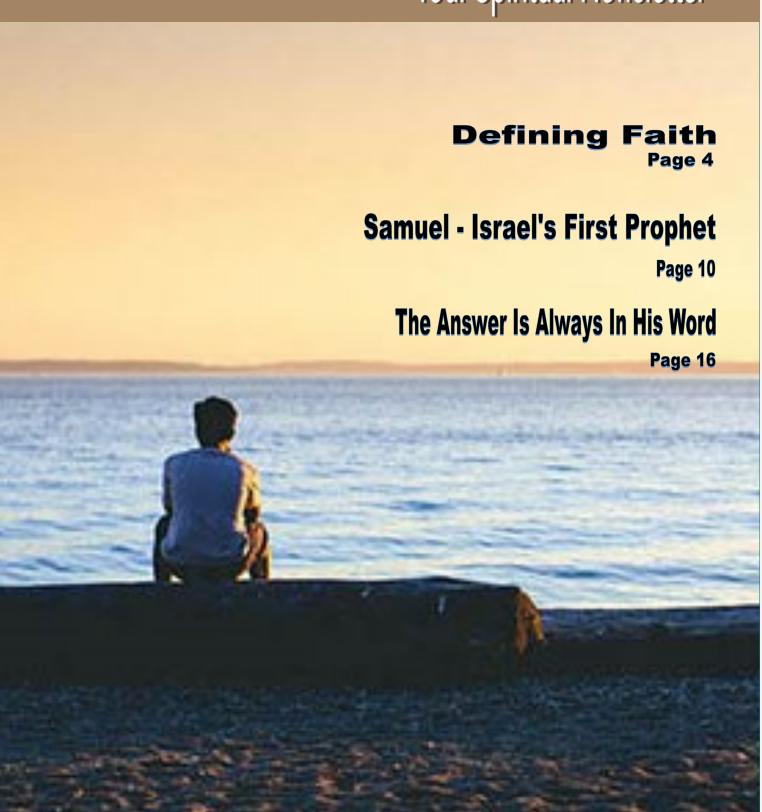
Journey Through Life Ministries Your Spiritual Newsletter



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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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Please submit all comments and church calendar events to: journeylife@verizon.net

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...."

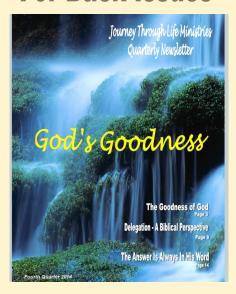
This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and 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 2017 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; 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/

Defining Faith

"Now Faith is the substance of things hoped for, the evidence of things not seen.

For by it the elders obtained a good report." Hebrews 11:1-2

f you were to ask ten people what is faith, or how do you define faith, you would hear 10 different answers. Why? Because of what we were taught on faith, or how we personally internalize faith. We all have different opinions about faith, so needless to say, we have much confusion regarding faith!

Faith is not something we work for or earn; and faith is not hope! Many have "hope" confused with "faith!" The Word of God gives us many examples of faith but only "one definition" for faith. If we define faith with our own definition instead of God's definition, we will soon learn that "without faith it is impossible to please God." Without faith we will live a life of much defeat and disappointment blaming God because we want to use our own definition of faith.

So what is the difference between "faith" and "hope?" Hope is limited to the mind. Unbiblical hope is wishing for a desired thing; or waiting expectantly for something to happen in one's life. Many are using hope for faith and wondering why they have not received what they are asking for! Hope in the biblical sense is a confident expectation of a good and steady persistent optimism. Romans 8:28 is a good example of biblical hope: "and we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose." So if God is working all things together for our good, this is "optimism!" This is biblical hope.

What is faith? First, we need to be reminded that faith is not something we see. "Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good report" (Hebrews 11:1-2). Notice that Hebrews 11:1 reveals two things to us about faith:

- 1) It is "a substance of things" hoped for. Faith is so real that it is called a substance, meaning that "faith" provides the basis for something else. My friends, faith is "real."
- 2) Faith is the **"evidence of things not seen."** We live in a world that says, "I'll believe it when I see it." Unfortunately, "if can we see it," then it is not of faith but of hope; because things seen are temporal, while things unseen are eternal (2 Corinthians 4:17-18).

Genuine biblical faith originates from within the heart (Romans 10:10 says "for with the heart man believeth unto righteousness"). Faith is believing from the "heart" without doubting, believing for the unseen to manifest itself into the seen world. In other words, we are believing for the invisible spiritual realm (heaven) to manifest into the visible physical realm (earth).

Our relationship with God is dependent upon our faith. Faith is what moves God.



ur relationship with God is dependent upon our faith. Faith is what moves God! Faith is saying: "I believe God and I believe in what God's Word says." Faith asks and believes in God for the answers! Faith is what brings the goodness that God has provided for us from the spiritual realm (heaven) into the physical realm (earth).

Unbiblical hope is still waiting expectantly for a desire that was asked, and you find yourself rehearsing over and over in your mind when and how it will happen. Faith tells us that once we ask, simply "believe," then we will see.

Another difference between "faith" and "hope" is that faith is in the present, whereas hope is in the future. Faith is the substance of something that is already here; hope is an expectation that looks toward the future. Jesus tells us in Matthew 21:21 that "if we have faith and doubt not.....ye can say unto this mountain, be thou removed, and be thou cast into the sea; it shall be done." What mountain of lack or affliction is in your life? Jesus says by "faith" you can speak to that mountain now and see it removed from your life?

Faith is not a respecter of persons! God has given every Believer the same measure of faith (Romans 12:3). It may appear to us that some have more faith than others—not true. They simply believed God's promises about faith! They believe and receive according to their faith! Hebrews 11:2 says that "For by it the elders obtained a good report." The Saints of the Bible believed God and His word. Because of their faith, they witnessed the invisible spiritual realm manifested into their visible physical realm—the "goodness of God."

Romans 10:17 tells us that "faith cometh by hearing, and hearing the word of God." If you think you do not have faith, Romans 10:17 tells us that we can get it because faith "cometh." You can get faith! God's word is life and when we hear the word it produces faith within the hearer that can lead to salvation.

As we develop a consistency of daily reading the word of God, He will begin to give us a "rhema" word. That is, a personal Word from the Lord. These rhema words can help us in our walk of faith because each rhema word is the spiritual food we need to encourage with and to build up our faith.

Proverbs 4:20-22 gives us four good nuggets for digesting the word that will strengthen our faith:

Attend: Give the word our undivided attention.

Incline thine ear: develop a humble, teachable spirit. Listen to what God is saying.

Let them not depart from thine eyes: Keep your eyes focused on God's word, believing His word as the only truth.

Keep them in the midst of thine heart: Meditate on Gods' word in your heart as the source of your life.

"Faith, not hope, lifts us above the realm of our own abilities and makes God's possibilities available to us" (Derek Prince). Faith connects us with God and God's Word! Make hearing His word a priority and when you pray, believe you have already received what you are asking Father God for and you will receive it. Faith is defined by "believing God and His Word," believing you have received what you asked for!



amuel—Israel's First Prophet: Samuel served God for over 90 years (from 1105 B.C. to 1010 B.C.) as a judge and first prophet, before the reign of kings in Israel. His name means "name of God."

In First Samuel 1:1-8 Holy Spirit tells us that Samuel was a gift to his mother, Hannah, and his father, Elkanah. We are told that Hannah was barren and while on one of their yearly trips to worship the Lord, she went into the temple and sought God with a heavy heart about her barrenness. She asked God for a son. She told God that if He would bless her with a son that she would give the son back to Him (God) - she was dedicating him for service to the Lord. What a vow! The first thing we notice about Hannah— she is a praying woman that believes in God to do the impossible in her life. God heard her heart cry and blessed her with a son!

Hannah didn't forget her vow! When Samuel was weaned, approximately 4 years of age, she and her husband Elkanah took Samuel to the Lord in Shiloh and placed him under the leadership of Eli the priest. Many people believe that a person must be old to serve in ministry, but we have here a young child who is ready to minister before the Lord. As you continue to read the story of Samuel, you will notice that it doesn't mention Samuel as a frighten child being left with a stranger at such an early age. Why! Hannah prepared Samuel! She was a God-centered woman and exalted God as her Lord, and I believe she used the years Samuel was with her to teach him about the Lord and the importance of prayer—she prepared his heart for the things of God. Holy Spirit also points out to the reader that from the start of Samuel's ministry, to the Lord, he is wearing a linen ephod (priest attire),

which signifies God's acceptance of Samuel into the "priesthood."

Samuel came to live with Eli during a time that prophecies and visions from the Lord were rare. Although Samuel ministered in the Tabernacle, he did not know the Lord and the word of the Lord had not been revealed to Him. So, when the Lord called out to Samuel three times in the night, he didn't know it was God. Eli the priest had to tell Him to answer the Lord by saying "speak thy servant heareth" (1 Sam. 3:9). The Lord spoke to Samuel revealing to him how He was going to punish Eli for his lack of discipline with his two sons, Hophni and Phinehas. This was the beginning of Samuel's ministry as Judge of Israel and then Prophet.

The Holy Spirit records that as Samuel served the Lord faithfully in prayer and dedication he grew physically and spiritually, in favor with the Lord and with men. God used Samuel to anoint the first and second kings of Israel—Saul and David.

In Psalm 99:6-7 Holy Spirit tells us that God ranks Samuel with Moses and Aaron for keeping his testimonies and ordinances. There are several lessons to be learned from Samuel's life: 1) God is not a respecter of persons nor age, if we have a heart for God, He can use us at any age. 2) Like Samuel, love God and believe on His Word. 3) Serve the Lord faithfully and He will give you favor with Himself and with man. 4) Prayer and dedication toward God brings great reward—He will speak to you and tell you great and mighty things you know not (Jeremiah 33:3). I encourage you to forsake the things of this world, they have no lasting value; instead, seek the things of God for eternal life and lasting rewards.

Bible Facts

Everyone spoke the same language until the incident at the Tower of Babel. (Genesis 11:1-9)

Zimri was the shortest reigning king. He reigned for 7 days. (I Kings 16:15)

Noah's Ark was 450' long—75' wide and 45' high and had 3 stories. (Genesis 6:15-16)

Paul was guarded by 470 soldiers when he was taken to Governor Felix. (Acts 23:23)

John the Baptist was Jesus' cousin. (Luke 1:36)

Jesus taught from a boat 2 times. (Matthew 12:1-3; Mark 4:1-2; Luke 5:1-3)

Moses was 80 and Aaron was 83 years old when they made their first trip to speak to Pharaoh, king of Egypt (Exodus 7:7)

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 salvation and how to have a relationship with their creator—God. And, most importantly, 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.



Upcoming Events

Men's Fellowship Meeting February 25, 2017 (Every Third Saturday)

Journey Through Life Ministries
Teaching Facility
10:00 to 12:00 p.m.

Discipleship Workshop

May 1 thru June 1, 2017
Participants can choose from 1 or 3 workshops.
Visit Website for details

Workshop location

JTLM Teaching Facility:
10529 Lindberg Drive
Penn Hills, Pa 15235

To Register call: 412-731-3450

I don't have time
to worry about
who doesn't like me..
I'm too busy
loving the people
who love me.

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Bible Study:

Weekly Bible Study is every Wednesday from 7:00 to 8:30 p.m. all are welcome to attend. We are currently studying the Book of Colossians.

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 any Wednesday from 5:30 to 7:00 p.m.

Kingdom Builder's Workshop:

The first Kingdom Builder's Workshop for 2017 is "Welcome to the Family." This four-week workshop began January 7, 2017 and will end February 4, 2017. Participants from ages 13 to adult, consisting of new believers and veteran believers, wanting to know how to read the Bible; what can be found in the Bible for every day living; who is God and Jesus; and how to develop and maintain a relationship with God

The next series of workshops will begin the week of May 1, 2017 (see page 14). Anyone interested in attending any of Journey Through Life Ministries Workshop can contact Elder Charles or Rev. Georgetta Head at 412-731-3450 or email your inquiry to journey-life@verizon.net or visit website's Event page for more information: www.JourneyThroughLifeMinistries.net

Movie Night

Movie Night is the last Friday of the month. Next Movie Night is February 24, 2017. This is a free event and ages 12 and up are invited to attend. Because food is served, we ask that you please R.S.V.P. to ensure we have enough food.





Question: I graduated from high school 1-1/2 ago and trying to live on my own. I can't find a job that pays enough money to pay my bills, such as my rent, cell phone, and food. Everyone says I should go to college, but I am living on my own and barely making ends meet now, how could I possibly afford the cost of college? Also, I can't see taking out student loans that will put me in debt for the rest of my life. I don't see college in my future! What suggestion do you have for someone who wants to work, but keeps hitting a brick wall?

Unfortunately, it is very difficult for young people without a higher level education to succeed in today's culture.

Years ago, teenagers had many options in high school to be trained for the work-force by enrolling in a trade while in school. This training afforded young people who couldn't afford college, or who didn't think they were college material, the opportunity to transition from high school into a career job. Today most schools do not offer trades to the students, and I have been told that to apply for a job as a secretary, you now must have an Associates Degree or 5 years experience.

Second, with the majority of America's trade industry now be produced in foreign countries and major retail stories closing, we have little jobs to offer our young people, unless you want to work for a fast food chain or one of the emerging gas stations. But even then, the salary would be minimum wage or less and no more than 20 hour work weeks without benefits.

In order to compete in today's workforce, it is near impossible to obtain a high salary job without a higher level education. If you can't afford a four-year college, why not look into a trade school for 16 months to two years. It would be a start!

If you take the time to do some research, you may discover there are numerous private foundations that you can apply to for grants. Also, an advisor from any trade school that you apply to can help you research for grant money. The best advice I can give you is that, if you know God as your Savior ask Him to direct your steps! If He can multiply 5 fishes and 4 loaves of bread to feed 5,000 people, then finding financial resources for you to obtain a higher level education would be nothing for God. Don't give up on yourself or God, He has great plans for your life, and it is not living paycheck to paycheck. Seek His wisdom and ask Him to put someone in your life that can help you with decision making for a more promising future.

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



And said, for this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let no man put asunder. (Matthew 19:5-6)

From the beginning God ordained the institution of marriage, not man. God tells us in His Word that marriage is between a man and a woman, but unfortunately today's world wants to define marriage differently. The institution of marriage as God created it to be is in grave danger, so much so that marriage can almost be labeled an "endangered species." There was a time in history when you heard of a couple becoming engaged there was great excitement in the air. Now a days when you hear of a couple becoming engaged, some people begin betting on how long they will stay married. Marriage is not taken seriously today!

When a man and a woman come together in "holy matrimony" they are committing to love each other in "sickness or health" and "until death do we part." In today's culture, people are trading partners as often as one changes their underwear, blaming each other for the demise of their marriage instead of seeking God's wisdom in healing their marriage. The first thing married couples need to learn is why did God create and ordain the marriage institution; and how to love each other according to God's instruction as found in the Bible—which is our instruction manual for daily living.

In short, God gave man and woman specific roles in marriage. When we don't live and function in our defined roles we are giving the enemy of our soul, Satan, permission to destroy our marriage, which affects our children and other areas of our lives.

God gave men an important role and that is to function as leaders in the home/family, leading his family in the governing ways of God; and women are to help their husbands in this leadership role as his help meet (Ephesians 5:23). Men are instructed to love their wife as he loves his own body, and what man ever harms himself (Ephesians 5:28). Women are to be submissive (respect and honor) their husbands. The wife's faithfulness toward her husband becomes a role model for their children to follow toward their father (Ephesians 5:22). Many men and women are not following God's instructions for the family and that is why the family structure is being destroyed, whereby allowing others to redefine what marriage should be, instead of God.

Marriage is between a man and a woman that God has joined together. Married couples should not allow anything or anyone to pull them apart, they should stand united as one. When couples establish their family with Godly principles and a love for the Lord, they will be blessed richly. Deuteronomy 11:18-22 gives the family (husband and wife) instructions for governing the home along with blessings that they receive for their faithfulness. Remember "until death do we part!"



Acknowledge God In all your ways and

He will direct your path. Prov. 3:5-6 he following questions have been asked for many years "what is my purpose?" And "Why was I born?"

Many people spend their whole life seeking out things through wealth, jobs, pleasures and others. They come up empty and are not fulfilled because "the ultimate purpose" is to "seek God first, then allow Him to direct your steps."

King Solomon son of king David is a good example of purpose, which we can read in First Kings 9:3-7. Solomon is praying to God and the Lord answers his prayer by making a covenant with him. When God made this covenant with Solomon, He was giving him purpose, and that was to reign as a righteous king to serve His people and God. King Solomon started off his reign doing what was right and God blessed him for all that he did. Solomon became the "wisest man known" during his time, and he accomplished many great things. Then, after he had prospered and God had given him favor, he started to seek out things that turned his heart away from God. This is

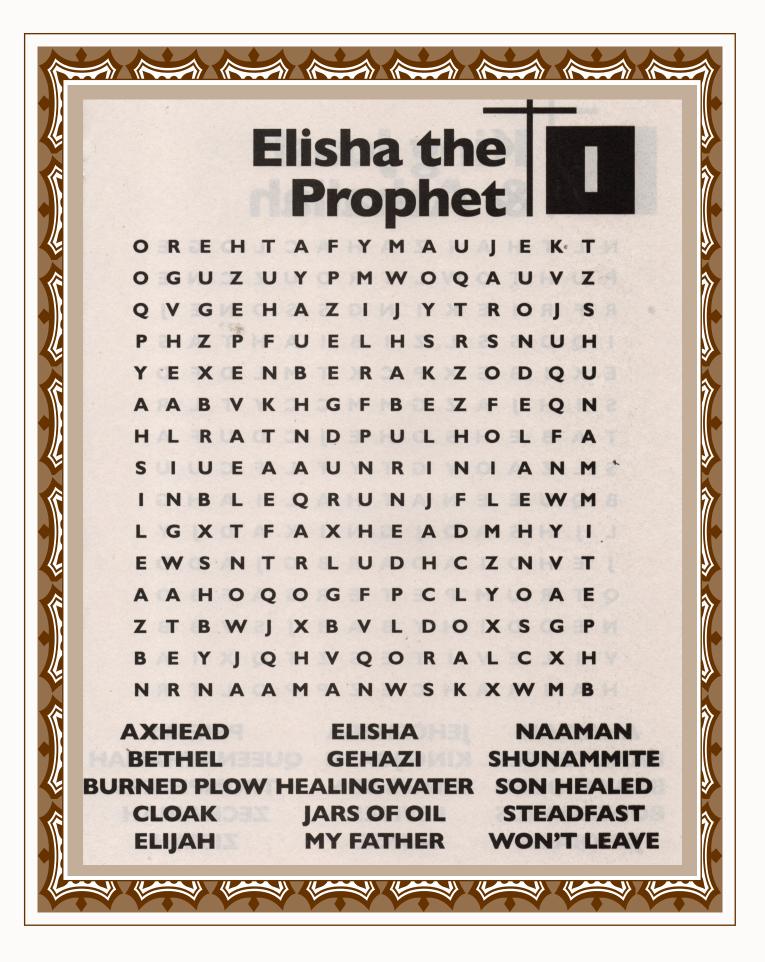
where his troubles began. First, he lost sight of his purpose. Then Solomon began to marry heathen women, whom God had said he shouldn't. As a result of this, these wives turned his heart from God to serve other "false gods."

Before Solomon made this wrong decision to disobey God he had "a peaceful reign." When he made the decision to serve idols, this brought many adversaries against him and a rebellion started in his kingdom (1 Kings 11:1-40). Later in some of king Solomon's writings he came to the conclusion that "things and pleasures" are vanity and vexation of spirit. Solomon's conclusion "Let us hear the conclusion of the whole matter: fear God, and keep His commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil" (Ecclesiastes 12:13-14).

If you do not know your purpose for life, you have now read by example, that "you were born to serve 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 for a subscribe or to make a donation.

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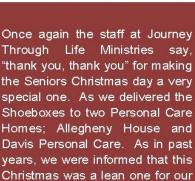


Shoeboxes For Senior's Christmas 2016









Seniors. Very few organizations

visited them this year.









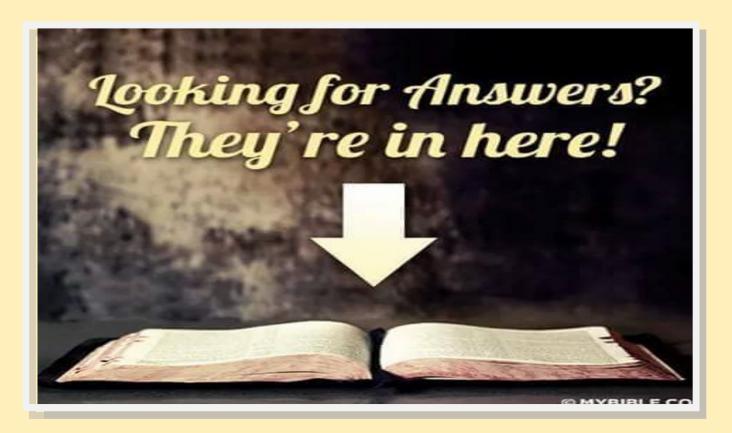


The Seniors asked us to send their sincere thanks to everyone who cared enough to remember them. Every Shoebox was much appreciated, and the Senior's were so thankful for the treats, personal care items, etc.—and the hats and the teddy bears were a welcomed surprise and much coveted. For most of the Senior's this was their only gift, so as always thank you to all that participated in the "Shoeboxes for Seniors" program.





"So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." 2 Corinthians 9:7



Register today for one or all of the Kingdom Builder's workshops listed below. Workshop will be held evenings from 7:00 to 9:00 p.m. and are open for ages 13 to adult. Each workshop is \$65.00, which includes weekly handouts. Payment is required in full before workshop date. All workshops are five (5) weeks duration, for 2 hours. Participants will receive a "Certificate of Completion" at end of each workshop. You can register online: **JourneyThroughLifeMinistries.net or call 412-731-3450** to reserve your seat. Seating is limited so call today! All workshops will be held at Journey Through Life Ministries' Teaching Facility; 10529 Lindberg Avenue, Penn Hills, PA 15235.

Kingdom Builder's Workshop

Monday Evening May 1, 2017

God's Prescribed Order for Mankind & Understanding God's Commandments

Wednesday Night Study 7:00—8:30

JTLM Teaching Facility 10529 Lindberg Avenue Penn Hills, PA 15235

Tuesday Evening May 2, 2017

Foundational Truths of the Word & The Believers Authority and Power

Thursday May 4, 2017

Meanings of Biblical Symbols and Types & Christianity and the Occult



And it came to pass, when they had brought them forth abroad, that he said, Escape for thy life; look not behind thee, neither stay thou in all the plain; escape to the mountain, lest thou be consumed.....But his wife looked back from behind him, and she became a pillar of salt.

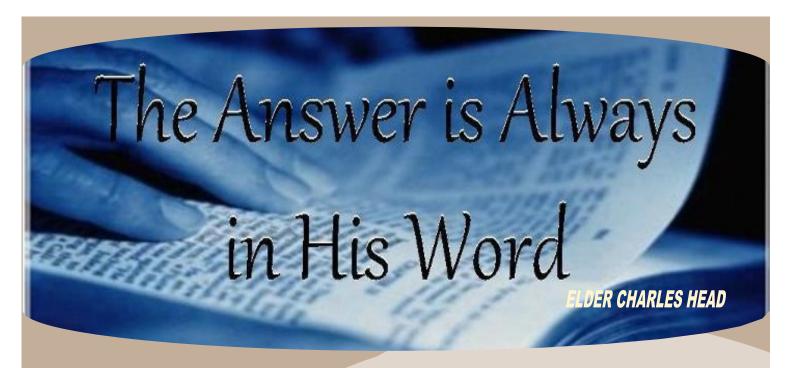
Genesis 19: 17; 26

o you have a habit of living in the past? Longing for "what life used to be" or thinking "I remember how things used to be," not realizing that living in the past in your mind along with wrong desires can be hazardous to your will being.

Let's meet Lot's wife, a woman who didn't realize the consequences for allowing ones heart to cling to hazardous desires of a past life God was delivering her from. Jewish historians record Lot's wife's name as "Ado" or "Edith." Her husband Lot was nephew to Abraham. Lot ventured with Abraham when God told Abraham to leave his family and country, Haran (Genesis 12:1-3), taking all their possessions with them. Living in their new land south of Bethel, Abraham and Lot became very rich, so much so that the land they dwelt in couldn't hold the two families (Genesis 13:5-7). A strife occurred between Abrahams and Lots' herd's men, which caused them to separate from each other. Lot chose to move to the land east of Bethel, the plain of Jordan and pitched his tent toward Sodom and Gomorrah. Lot and his wife, Edith, settled into their new country and became prominent members of the community (Genesis 19:1). One can just imagine the prestigious lifestyle Lot's wife lived, being wealthy. Unfortunately, the Bible tells us that Sodom and Gomorrah were very wicked and sinful cities. Lot kept moving closer and closer to Sodom and Gomorrah and eventually these cities vexed his spirit. These cities were so sinful that God sent angels to destroy both of them with fire; but because Abraham interceded before the Lord for Lot and his family's lives, the angels had to move Lot and his family from these wicked cities before they could destroy it.

The angels of the Lord warned Lot to arise and to take his wife and daughters and flee from the city unless they be consumed in the destruction of the cities (Genesis 19:15). The angels brought them out of the city and told them to "escape for your life; look not behind thee...lest thou be consumed." As they were fleeing for their lives, Lot's wife looked back! She looked back to the lifestyle she had come accustomed to living, instead of looking forward to a better life offered by the Lord. When Lot's wife looked back desiring the past, she was immediately turned into a "pillar of salt."

Are you too desiring to live in the past? Past hurts, wounds, unhealthy lifestyles; unhealthy relationship when God is wanting to heal you and to set you free from the prison of the past? Stop looking back and look forward to the freedom God has to offer which has eternal rewards that never dies.



"PRAISE FOR ANSWERED PRAYER"

I am sure many of us might have felt this way one time or another. But first, we must understand this, that God doesn't answer our prayers on our time clock, but His. Also there are times when God has answered many of our prayers, but it was not what we wanted to hear because we already had a preconceived idea of what the answer should be. Then, there are those of us who have not recognized that they have no relationship with God, and because of that, the Lord is not speaking to their heart. Another amazing fact about many of us, is that we only come to God because we want something from Him, any other time we have no time for Him, then finally He gets our left over crumbs while our pleasures took the whole meal without even inviting Him to the table.

ave you ever prayed for something and thought that God took too long to answer,

One thing I like when I read about king David from the Bible, is his love and hunger he had for the Lord. David wasn't without faults, but he had a heart for the Lord and was a "true worshipper." Psalm 40:1-5 gives us an example of how David waited for the Lord to answer his prayer, but it also says that "David waited patiently," along with the fact of what God had brought him through in the process in order to make him stronger in the Lord. David had a praise to God for his deliverance, he says: "I waited patiently for the Lord; and he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord. Blessed is that man that maketh the Lord his trust, and respecteth not the proud, nor such as turn aside to lies. Many, O Lord my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered" (Psalm 40:1-5).

Remember, God is for us, not against us, He always wants the best for us. There are many other ways that are reasons for prayers that we think are not answered, listed are just a few. Don't give up on the Lord because things didn't go your way, He is in your corner. There is a god of this world, satan, who would have you thinking otherwise, because his purpose is to kill, steal, and to destroy us. He has been a liar from the beginning (John 8:42-44)

There's still oom at th 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!



eing happy doesn't mean everything is perfect. It means you've decided to see beyond the imperfections.

Once upon a time there was this girl who had four boyfriends. She loved the 4th boyfriend the most and adored him with rich robes and treated him to the finest of delicacies. She gave him nothing but the best. She also loved the 3rd boyfriend very much and was always showing him off to neighboring kingdoms. However, she feared that one day he would leave her for another. She also loved her 2nd boyfriend. He was her confident and was always kind, considerate and patient with her. Whenever this girl faced a problem, she could confide in him, and he would help her get through the difficult times.

The girls 1st boyfriend was a very loyal partner and had made great contributions in maintaining her wealth and kingdom. However, she did not love the first boyfriend. Although he loved her deeply, she hardly took notice of him. One day, the girl fell ill and she knew her time was short. She thought of her luxurious life and wondered, I now have four boyfriends with me, but when I die, I'll be all alone.'

Thus, she asked the 4th boyfriend, I loved you the most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?' 'No way!', replied the 4th boyfriend, and he walked away without another word. His answer cut like a sharp knife right into her heart. The sad girl then asked the 3rd boyfriend, 'I loved you all my life. Now that I'm dying, will you follow me and keep me company?' 'No! replied the 3rd boyfriend. 'Life is too good! When you die, I'm going to marry someone else!' Her heart sank and turned cold.

She then asked the 2nd boyfriend, 'I have always turned to you for help and you've always been there for me. When I die, will you follow me and keep me company?' 'I'm sorry, I can't help you out this time!', replied the 2nd boyfriend. 'At the very most, I can only walk with you to your grave.' His answer struck her like a bolt of lightning, and the girl was devastated.

Then a voice called out: 'I'll go with you. I'll follow you no matter where you go.' The girl looked up, and there was her first boyfriend. He was very skinny as he suffered from malnutrition and neglect. Greatly grieved, the girl said, 'I should have taken much better care of you when I had the chance!'

In truth, you have 4 boyfriends in your lives: Your 4th boyfriend is your body. No matter how much time and effort you lavish in making it look good, it will leave you when you die. Your 3rd boyfriend is your possessions, status and wealth. When you die, it will all go to others. Your 2nd boyfriend is your family and friends. No matter how much they have been there for you, the furthest they can stay by you is up to the grave. And your 1st boyfriend is your **Soul**. Often neglected in pursuit of wealth, power and pleasures of the world; however, your **Soul** is the only thing that will follow you where ever you go. Cultivate, strengthen and cherish it now, for it is the only part of you that will follow you to the throne of God and continue with you throughout Eternity.

Thought for the day: Remember, when the world pushes you to your knees, you're in the perfect position to pray.



"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)

All fruits or vegetables created by God have great benefits for humans, such as healing for the body and maintaining good body function. Unfortunately, most of us do not know the nutritional benefits of these super foods nor what foods to eat.

Did you know that pomegranate is one of those super foods that have great nutritional health benefits. Years ago, our forefathers used this super fruit to treat cuts, sore throats, diarrhea, gum disease, and infections.

Researchers say that pomegranate originated from Persia and is one of the oldest known fruits and recognized for it's health benefits. Doctors

and nutritional researchers of today have shown that pomegranate can help prevent the most common problems associated with aging, such as heart disease.

Pomegranate can improve blood flow and LDL, oxidation, and prevent high blood pressure. Laboratory research also suggests that it may be effective in such conditions as diabetes, neurological health, infections, and osteoarthritis.

Furthermore, studies have shown that the pomegranate has more antioxidant power than any of the foods typically recommended as an antioxidant, such as blueberries, cranberries, red wine, or green tea. The pomegranate's antioxidant properties are attributed to its high content of soluble polyphenols, which including a tannin called punicalagin. Punicalagins helps to lower cholesterol and blood pressure and speed up the pace at which blockages melt away.

UCLA researchers conducted a study that found drinking 8 ounces of pomegranate juice a day decreases prostate cancer significantly. Drinking 1.7 ounces of pomegranate juice every day for one year can lower systolic blood pressure. With the benefits of drinking pomegranate, I think every household should keep this "super juice" in their homes. (Research from "21 Super Foods")

Who's Who In The Bible

Adonijah: The fourth son of king David, born in Hebron and his mothers name was Haggith. After the death of his three older brothers, Amnon, Absalon, and Chileab, Adonijah inspired to take the throne. He conspired with two of king David's leaders, Joab and Abiathar who agreed with him. Nathan the prophet spoke to Bathsheba, Solomon's mother to approach king David to put a stop to this evil.

Ahab: The seventh king of Israel. Ahab was politically astute, clever at foreign policy, and an economical genius. Unfortunately, Ahab did not obey God and his commandments. He did more to displease God than any of the previous kings in Israel. He married Jezebel, who influenced his rule over Israel, and practiced Baal worship encouraging the Israelites to also practice Baal worship.

Ahithophel: A member of king David's cabinet. When king David's son Absalom tried to assume the throne, Ahithophel sided with Absalom against king David, when he learned that David and Bathsheba had had an affair and that David had arranged the death of Bathsheba's husband, Uriah.

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



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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.

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.