

Journey Through Life Ministries

Your Spiritual Newsletter



**"Let us come before his presence
with thanksgiving, and make a joyful
noise unto him with psalms."**

Psalms 95:2 (KJV)

King James Bible Online .org

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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.



"God's Word Is Timeless....Let It Be Your Guide"

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

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

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

We Would Love To Hear From You!

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

For Back Issues



Visit our website at:

www.journeythroughlifeministries.net/newsletters



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

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

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

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Visit JTLM's Blog site for weekly Inspiration
<https://JourneyThroughLifeMinistries.com>

Website: JourneyThroughLifeMinistries.net

God is With Us

Rev. Georgetta Head

And Moses took the tabernacle, and pitched it without the camp, afar off from the camp, and called it the Tabernacle of the congregation. And it came to pass, that every one which sought the Lord went out unto the tabernacle of the congregation, which was without the camp. Exodus 33:7

And the LORD appeared in the tabernacle in a pillar of a cloud: and the pillar of the cloud stood over the door of the tabernacle. Deuteronomy 31:15

The other day I was reading reviews about a book someone recommended to me, when my eye caught one review in particular. The writer of the review gave rave reviews about the book because it taught her how to pray, but she wrote she was disappointed because the book didn't teach how to get into God's presence. Now this statement really bothered me because the review writer was left with the impression that she had to be taught how to get into the presence of God.

Since creation, God has been reaching out to mankind to have a relationship with them, which includes being in his presence. We read in the book of Genesis that God walked and talked with Adam and Eve in the garden of Eden, Enoch walked with God, Noah walked with God, Abraham walked and talked with God, David walked with God, the prophets walked and talked with God, Moses walked and talked with God, the Bible lists many people that walked with Him and how He manifested His presence to them in various ways.

So why is it that individuals of the Bible were able to experience the "presence of God," while some individuals of today are stating they want to know how to "get into God's presence?" Is there some mystery that the saints of old knew that we didn't? We have something the saints of old didn't have, but yet they experienced the presence of God. With the saints of today, our body is the temple for the "Living God!" We have the indwelling of Holy Spirit, who is God, the saints of old didn't have the indwelling of Holy Spirit. The answer we are looking for is found in Exodus 33:7, ".....*that every one which **sought** the Lord went out unto the tabernacle of the congregation, which was without the camp.*" Seeking God is the key! When we seek God He tells us we will be found of Him (Isaiah 55:6). God is seeking those who want to have an intimate relationship with Him. Jeremiah 33:3 reads: "*Call unto me and I will answer and*



and tell you great things you know not!" So the question still remains, how can the review writer get into the presence of God? I discovered through my personal walk with the Lord the answer lies in four areas of every Believers walk with the Lord: *Prayer, Knowing God's Voice, Worship and Meditating on the Word.*

Prayer: This is our greatest avenue for developing an intimate relationship with God. Calling unto God is done in our prayer life. Think of praying to God as if you were talking to your best friend. You talk with each other sharing your thoughts, dreams, and disappointments. You pray, God listens, then be quiet and wait for God to speak back. Listen for His voice! Pray acknowledging Him as your Father and Best Friend. Prayer is drawing near to God seeking His wisdom and advice. Father God will make His presence known to those seeking Him in prayer! I've experienced His presence during my prayer time quite often.

Knowing God's Voice: In John 10:27 Jesus says *"My sheep hear my voice, and I know them, and they follow me."* We learn God's voice by listening for His "still small voice" when praying to Him! As we become silent and listen for our Father's voice, we become familiar with His voice and won't be fooled by an impostor. God desires to speak to His children. During Biblical days God spoke through the Patriarchs and the Prophets and He wants to speak to us individually.

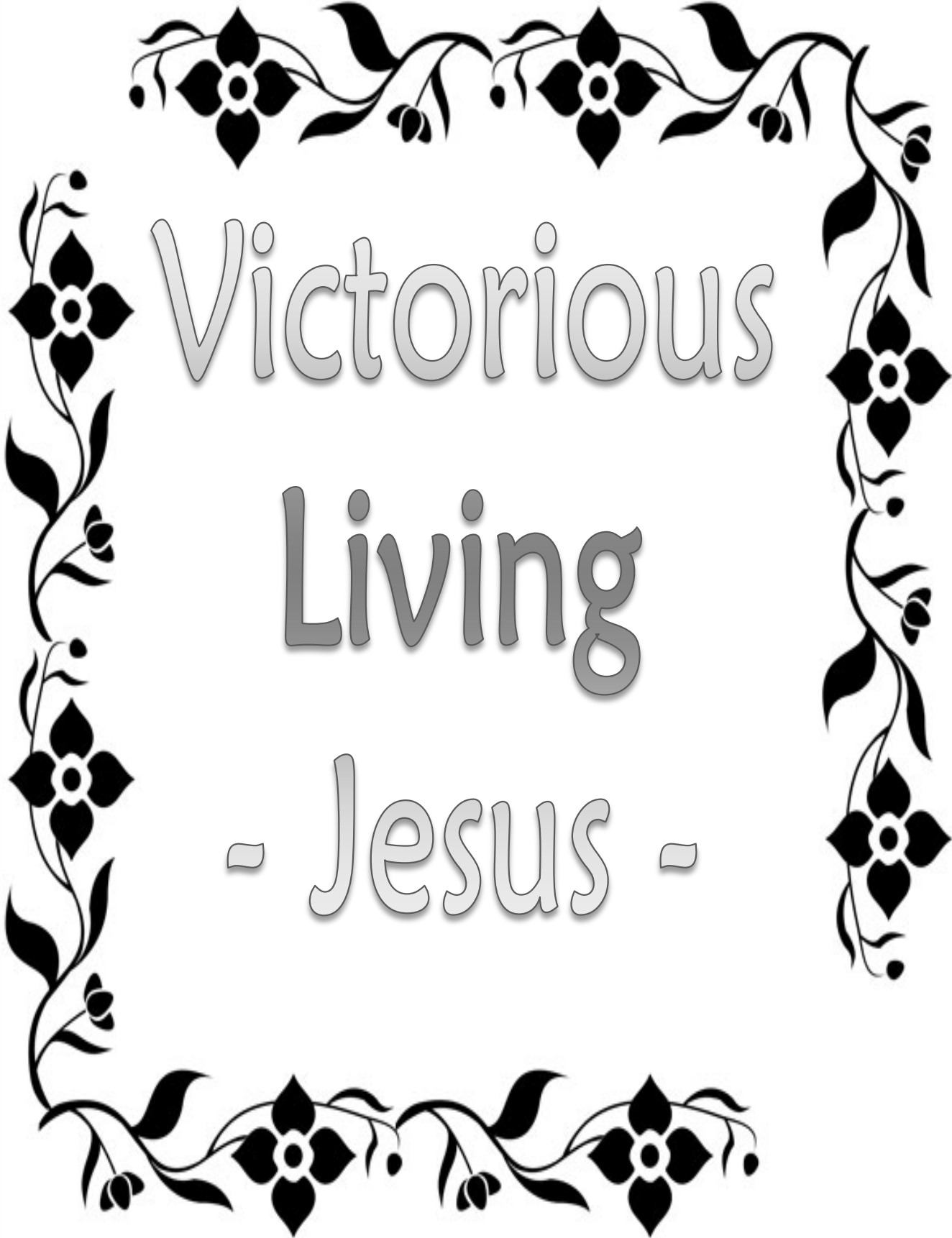
Worship: Psalms 95:6 reads: *"O come, let us worship and bow down: let us kneel before the Lord our maker."* Our Lord God is holy and we should "worship" Him as such. Personally, I play anointed music allowing the melody to permeate the atmosphere and I allow the music to flood my

spirit. You will find yourself kneeling or bowing before Father. Anointed worship music will usher in the "presence of the Lord" filling the atmosphere. This is the most beautiful, yet unexplainable experience any Believer will ever have, being enveloped in the presence of Almighty God! Awesome! Worship puts us in His presence!

Meditating on the Word: After reading or studying the Word, it is important to meditate on what you just read. I like to write out scriptures that leap off the pages to me, then meditate on them, waiting for Holy Spirit to give me interpretation. Sometimes it will be immediate, or I may have to wait a couple days, and often times the scripture or message He gives me is for someone else confirming what He has revealed to them.

These four areas helped me tremendously in my walk with the Lord, but let me share with you that when you are seeking to spend time with the Lord, distractions will be your enemy. A few months ago, I was having a difficult time finding quality time to spend with the Lord. Then one day He pointed out to me, you have too many distractions, you need to eliminate the distractions, cut down your schedule and turn off the phone. Doing what Father pointed out to me has been very rewarding. I now have quality time with Father listening for His voice as He gives me wisdom and direction.

Father God is always present in our lives, He is just waiting for us to seek Him with our whole heart and to eliminate unnecessary distractions. What is preventing you from experiencing the presence of God in your life? Do you have many distractions? Do you enjoy reading the Word? Friends, seek Father God and He will be found of you!

A decorative border made of black floral and leaf motifs surrounds the central text. The border consists of stylized five-petaled flowers and leaves connected by thin, curving lines.

Victorious Living - Jesus -



The older I get, the more I enjoy Saturday mornings. Perhaps it's the quiet solitude that comes with being the first to rise, or maybe it's the unbounded joy of not having to be at work. Either way, the first few hours of a Saturday morning are most enjoyable.

A few weeks ago, I was shuffling toward the garage with a steaming cup of coffee in one hand and the morning paper in the other. What began as a typical Saturday morning turned into one of those lessons that life seems to hand you from time to time. Let me tell you about it: I turned the dial up into the phone portion of the band on my ham radio in order to listen to a Saturday morning swap net. Along the way, I came across an older sounding chap, with a tremendous signal and a golden voice. You know the kind, he sounded like he should be in the broadcasting business. He was telling whom-ever he was talking with something about 'a thousand marbles.' I was intrigued and stopped to listen to what he had to say.

'Well, Tom, it sure sounds like you're busy with your job. I'm sure they pay you well but it's a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work sixty or seventy hours a week to make ends meet. It's too bad you missed your daughter's 'dance recital' he continued. 'Let me tell you something that has helped me keep my own priorities.' And that's when he began to explain his theory of a 'thousand marbles.' 'You see, I sat down one day and did a little arithmetic. The average person lives about seventy-five years. I know, some live more and some live less, but on average, folks live about seventy-five years. 'Now then, I multiplied 75 times 52 and I came up with 3900, which is the number of Saturdays that the average person has in their entire lifetime. Now, stick with me, Tom, I'm getting to the important part.

It took me until I was fifty-five years old to think about all this in any detail', he went on, 'and by that time I had lived through over twenty-eight hundred Saturdays.' 'I got to thinking that if I lived to be seventy-five, I only had about a thousand of them left to enjoy. So, I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round up 1000 marbles I took them home and put them inside a large, clear plastic container right here in the shack next to my gear.'

'Every Saturday since then, I have taken one marble out and throw it away. I found that by watching the marbles diminish, I focused more on the really important things in life. There's nothing like watching your time here on this earth run out to help get your priorities straight. 'Now let me tell you one last thing before I sign-off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure that if I make it until next Saturday then I have been given a little extra time. And the one thing we can all use is a little more time.'

'It was nice to meet you Tom, I hope you spend more time with your family, and I hope to meet you again here on the band. This is a 75-year old man, K9NZQ, clear and going QRT, good morning!' You could have heard a pin drop on the band when this fellow signed off. I guess he gave us all a lot to think about. I had planned to work on the antenna that morning, and then I was going to meet up with a few hams to work on the next club newsletter. Instead, I went upstairs and woke my wife up with a kiss. 'C'mon honey, I'm taking you and the kids to breakfast.' 'What brought this on?' she asked with a smile. 'Oh, nothing special, it's just been a long time since we spent a Saturday together with the kids. And hey, can we stop at a toy store while we're out? I need to buy some marbles.'



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

You have your business plan completed and registered your business, congratulations! Now it's time to choose a good location and marketing strategy to promote your business for a good start and future success!

Location, location, location is very important, especially if you are selling a product! You want to place your business in an area that has good traffic and where your product or service will be a needed commodity by the consumer. In your business plan you should have already accounted for rental space and advertising costs. Advertising your business is also important, people need to know who you are, what you sell and where you are located. Following are some great ideas for advertising your business or service:

Business Cards & Brochures: Business cards are a quick and inexpensive way to advertise who you are and what you do. Brochures are good for giving detailed information of your company and who you are, and location, because not everyone has internet access. Make your brochures eye appealing, but not busy looking.

Signs: Consumers need to find your place of business so make your sign bright and colorful and position it so it is noticeable. Many businesses are now using Digital Signs as a means of advertising because your messages can change daily or weekly. Do your homework though, these digital signs can be quick costly.

Website: This is a must in the 21st century. Everyone wants to know they can look you up on the internet and this is a good way of promoting your business. You can offer promotional sales, etc., on your website. Don't clutter your website, keep it clean with eye appealing ads and info; and please make it easy to maneuver through.

Email Blasts: This seems to be the newest way to communicate with established customers and to generate new customers. There are several online programs to choose from, so do your homework looking for ease of use and affordable monthly rates. I use Constant Contact, it is user friendly and reasonably priced.

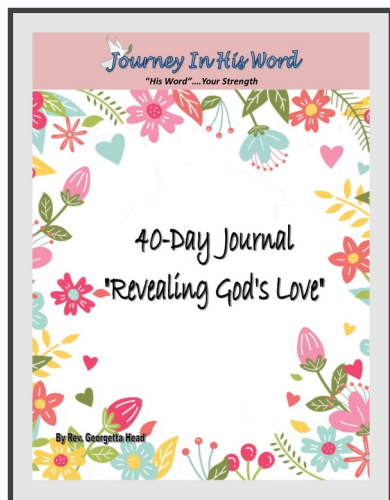
Networking: This is in my opinion is a very important marketing tool! People need to know the person behind the products or services, plus this gives you the opportunity to market “You!” It is always a good thing to know your customers thereby establishing a good relationship for future sales. I've learned also through past experiences that “word-of-mouth” is the best form of advertising for a successful business.

Social Media: Facebook, Twitter, LinkedIn or Blogging are new ways of advertising for the 21st Century. So don't forget to setup a “Group Account” for your business on Facebook.

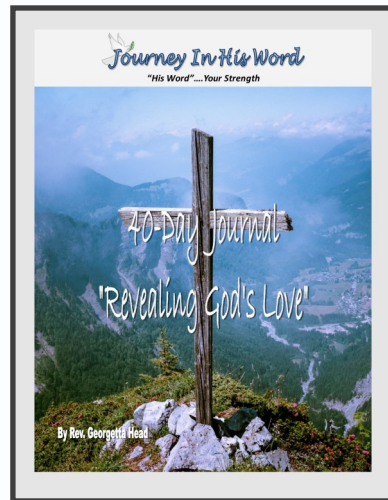
You don't have to do all of these ideas immediately, experiment and discover which ones work best for your business.

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Journey Through Life Ministries "Building A Strong House" Annual Luncheon and Tea

April 11, 2020
Comfort Inn
Rodi Road, Penn Hills

Praise & Worship Team:
Evangelist Lloyd & Tani Massie

Reserve Your Seat: 412-583-8628
Time: 11:00 to 3:00 p.m.

Advanced Registration: \$35.00
Registration at the Door: \$45.00

Rev. Georgetta Head
www.JourneyThroughLifeMinistries.net



Today, we will take a look at the life of Jehu, who was the son of Jehoshaphat and grandson of Nimshi and the commander of chariots for king Ahab and his son Jehoram. From historical writings and Biblical records, Jehu could be labeled as the 10th Century Exterminator.

Jehu's recorded story begins in 2 Kings chapters 9 and 10, in which God instructs the prophet Elisha to anoint Jehu with oil as king of Israel. God gave Elisha specific instructions for Jehu from "thus saith the Lord:"

- I have anointed you king over the people of Israel.
- You shall smite the house of Ahab, that I may avenge the blood of my servants the prophets and the blood of all my servants at the hand of Jezebel.
- The entire house of Ahab shall perish.
- The house of Ahab is to be like the house of Jeroboam.
- The dogs shall eat Jezebel in the portion of Jezreel with nothing to bury her.

Jehu upon hearing these instructions and being anointed with oil as the next king of Israel, immediately left for Jezreel to seize the throne from Ahab's son Jehoram. Jehu, taking his men with him to Jezreel, immediately set about the extermination of king Ahab's heirs. Upon entering Jezreel he saw Jezebel shouting from a high window! Jehu called out to Jezebel's attendants to conspire against her and to throw her out the window. She died on impact and as God said, the dogs ate her and nothing was left to bury her!

Jehu didn't stop there, Ahab's heirs were at a royal school in Samaria, so he wrote letters to their guardians saying, "their father the king is dead. They should choose the best of his sons, make him king, arm him, and prepare to defend him," since Jehu was coming to kill them all. Realizing their hopeless situation, they sent Jehu a message of submission. He demanded that they kill the heirs of Ahab and send him their heads as proof. He then went on to exterminate Ahab's and Jezebel's evil legacy of baal worship. Jehu and his friend Jehonadab constructed an elaborate scheme to kill the baal prophets and broke down the house of baal turning it into a garbage dump.

The LORD awarded Jehu's obedience with the promise that four more generations of his descendants would be his heirs as king of Israel. This was the longest line of kings in Israel's history (northern kingdom). Although the LORD rewarded Jehu for his obedience, he unfortunately, went after the sin of Jeroboam the son of Nebat by worshiping the golden calves that were in Beth-el and in Dan. 2 Kings 10:31 reads "but Jehu took no heed to walk in the law of the LORD God of Israel with all his heart: for he departed not from the sins of Jeroboam, which made Israel to sin."

It always amazes me when an individual knows God exists, does what God asks of them, but chooses not to serve God! Just imagine if Jehu had followed God and with his zeal, he could have influenced an entire nation to worship God instead of a dead empty calf. God, however, fulfilled his promise with Jehu's heirs of sitting on the throne of Israel, but none of them received the eternal promise of eternal life.

Survey of A Prophet - Jeremiah

Rev. Georgetta Head

When asked "who is Jeremiah", most people immediately refer to him as the "weeping prophet." Yes, Jeremiah wept but with good reasons - he loved his indigenous country. He wept because he didn't want to see his people destroyed. He wept because he knew his people were making a wrong choice for survival.

Jeremiah was a prophet during the 13th year reign of king Josiah (627/626 B.C.). He was called by God to warn the people of their sin of departing from God. The people had chosen to worship idols! Jeremiah would rise up early every morning with messages from God to warn all to return back to the True and Living God. Instead of the people heeding Jeremiah's warnings, they mocked him, plotted to murder him, and his own family turned against him.

Jeremiah's messages to his native Israel, due to their disobedience, was going to be one of destruction and captivity by their enemy the Babylonians. The children of Israel are without excuse because they were warned by God himself in Deut. 11:26-28, that He was setting before them a "blessing" and a "curse." A blessing for their obedience in following Him, and a curse if they chose to follow after the surrounding nations of idolatry. The children of Israel brought a curse upon themselves by choosing the wrong path—the path of destruction of idol worship and disobedience.

God used Jeremiah day and night to warn His Chosen People for many years. He loved them, but they didn't love Him. They ignored God's messages by saying "we will not listen to you, we will do what we please!" God is warning people today of pending destruction, but very few people are listening. He warns all that He will come suddenly as a thief in the night, friends don't be caught unprepared, seek God today, hell is horrendous!

Book Review

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

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**Available at any Christian Book Store or Online Book Store.
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eternal life, real love, and how to live in this world.**



Men On A Journey

Elder Charles S. Head

"The Spirit Is Willing, But The Flesh Is Weak"

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

When Jesus spent his last hour in prayer in the garden of Gethsemane with three of his disciples, Peter, James and John, He gave them a request to pray. He then left them and went to pray alone, after returning they were asleep. It was his final hour before his arrest and He needed their prayer support. I'm sure his disciples had good intentions when he told them to pray, but they came up short when he needed them most.

In Mark 14:37-38 Jesus addressed Peter, who He knew was going to be instrumental in ministry after His death. Jesus went on to say in verse 38 of this scripture, "the spirit is ready, but the flesh is weak." This statement was very important for Peter's future as well as ours. Peter wanted to do what was right, but he lacked the power to do so. Just as the three disciples had let Jesus down when he needed their support the most, we are no different when we operate in our natural mind rather than trust the Lord in His strength to help us. This is the reason why Jesus taught all his disciples a lesson in John 16:7-15. Jesus' reason for this lesson was to teach them and prepare them for the future after his death. Peter's first test came a little later in John 18:15-27.

This same Peter who had good intentions of defending Jesus before His arrest (Mark 18:10-11) denied that he even knew Jesus 3 times after his arrest. Lest we become critical of Peter, let us examine ourselves, we are no different without the spirit of God. We too have tried to do what was right many times in our lives in reference to pleasing God, but came up short because of the "weakness of our flesh." We may have been sincere when we tried, but we sincerely fail, because "good intentions with our weakly flesh" can never please God.

The scriptures were written for our examples not just to read and quote, but to apply them with actions of obedience. When we do this we will notice the difference between God's power and our human weakness.

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



Meetings & Workshops

Men On A Journey Fellowship

3rd Saturday Monthly

10:00—12:00 Noon

JTLM Teaching Facility
10529 Lindberg Avenue
Penn Hills, PA 15235

Daughter's of Wisdom & Virtue

2nd and 4th Thursday's Monthly

7:00—8:30 p.m.

JTLM Teaching Facility
Penn Hills, PA 15235
Cost: Free



4th Saturday each Month

10:00 a.m. to 12 noon

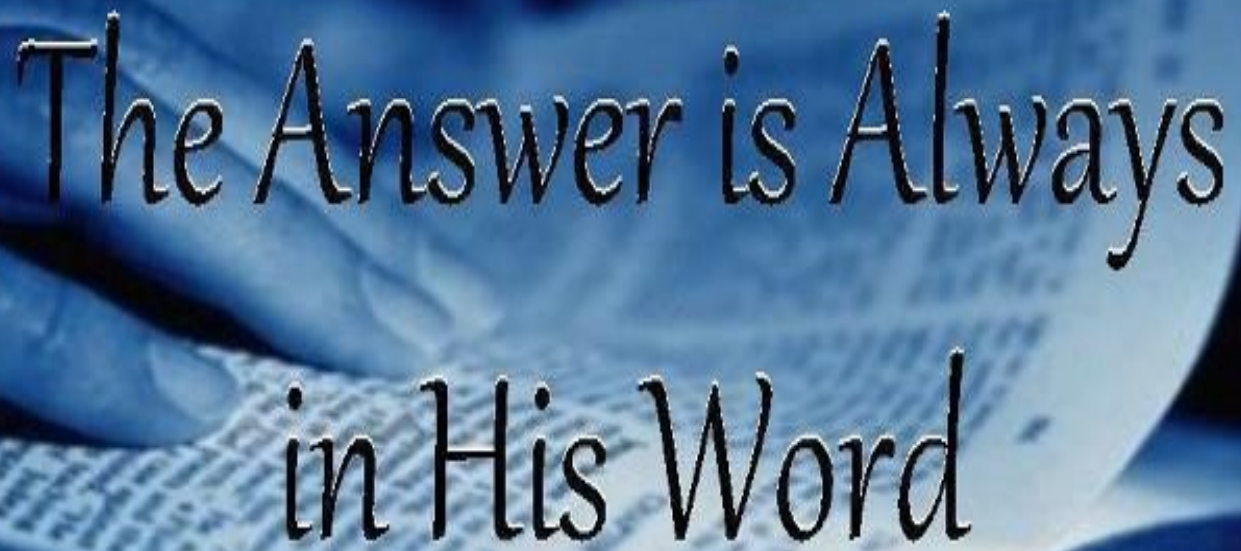
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The Answer is Always in His Word

ELDER CHARLES HEAD

When God Says “No” - Wait On Him!

As humans, we are sometimes set in our ways in our decisions and goals, as well as our daily life. Being creatures of habit, we at times don't want to accept change. We even go as far as the same parking spots on our job, the same seat in church, and some of us are known to drink out of the same coffee cup each morning. When the coffee cup is broken, some get so upset it's like a family member has passed away.

In reference to God we may talk to Him each day, week, or only when we need something from Him. Whatever we may be doing in life our world and plans are interrupted by adversity, tragedy, health issues or many other things. When this happens, some of us call on God for His help in our situation and wait for an answer. Many of us put God on a time limit, and when our clock runs out, we get upset and blame God for not answering us, or God doesn't work and He's not who we think He should be. We become angry and stop speaking to God in the process.

In reality none of us have an understanding at all times why and how God operates. He tells us in His Word that *“my thoughts are not like your thoughts”* (Isaiah 55:8-11). We must understand that God doesn't think like us, when He says “no” He means it and has a reason because He knows before, during and after what will happen to all of us, for He is Omniscient (all-knowing).

King Saul in 1 Samuel 15:1-35 was given an order by God to not spare the enemies in war. Saul did “yes” to God's “no” and as a result he was rejected as king over Israel. This was a case of disobedience. This same king Saul who had lost touch with God due to sin and disobedience decided to ask advice from Satan's people (1 Samuel 28:6-25). There are many reasons we don't hear from God, sometimes He says wait, sometimes He says plain “no.” We don't have to understand, but we must trust Him because He knows best what the future holds. Whatever you do, don't get angry and try to fight with God because “your arms are too short” to fight with God.



And the king of Egypt spake to the Hebrew midwives of which the name of the one was Shiphrah, and the name of the other Puah: and he said, When ye do the office of a midwife to the Hebrew women, and see them upon the stools; if it be a son, then ye shall kill him; but if it be a daughter, then she shall live. Exodus 1:15-16

This Biblical recording of two Hebrew midwives, named Shiphrah and Puah, takes place with the children of Israel living in the outskirts of Egypt in the countryside of Goshen. They were experiencing times of dark days! Their brother Joseph who had been second in charge in the land of Egypt had died and a new king arose in Egypt that had not known Joseph. This new king became envious and jealous of the children of Israel because they were fruitful, increased abundantly, multiplied, and waxed exceeding mighty; and the land was filled with them (Exodus 1:8). The king's fear of thinking he would lose his power to the Israelites was so great that he and his people put taskmasters over the children of Israel, putting them into hard slavery forcing them to build treasured cities for Pharaoh. The more the Egyptians afflicted the Israelites, the more they multiplied and grew! This infuriated Pharaoh! Fear often causes people or leaders to respond in negative ways, such as putting people in slavery. But, this fearful Pharaoh didn't stop with slavery, his fear, which was being controlled by demonic forces influenced him to commit murder.

Pharaoh and his people watched the blessings of God in the lives of the children of Israel with Pharaoh thinking he could stop the blessings of God on a nation. With his fear guiding him, he devised an evil scheme to try and kill God's people. His scheme: to stop the birthrate of the Israelite children through murder! Pharaoh called for the Hebrew midwives Shiphrah and Puah and instructed them of his evil plan of murder. They were instructed to murder all male children born to the Hebrew women. Little did he know that Shiphrah and Puah were God-fearing women. These midwives, moving with the fear of God in them, did not follow Pharaoh's evil instructions, instead they saved the male children. Pharaoh became angry with them, but God protected Shiphrah and Puah from this wicked Pharaoh!

God was pleased with Shiphrah and Puah for not being influenced by ungodly and demonic commands. They knew life was precious in the sight of God and that babies are a blessing from God. They stood their ground and God blessed them with houses. Like Shiphrah and Puah, Believers of today should not allow the influences of this evil world to encourage them to compromise their beliefs. Shiphrah and Puah lived in slavery with an evil demonic dictator, but they didn't fear man, they feared God and God rewarded them for their faithfulness. Whenever asked to do anything that goes against godly principles, fear God not man and God will protect you.

Broken
things can
become
blessed things
if you let God
do the mending.



4th Saturday Monthly
January thru June
10:00 a.m. to 12:00 noon

Location
Journey Through Life Ministries
Teaching Facility
10529 Lindberg Drive

Youth Lifeskills Workshops

Youth ages 9 to 17 are invited to join us monthly as we learn how to live in today's world that promotes comparison, competition and activities that are harmful to the mind, body and spirit. We will learn how to be confident in our own skin by learning:

Personal Development Skills
How to receive God's love
Who we are in Christ Jesus
How to love others and self
How to enjoy a relationship with God
The security of being in God's presence

Facilitators:
Ms. Beverly Ansari
Ms. Judy White
412-583-8628



I received an email which stated: “*Eating Fruit Can Save Your Life!*” The author’s name was not listed, but I did some research for accuracy, and the author is correct! The article continued with the following information:

Fruit is a very important food group and should be eaten on an empty stomach. Eating fruit on an empty stomach plays a major role in detoxifying our system and supplies a great deal of energy for weight loss and other life activities. The author gave a great illustration of what happens if one were to eat two slices of bread, followed by a piece of fruit. The piece of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so. In the meantime, the bread rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food (bread) begins to spoil. When fruit is mixed with other putrefying foods, it produces gas followed by bloating. I can testify this to be true. On several occasions when eating at buffets, I would eat the main meal first then eat the fruit as my dessert. Sure enough, within the hour after eating I experienced gas and bloating. So friends, eat your fruit before meals.

Fruits need to be eaten in its fresh state, when cooked they lose their nutrients. Cooking destroys all the vitamins! Eating fresh fruit is much better than drinking prepared juice. If you enjoy drinking juice from time to time, try making your own fruit juice from fresh fruits. Did you know you can go on a three-day fruit fast to cleanse your body?

Kiwi: A tiny but mighty piece of fruit. This is a good source of potassium, magnesium, Vitamin E and fiber. Its Vitamin C content is twice that of an orange.

Apple: Although an apple has low Vitamin C content, it has antioxidants and flavonoids which enhances the activity of Vitamin C helping to lower the risks of colon cancer, heart attack and stroke.

Strawberry: Known as the protective fruit, has the highest total antioxidant power among major fruits and protects the body from cancer-causing, blood vessel-clogging free radicals.

Orange: Eating 2—4 oranges a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones as well as lessens the risk of colon cancer.

Watermelon: Composed of 92% water and is packed with a giant dose of glutathione, which helps boost our immune system. A key source of lycopene—the cancer fighting oxidant and Vitamin C and potassium.

Now what do you think about fruit? Fresh fruit has great benefits for the body and once you have mastered the correct way of eating fruit you will realize better health, energy and normal weight. (*Author Unknown*)

Rev. Georgetta Head



Journey In His Word

"My Redeemer Lives"



I quietly listened as a friend was pouring her heart out to me about her Mother. She was saddened because her Mother, whom she loves so dearly, can't remember her name nor any of their fond memories together because she has Alzheimer's. She continued, "I visit my Mother every day at the nursing home hoping she will remember me, but she doesn't. Why doesn't God heal her she asked, He's healed others?"

Now that's a tough question to answer! Yes, God knows how to heal! Yes, some men, women, and children have been healed, but there are just as many that have not been healed. Why everyone isn't healed I don't know and I don't believe there is anyone on earth that can answer that question either! What I do know is that we live in a fallen world caused by Satan, which includes sickness of all sorts. Sin and evil are cancerous diseases that are harmful and bring devastation to all it touches, including our physical bodies. But, let's not forget, we serve a merciful God who takes care of His children. God is not to blame for the evil or sickness that touches our lives, but, when it does, He is merciful and loving enough to take us through those dark valleys in our lives.

When my baby sister was sick and dying, at 42 years of age, we prayed and prayed for a miraculous healing. The healing came, but not the way we expected! My sister's physical body died, but her spirit moved from earth to heaven. Father God took her home! Toward the last minutes of my sister's life on earth, we began to understand Job 19:25-27 (KJV) "For I know that my redeemer liveth, and that He shall stand at the latter day upon the earth: And though after my skin worms destroy this body, yet in my flesh shall I see God: Whom I shall see for myself, and mine eyes shall behold, and not another; though my reins be consumed within me." A Believer never dies, they are transported by God's angels to the very presence of God (absence from the body present before the Lord, 2 Corinthians 5:7-9). Yes, we will miss our loved one! Yes, we may become disappointed when a loved one is not healed; but remember God is still in control and that all things work together for good for those who love the Lord. I would like to share the following poem that was read at my sister's funeral:

God saw you were getting tired,
And a cure was not to be.

So, he put his arms around you and whispered, "Come to me."

With tearful eyes we watched you, and saw you pass away.
Although we loved you dearly, we could not make you stay.

A golden heart stopped beating, hard-working hands at rest.
God broke our hearts to prove to us, he only takes the best. (Author Unknown)

My sister is no longer on earth, she is with her Redeemer pain free and healthy because Father God promises His Children in Revelation 21:4 "to wipe away all tears from our eyes; and that there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away."

Word Puzzle

1 SAMUEL 19:4-10

Puzzle Twenty-two

JONATHAN
spoke
GOOD of
DAVID unto
SAUL
his FATHER, and
said unto him,
LET NOT
THE KING
SIN AGAINST
HIS SERVANT
because his
WORKS have
been
to THEE-WARD
very good:
for he DID PUT
his
LIFE in his
HAND, and slew
the PHILISTINE,
and the
LORD
WROUGHT a
GREAT
SALVATION
for all ISRAEL:
and Saul
HARKENED
unto the VOICE of
Jonathan:
and Saul swore he
SHALL NOT
BE SLAIN.

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

And the EVIL
SPIRIT from the
Lord was upon
Saul
and Saul
SOUGHT
to SMITE David
even to the WALL
with the

JAVELIN; but he
SLIPPED
AWAY OUT
of Saul's
PRESENCE,
and David FLED
and ESCAPED
that NIGHT.

BIBLE WORD-FINDS



To:

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Our team of intercessors pray over all requests received.

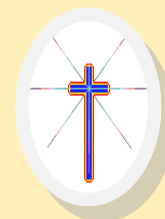
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"do you know that God forgives?"

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.