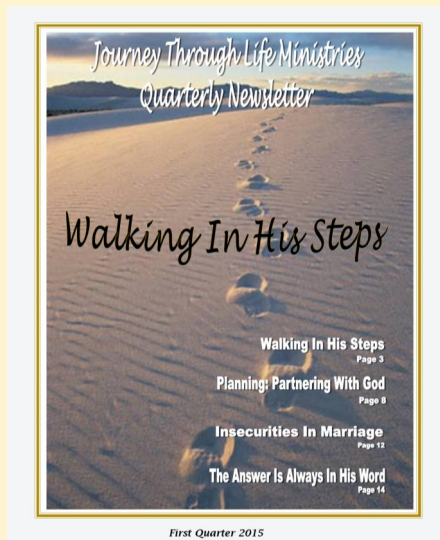
This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and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

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What's going to happen?

Holy men of old, inspired by Holy Spirit, wrote the Holy Bible to warn and to instruct mankind the “right” way for living and the only way for eternal life—*Jesus Christ*. (2 Timothy 3:16)

The Holy Bible, also known as the “Holy Scriptures or The Living Word,” is the most loved and most hated book ever written! Why? The answer is found in First Corinthians 1:18 *“For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God.”*

The Holy Bible convicts mankind of unrighteousness, sin, and iniquities and points them to the Cross for salvation. To those that are perishing, because of rejection of Jesus Christ, their destiny is eternal damnation. To those who are saved, the preaching of the cross gives them victory for every day living and the promise of “eternal life” with Jesus.

We are living in perilous times and everyone you talk to wants to know *“what is going to happen; or why is the world in such tumult; or why are America’s morals changing to sinful evil; and why is there so much chaos in the world?”* The answers to these questions and much more can be found in the Holy Bible; but, unfortunately, the world is seeking answers for their problems and woes through false idols such as psychology, astrology, horoscope reading, etc.

As stated, mankind’s answer for hope and peace can only be found in the Holy Bible. We need to be reminded that God created the universe and mankind! As creator He owns all and knows everything about His creation, including what men, women and children need for hope and peace.

From Genesis to Revelation God outlines in detail why the world is in tumult with wars, famine, diseases and sickness. Starting from the Book of Genesis, we learn that God’s original purpose for Adam and Eve was to live forever and to have a relationship with Him and with each other. God blessed His creation with the blessing of replenishing the earth and to subdue it and to have dominion over every living thing except humans. God also gave man volition, the right to choose, *“obedience or disobedience.”* Unfortunately His created beings —Adam and Eve – chose disobedience. Satan deceived Adam and Eve into thinking they could live life apart from God. By choosing disobedience they chose the world’s system, which is satan’s kingdom of darkness and his evils. (Read Genesis chapters 1 thru 3).

“The answers mankind is searching for can only be found in the Holy Bible.”

Looking for Answers? They're in here!

Rev. Georgetta Head



Every generation since Adam and Eve, have been making the same decision of thinking they can live life apart from God. Satan, the master deceiver, has assigned his demons over governments, schools, churches, families, etc., to cause divisions and wars. One division, being the various forms of religion, which are in constant battle for power and rulership.

As one reads through the Bible, you will discover what is happening today is nothing new. Wars of today and in the past are being fought over religion!

So what is religion? Religion is man trying to fit God into their lifestyle. Religion is not wanting to change from the world of darkness (satan) to the world of light (Jesus Christ). Religion is also trying to reword the Holy Bible to conform to their way of living, trying to hide one's sins. And finally, some religious cultures want to take over the world because satan has deceived these individuals with lies about God and his purpose for creation.

Father God warns us in His Word that in the last days there will be rumors of wars, religious battles, false teachers along with people being selfish, mur-

ders, hating their families, truce breakers, etc. (2 Timothy 3:1-7). Satan loves to use men against each other with deception and killing! So what's going on in the world? Man trying to live without God!

The biggest deception of all is that of rejecting Jesus Christ as Lord and Savior. The enemy of our soul, satan, lies to people by telling them there is more than one way for eternal life. Unfortunately, too many people are believing this lie. Friends, the only way to Heaven is through Jesus Christ and Him crucified. Jesus Christ died for anyone who will accept Him (John 3:16). So no matter what satan does, He can not defeat God or stop God's plan of salvation and eternal life for those who love Him and His Word—The Holy Bible.

The good news is that nothing takes God by surprise, He knew His creation would fail. God already had a plan—to send His only begotten Son to redeem mankind back to Him.

Read the end of the Holy Bible, Satan is a defeated foe. Satan and those who choose to follow him will suffer the reward of eternal damnation.

Old Testament Survey - Kings of the Bible

Rev. Georgetta Head



This quarter we will begin a series on the “kings of the Bible.” King Saul, David and Solomon were the only kings to reign over the entire tribes of Israel. Because of Solomon’s sin of idolatry, God allowed the tribes of Israel to be divided into two kingdoms (1 Kings 11:31-36). These kingdoms became known as the kingdom of Judah and the kingdom of Israel.

The kingdom of Israel (northern kingdom) had 20 kings reign over them before going into captivity by the Assyrians for the sin of idolatry and injustices. The kingdom of Judah (southern kingdom) had 20 kings reign over them before going into captivity by the Babylonians for the sin of idolatry and injustices. The kingdom of Israel never had a godly king to reign over them. Their kingdom began in idolatry and ended in idolatry. The kingdom of Judah had only 5 godly kings to reign on the throne in Judah. They too were sent into captivity by God because of their idolatry and injustices also.

King David was one of the most godly kings to ever reign in Israel. God used David’s character as an example for every king that succeeded him on the throne in Judah. David was also a worshipper and a generous king who didn’t stray from God. God called David a man after “*His*” own heart!”

After the split of Israel, Jeroboam I, king Solomon’s servant, son of Nebat (1 Kings 11:26-40) was the first king to rule in Israel. Rehoboam, Solomon’s son, reigned in Judah. They both reigned from 931 B.C. to 910 B.C. Let’s do a survey on the life and reign of Jeroboam I.

Jeroboam’s unsuccessful reign as king of Israel is a good example of what happens when *one follows the devices of their own heart*. First Kings 11:28 tells us that Jeroboam was a servant of king Solomon. Jeroboam was selected to be overseer of the house of Joseph by Solomon because he was a valiant warrior and very industrious.

When Solomon became old, his wives turned his heart from worshipping God to worshipping gods of demons. Because of this sin, God told Solomon He was going to rend the kingdom from him (1 Kings 11:11). So, God choose Jeroboam, Solomon’s servant, to become king over Israel. He told Jeroboam through the prophet Ahijah that “*if he would hearken unto all that He (God) commanded him, and would walk in His ways, and do that is right in His sight, to keep my statutes and my commandments, as David my servant did; that I will be with thee, and build thee a sure house, as I built for David, and will give Israel unto thee.*” (1 Kings 11:28)

This was a great opportunity for Jeroboam to know the presence of God and the honor and privilege of ruling for God in Israel. With his reign he could have brought healing to a nation that was in idolatry and had been suffering harsh labor during the latter years of king Solomon’s reign.

Instead of accepting God’s offer of Grace, out of fear of the people leaving him to worship in Judah, he chose to follow his own heart and created a calf for the people to worship instead of God. Jeroboam lead the people further into deep idolatry and reject Gods offer of grace/salvation for himself.

Bible Facts

Elder Charles S. Head

Did you know that at times we have to encourage ourselves in the Lord? King David gives us an example in 1 Samuel 30:6.

We are told in Jeremiah 17:9-10
“The natural heart of man is desperately wicked without God.”

It is because of God’s mercy that we are alive and breath each day.
Lamentations 3:22-23

Not everyone who talks about God will go to Heaven.
Matthew 7:21-23

Jesus commanded us to forgive each other.
Luke 17:3-4

We are transformed into a new creature (born again) through Jesus Christ.
(Ephesians 2:1-10)

Jesus is the source of true peace
John 14:27

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

January 30, 2016

King's — Harmarville, PA

10:30 to 12:30 p.m.

Daughter's of Wisdom and Virtue

Fellowship Meeting

January 7, 2016

7:00 to 8:30 p.m.

10529 Lindberg Drive

Penn Hills, Pa 15235

Annual Tea Party &

Awards Celebration

April 9, 2016

10:45 to 3:30 p.m.

Comfort Inn Suites

Rodi Road

Bible Study:

Weekly Bible Study is every Wednesday from 7:00 to 8:30 p.m. all are welcome to attend. We just completed the book of Romans. The book of Romans explains the importance of the Cross and what the Cross means to the Believer for victorious living. We are now studying the book of First Corinthians.

Shoe Boxes for Seniors Outreach:

The Shoe Boxes for Seniors Christmas Outreach was a great success! The staff at Journey Through Life Ministries visited three (3) Senior Nursing Homes delivering decorated shoe boxes filled with personal care items, blankets, stuffed animals, books, sweet treats, etc. Rev. Karen Longcrier lead everyone with singing Christmas songs and Rev. Georgetta Head read the Christmas story. The Seniors had a great time. We would like to say thank you to everyone that participated in this program. The Seniors were very appreciative that they were remembered.

Daughters of Wisdom & Virtue:

January 7, 2016 will be the first fellowship of the new year for the Daughters of Wisdom & Virtue at the new teaching facility. This year the focus will be in the areas of relationship, identity and the kingdom of God. Meetings will be the 1st Thursday of every month from January to June 2016. Young ladies and women from the ages of 13 and up are invited to attend and to participate in these meetings.

Discipleship Workshop:

Next workshop is August 27, 2016





Rev. Georgetta Head

The most asked questions in 2015 were: “How can I get out of credit card debt? How can I save more? And How can I control my spending.” These are very good questions and have been addressed in previous Newsletters, but since this is the beginning of a new year, I thought it would be helpful to review these questions one more time.

Individuals usually overspend because they do not have a budget, which causes credit card usage and refinancing one’s home for major home repairs, etc. With Father God’s guidance and a financial plan, including a budget this would stop overspending.

Begin with prayer! Ask Father God for His guidance and for His forgiveness for not being a good steward of what He has entrusted you with.

Next, if married, you and your spouse should work on establishing a monthly budget together. Cut up all credit cards except one (to be used only in extreme emergencies). Stop using your debit card for daily purchases. Use CASH! Analyst have written many articles stating, “when consumers use credit cards or debit cards they tend to spend more.” So get back into the habit of using cash for daily purchases.

Next use online banking for paying your bills. Stop paying vendors fees for using their payment methods over the phone and on the internet (those fees add up). The advantage of online banking is that it keeps track of monthly payments, you can print out payment history and it’s free!

When we try to manage our finances apart from God’s money management principles

found in the Bible, it’s like putting a gun to our head and playing Russian Roulette. Also, we put a curse on our finances when we refuse to use God’s principles for money management, tithing and offering.

Saving for the future or for future expenses is almost never thought about with most individuals. As God’s children, we need to change our way of thinking. When we get our paycheck or whatever form of income, tithing and saving should come first.

Father God should “always” receive 10% of everything He blesses us with. Because all “blessings” come from God. Then we should pay ourselves. Start with 5% with the goal of saving 20% or more from every paycheck or source of income.

If we continue with the mindset that “I don’t make enough to tithe or save” you will never save or tithe and your finances will always be a problem in your life. Malachi 3:8-10 says: “Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse: for ye have robbed me.....Bring ye all the tithes into the storehouse....”

To save money, look for ways to cut costs such as cutting those high cable bills and high cell phone bills. How about grocery shopping and eating out. Stop shopping at those high end grocery stores. Eat in and have your children help you with meals. Finally, designer clothes and designer purses do not define a person. A person is defined by their integrity and character not clothes. So if you desire copying a person, try copying the integrity and character of Jesus Christ—He is a perfect example.

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

Why Do We Exist?

Summary

Have you ever wondered why you exist? Or, “what your purpose is on earth?” Or, how about, “does God really love me?” Well you are not alone in this thinking! Since the beginning of creation, mankind worldwide have had the same thoughts. People of high society and leadership and individuals down to the youngest of mankind have been seeking answers to these questions – “*why do I exist and what is my purpose in life, or does God really love me?*” In the movie “God’s Not Dead” one of the characters, didn’t believe God was a God of love because of a tragedy that occurred in his life. This is a story that happens to many Believers who also question God’s love after salvation because they are not assured of their identity in Christ.

To learn the answers to these very important questions we need to look in the Book of Wisdom – the Bible. Let’s start in Genesis, the book of beginnings.

Wisdom From The Word

Genesis 1:1-31 tells the entire account of creation, including mankind. Verse 1 says “*In the beginning God created the heaven and the earth.*” Now that’s a great statement. An entire sermon can be preached from this statement. God is Creator of the Universe! God spoke and what was chaos and empty became life. This life, which is called earth became filled with beauty and living creatures. Within six (6) days God created every living vegetation, every living animal, every living sea creature, every flying creature, the solar system, the filaments, and man. God spoke and it came to being.

Genesis 1:26-28 gives us details about creation of man. “*So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”*” God created man to reflect His image, to produce a godly heritage, and to reign in life. So, now we understand that we exist because God created us! And, we read also in 1 John 4:8 we exist because God is love, and it’s because of His love that we exist, along with His desire to have a relationship with His creation – mankind!

When God created Adam, we are told in Genesis 2:19 that God brought all the animals to Adam to name. This is called relationship (Father & Child)! We also read in Genesis 3:8 that God walked in the garden in the cool of the evening to fellowship with Adam and Eve. Just like any earthly father wanting to have a relationship with His children, God wants a relationship with us. We are alive and exist because of God’s great LOVE for us! We are not an accident - it’s called love.

Unfortunately we have a hard time understanding God’s love because we aren’t certain about our identity (who we belong to), and we don’t understand God’s forgiveness. Let me assure you that if you are a “born again believer,” you are a child of God. He is our Heavenly Father. He chose us *in Him* before the foundation of the world, and *in love* He predestined us to adoption as sons and daughters through Christ to Himself (God). Read Ephesians 1:4-5. Also, there isn’t any sin that God will not forgive. That’s why Jesus died on the Cross. He died for all our sin’s yesterday, today, and tomorrow. If satan can make us doubt our identity in Christ and Christ’s love for us, then we will never be free to enjoy all God’s promises to us. (cont’d page 17)

Men On A Journey

"Wise Men Still Seek Him"

Elder Charles S. Head

Acknowledge God
In all your
ways and
He will direct
your path.
Prov. 3:5-6

More than ever we need to stay close to the Lord, especially in the times we live. There are so many distractions and obstacles in our busy world today. We must be careful that these things don't cause us to lose sight of our source and provider. There can't be a better time for us to draw near to God by keeping Jesus in our corner than now. Our world is in trouble! Proverbs 3:5-6 tells us to "acknowledge God in all your ways and He will direct your path." In other words, don't exclude Him!

When we are desperate and sincere about being fulfilled and are looking for the solution to be complete, it always leads us back to Jesus, He is our peace.

Deuteronomy 4:29 says "but if from thence thou shall seek the LORD thy

God, thou shalt find Him, if thou seek Him with all thy heart and with all thy soul."

God knows our heart better than we do because He is the manufacturer. He made us and knows how all our physical and mental beings operate. Why not tell Him your hurt, your pain! He knows it already, He requires our participation by our confession, which is part of our relationship with Him.

When we have a broken heart, God is able to put it back together again, because He specializes in healing broken hearts. When we are disappointed, He can turn our disappointments into His joy, when we allow Him. If we need wisdom, big or small, He will give it (James 1:5). It all comes down to one thing—seeking Him first. Why not seek the one who has the solution to all our problems—"Wise Men Still Seek Him!"

Want to have the Quarterly Newsletter mailed to your home? You can! For \$16.00 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 Family Part 3

Rev. Georgetta Head



Dear friend, do not imitate what is evil but what is good. Anyone who does that is good is from God. Anyone who does what is evil has not seen God. 3 John 1:11

As stated in last quarter's newsletter, Father God ordained the family structure. Whenever we try to function as a family excluding God's established purposes for the family, we will experience chaos and failure within the family structure.

Ever since the fall of Adam and Eve, satan has been attacking the family and their offspring with ungodly devices. When one takes a look back in history at how the family structure has deteriorated, it doesn't take a rocket scientist to see the family including the children are in serious trouble.

During the 60's and 70's there was a major attack on the role of women. Certain women's organizations wanted equality with men, this became a prime opportunity for satan to attack the family structure. Through satan's deception, the world decided to redefine the role of women in the home and in the work force. By the 80's women across the country begin leaving their homes and children to join the workforce. They were motivated by the lure of money convincing themselves that *"a little extra money could go a long way in helping with household expenses."* Children are now suffering because of this decision!

During that same time period, satan also introduced unsuspectingly to the world ungodly family sitcoms and electronic media and video games. By desensitizing the family via TV and electronic media He was now in a good position to deceive the world by marketing his evil through lies and deception aimed at destroying the family. He now has the world calling evil good and good evil. Satan is doing such a good

job at this that people are actually mocking anything that is considered of good value as something evil or strange. Not too long ago I was reading a magazine for parents of young children. One of the articles in the magazine stated that parents should allow their children to watch scary horror movies because it would take away any fears that they may encounter in life! What a lie! They were actually promoting the use of today's demonic video games.

Unfortunately, too many well meaning parents have fallen for these deceptions allowing innocent children to become addicted to TV and video games that will eventually desensitize their young minds to true reality of life about evil (these children grow up to become adults addicted to computer games and electronic media). Also, I had the opportunity to talk to a group of teenagers about God and eternity. They stated *"teenagers of today believe that there is no life after death and most believe heaven and hell is fiction."* How sad! God gave parents a great responsibility and privilege of caring for children, children which belong to Him. It's not the schools, government, or church's job to teach and raise our children, it's our job! Yes, we do wear many hats in today's culture, but we must make time to invest in the lives of our children, if we don't the enemy (satan) will destroy them.

It's never too late, start today. Pray with your children daily. Establish a weekly Bible study with them or have daily devotions. Talk to them about their day and their friends, have family time, plan quality activities with them, the rewards will be great! And, limit the usage of electronic media supervising them and instruct them about inappropriate games.

Shoe Boxes for Seniors 2015

Journey Through Life Ministries would like to thank our faithful supporters.

Once again, thanks to you, the “Shoe Boxes for Seniors” program was very successful.

The Seniors express their deepest gratitude for everyone’s generosity. This was the only gift our Seniors received this year, so they felt very blessed!





Women of The Bible



Samson's Mother

Rev. Georgetta Head

Trusted By God

Judges 13:3 *"And the angel of the LORD appeared unto the woman, and said unto her, Behold now, thou art barren, and bearest not: but thou shalt conceive, and bear a son."*

Holy Spirit does not give us the name of Samson's mother, He gently calls her the *"wife of Manoah"* (Judges 13:2). Like Sarah, the wife of Manoah was barren, but she knew God and God knew her heart. God knew that the wife of Manoah could be trusted to follow His instructions in raising the "next judge" for Israel.

God sent an angel to tell the news to the wife of Manoah that He knew she was barren and that He was going to bless her with a child—a man child at that. Just imagine, being barren for so long, then to be told you will give birth to a child and also be given instructions from God to remain pure during the pregnancy by not drinking strong drink and to stay away from unclean foods (Judges 13:4). The angel of the Lord continued by prophetically telling her the child's future *"For, lo, thou shalt conceive, and bear a son; and no razor shall come on his head: for the child shall be a Nazarite unto God from the womb: and he shall begin to deliver Israel out of the hand of the Philistines"* (Judges 13:5). The wife of Manoah did conceive and gave birth to a son as the angel said, and she named him Samson.

Just as the angel prophetically spoke, Samson was a special servant of the Lord, who was extremely strong physically and lead Israel for 20 years before his death.

The wife of Manoah was not a socialite or a celebrity in her community, she was a woman who loved and worshipped the Lord. She was chosen by God to be the mother of an extraordinary leader because of her love and commitment to God.

God is still choosing woman of today! There are mothers who are not in the limelight, but raise their children the way God instructs them. Do you have a heart for the things of God! Can God trust you to be obedient when asked by Him to raise your children with godly principles? A mother's job can be difficult at times, especially in today's culture, but if mothers remain faithful and *"train up their children the way to go, and they will not depart,"* God will be there every step of the way to help you; and one day, your children will rise up and call you blessed. My friends, trust God to do something extraordinary in your life, the rewards are great when living our lives God's way and not the way of the world!

The Answer is Always in His Word

ELDER CHARLES HEAD

"TRUE WISDOM IS WHEN WE PUT GOD FIRST"

There is a lot of writing in history about people who are considered to be wise during our time. While, it's very interesting to hear and know these things, Only God knows what wisdom is all about. How does God's Word define a wise man? Let's review the Book of Proverbs, written by king Solomon, which is considered "the Book of Wisdom."

Proverbs 1:7 tells us that we aren't wise until we put God first. It reads: *"The fear of the lord is the beginning of knowledge: but fools despise wisdom and instruction."* The Book of Proverbs can be divided into three titles: 1) The purpose of wisdom; 2) The reward of wisdom; and 3) The result of rejecting wisdom.

The purpose of wisdom that God gave king Solomon is found in Proverbs 1:1-6 *"The proverbs of Solomon the son of David, king of Israel; ²to know wisdom and instruction; to perceive the words of understanding; ³To receive the instruction of wisdom, justice, and judgment, and equity; ⁴To give subtilty to the simple, to the young man knowledge and discretion. ⁵A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels: ⁶To understand a proverb, and the interpretation; the words of the wise, and their dark sayings."*

The reward of wisdom will not benefit us unless we use the action by applying it to our life. Proverbs 2:10-13 tells us: *"When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul; ¹¹Discretion shall preserve thee, understanding shall keep thee: ¹²To deliver thee from the way of the evil man, from the man that speaketh froward things; ¹³Who leave the paths of uprightness, to walk in the ways of darkness...."*

The result of rejecting wisdom carries serious consequences for us. Proverbs 1:24-31 tells us, *"Because I have called, and ye refused; I have stretched out my hand, and no man regarded; ²⁵But ye have set at nought all my counsel, and would none of my reproof: ²⁶I also will laugh at your calamity; I will mock when your fear cometh; ²⁷When your fear cometh as desolation, and your destruction cometh as a whirlwind; when distress and anguish cometh upon you. ²⁸Then shall they call upon me, but I will not answer; they shall seek me early, but they shall not find me: ²⁹For that they hated knowledge, and did not choose the fear of the LORD: ³⁰They would none of my counsel: they despised all my reproof. ³¹Therefore shall they eat of the fruit of their own way, and be filled with their own devices."*

Friends, even our natural wisdom comes from God. What pleases God is when we put Him first and stay humble enough to admit that without Him we are nothing.

A Journey With Wisdom

(Continued)

Conclusion

Ephesians 1:4-5 tells us that Jesus chose us in Him before the foundation of the world. Isn't that wonderful knowledge? We already belonged to Jesus and notice the next phrase, *"that we would be holy and blameless before Him."* This is the plan of redemption! God knew man would fail, so He was prepared! The plan of redemption was already decided before our creation. Now that's love!

In love He predestined us to adoption as sons through Jesus Christ to Himself. We are His children, created in the image of the Triune Godhead: God the Father, God the Son, and God the Holy Ghost. God put the need to love others and to be loved in our DNA. So you see, love is inherently given to us by God at birth and being created in His image means, once again, we have a need to love and to be loved. So, what does this mean for us, that love is an inherent need given to us by God and if we are created in the image of God, then that means God is a God of love (1 John 4:8). Right! To love God is to know God, to know God is to love God and to love God is to love others.

Finally, our identity is found in Christ. Acts 4:28 says *"For in him we live, and move, and have our being;"* We need Christ! He is the only one that can fill the emptiness in our soul! He is the only one that can satisfy the longing in our soul. You see, without Christ we can do nothing of our self, we need Him to be complete! We need Him for eternity! Without Christ we would all be doomed to Hell. Jesus knew that, so before the foundation of the world He decided He would go to the Cross for ALL mankind to redeem fallen man back to God – now that's LOVE. So why do we exist! Because God loves you and me!

Applying the Wisdom of The Scriptures

The Bible tells us that as believers we belong to God, we are His children. We are given several scriptures that tell us *"we are in Him"* and *"we are in Christ."* When we read these scriptures we need to meditate on them and believe in our heart what God's Word says about us. Romans 10:8-10 says that *we should confess with our mouth and believe with our heart.* Below are some scriptures to help in confessing with our mouth and believing in our heart who we are in Christ. As we believe with our heart, we will find assurance in our spirit that our identity is found in Christ.

Read Acts 17:28

Believe: In Him I live....and move....and have my being! What a vast storehouse of power! In Christ my Saviour and Lord I have life!...Energy!...Strength for the impossible tasks!

Read John 15:5-7

Believe: I abide in Him, I live in Him. He is the vine – I am the branch. The vine is in the branch – and the branch is in the vine. His Life – the Life of God – is in me. His nature – the Love nature – is in me. Just as blood flows through my natural body, His Life flows through my natural body, His Life flows through my inner man. I will let that Life and Love dominate me.

Read 2 Corinthians 5:17

Believe: I am a new creature in Christ Jesus. I am a new creation being...with the Life of God...the nature of God...and the ability of God within me.

Now ask Holy Spirit to lead you in the Word to discover scriptures that you can confess and believe over your situations and your daily walk with Father God.

New Testament Books

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



Acts	Mark
Colossians	Matthew
Corinthians	Peter
Ephesians	Philemon
Galatians	Philippians
Hebrews	Revelation
James	Romans
John	Thessalonians
Jude	Timothy
Luke	Titus



Health Tips

Tips for Healthy Living

Healthy Living

Rev. Georgetta Head

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Stress is considered to be a major contributor to health problems and emotional wounds. The medical world has proven that long-term stress can cause diabetes, heart disease, high blood pressure, and fibromyalgia. Our bodies react to stress with the fight-or-flight response, which floods the body with adrenaline and other hormones that raise blood pressure, speeds up the heartbeat, tenses muscles, and puts other systems on alert. Metabolism quickens to provide extra energy; digestion stops as blood is diverted from the intestines to the muscles. Chronic stress sets the stage for de-

creased immunity and increased vulnerability to illnesses.

Unfortunately, long-term stress can do damage to the digestive system, so why not combat stress with a healthy diet. Eat several small meals to avoid the temptation to binge. Try eating foods high in zinc such as seafood, meat and poultry. Avoid fatty foods, they are too difficult to digest. Drink decaf beverages and herbal teas and plenty of water.

Other ways to handle stress is daily exercise. Exercising increases the production of endorphins, brain chemicals, that lifts one mood.

Prayer is a great way to handle stress. The Bible tells us to “cast all our cares upon Him (God) for He careth for you” (1 Peter 5:7). There isn’t a problem or situation that God can not handle. As we learn to talk to God, we develop a relationship with Him. He then will give us answers for our problems or situations. Nothing is impossible with God and He delights in doing for His children. Finally, our bodies are the temple of the Holy Ghost, which dwells within us. Talk to Father God today for wisdom and help in maintaining a healthy temple (1 Corinthians 6:19). *(Research From: Foods that Harm—Foods That Heal)*

Upcoming Events

Wednesday Night Bible Study

Journey Through Life’s Teaching Facility
10529 Lindberg Drive
Penn Hills, PA
7:00—8:30 p.m.

All invited to attend

Daughter’s of Wisdom & Virtue

10529 Lindberg Drive
1st Thursday every month
7:00—8:30 p.m.
412-731-3450 to Register

All invited to attend

Men On A Journey

Monthly Fellowship Breakfast Meeting
January 30, 2016
“All are welcome to attend”
Kings Restaurant
Harmarville, PA

Annual Tea Party & Awards Celebration

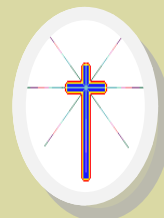
April 9, 2016
Comfort Inn
Rodi Road, Penn Hills
10:45 to 3:00 p.m.

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?"

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.

Would you like to make a donation to one of our ministries? You can by mailing any size donation to:
Journey Through Life Ministries
P.O. Box 17968
Pittsburgh, PA 15235
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