Journey Through Life Ministries Quarterly Newsletter

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

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

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

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Teach - Inspire - Equip

Journey Through Life Ministries celebrated 10 years in Women's Ministry and we would like to thank all that helped make this journey possible. We are looking forward to another 10 years serving the communities!

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 with various enrichment programs and motivational teachings. These teachings will help individuals to know the "love" of God, and who they are in Christ. These programs are also designed for individuals to learn how to become "free" spiritually enabling them to live their lives in the purpose God has them.

Charles & Georgetta Head

Bible Fact

When Jesus was dying on the cross, it became dark from 12 noon to 3:00 p.m. - 3 hours. (Mark 15:33-34)

INTIMACY WITH GOD-KEY TO YOUR SUCCESS - REV. GEORGETTA HEAD

"What do you think God thinks about when He thinks of you? Or, what do you think about, when you think about God?" These are familiar questions thought by everyone. Why? Because most of us don't understand God's love for His creation; as a result of this lack of understanding, we often walk in condemnation wondering if God really forgives our sins. So unfortunately, a lot of us never enter into an "intimate relationship with Father God." Today, let's discuss how to enter into an "intimate relationship with Father God."

Mark 12:30 tells us "thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment." As I read this scripture, my first thought was how is this possible! Should I love him as a wife loves her husband, as a child loves their father? As a daughter loves her Father, as best friends love each other; should I love Him as a boyfriend and girlfriend relationship, how! As I studied this scripture and others and allowed Father to teach me, I began to realize that God is in every one of those characters!

Scripture says, "He is our Husband" we are His "Bride." In the New Testament, He calls Himself our Bridegroom. Scripture also tell us that we are to "come to Him as a child", we are His children. In the Book of John, He calls us "His Friend." Unfortunately, when one thinks of "intimacy," we immediately think of mushy love, or intimacy between husband and wife, or something sexy and alluring! Right! Well, Webster's dictionary defines "intimacy" as: belonging to; a close association, contact, or familiarity; marked by a warm friendship developed through association; confidant.

The scripture reference also uses the word "thy." Thy means "my" or "your" – its personal. Alluding to a relationship. The Amplified Bible reads Mark 12:30 as "And you shall love the Lord your God out of and with your whole heart and out of and with all your soul (your life) and out of and with all your mind, with your faculty of thought and your moral understanding and out of and with all your strength. This is the first and principal commandment." After studying this scriptures further, I began to realize that genuine intimacy with

Father God is having a hunger and desire for Him and the things He loves and enjoys; and becoming familiar with his ways and His will for our life.

The intimate relationship God wants with us was introduced in the Garden of Eden. Father God walked and talked with Adam and Eve in the cool of the night—they were familiar with each other! Due to sin, however, this relationship was broken. Praise be to God that He sent His only Begotten Son, Jesus, to reconcile us back to Him so that we can once again enter into His presence. So let's together explore how to enter into



Father's presence and how to develop an intimate relationship with Father God.

First we need to know that God is love and He wants to share it with us. His purpose for creating man was based on relationship. Upon creation, Father God breathed his life and love in us. This love is not to be kept or hidden, it is to be given away, to Him, to our neighbors, and to brothers and sisters in the Lord. Do you see the picture now? Father God is a relationship God! Father God desires to be with us, just as He did thousands of years ago when He talked with Adam and Eve in the cool of the evening. We are his greatest Creation!

Second, having an intimate relationship with God is saying we belong to Him, expressing our desire to be His children. We are told in the Word that God protects His children and that He wants the

best for them. God cares so much about His children that 2 Chronicles 16:9 tell us that His eyes roam to and from the earth to show Himself strong on our behalf of those who love Him. Are you still having second thoughts about seeking a relationship with Father God?

Third, as we enter into an intimate relationship with Father God, He will change our character, reshaping us to be more Christ-like exhibiting attributes of the "fruit of the spirit."

When God instructed Moses to build the tabernacle, He told Moses, "I will put my spirit in those whom I have assigned to do the work for the tabernacle." The tabernacle back then was a building. Today's Believers are the building. The spirit of the Living God resides in us to perfect our gifts and talents and to perform the purpose He has planned for our lives, which is for good and not harm!

I was a Believer for 15 years struggling in the area of intimacy with God. I didn't think He could love someone like me - a sinner with a past! I had many doubts, fears, and torments of the mind because I didn't know or understand God's forgiveness and His love for me. If you are currently struggling in your walk with God not knowing His love for you, I want you to know that God loves you very much and all He wants back from you is to love Him. Just as He taught me His love, He will teach you. He knows we are human with a past, but He doesn't define us with our past. He sees us from the eyes of a tender-loving parent who redeemed us from our past through the shed blood of His only begotten son. God loves you and He has a wonderful plan for your life.

Finally, having an intimate relationship with Father God gives us freedom to enjoy life free from the torments of our mind and from doubting His word. Freedom that enables us to walk by faith and not by sight, because our minds are no longer cluttered with negative thoughts! Our minds are being transformed by the renewing of Christ who is Lord of our life.

cont'd page 6

You are such an amazing person!

You're a one-of-a-kind gift! You're the only one in the universe exactly like you!

Allow Father God to take care of you! You deserve it!

For God so loved the world that He gave His only begotten Son that whosoever believeth in Him should not perish but have everlasting life. (John 3:16)

Easter

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Burial
Calvary
Conqueror
Cross
Crown
Crucifixion
Death
Earthquake
Finished
Golgotha
Jerusalem

Blood

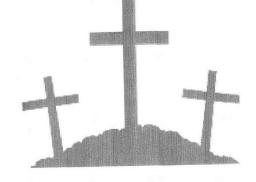
Jesus

King

Love
Nails
Passover
Pierced
Resurrection
Sacrifice
Soldiers
Stripes
Thieves
Thorns
Transgressions

Veil

Water Wounded



Bible Trivia

What fruit was embroidered on the robes of the High Priest?

Send your answer to: journeylife@verizon.net



FINANCIAL FITNESS- REV. GEORGETTA HEAD

Tithing and giving are two Biblical principles that are greatly misunderstood and misinterpreted. Some denominational groups believe tithing and giving is of Old Testament era and is not applicable for today's Believer; while other denominational groups believe in tithing but not giving. To understand the principles of tithing and giving we first need to believe that the Old Testament and the New Testament are both applicable for today's Believer. The Old Testament is the New Testament manifested, so we need to know and understand both Old and New Testament for clarity of God's principles.

It is my belief that both tithing and giving are needed in the kingdom of God and when we give our tithes, offering and giving to others with a "right heart attitude" it becomes a form of Worship to Father God and a blessing to the giver and receiver. For this article, we will focus on "giving."

Giving is simply helping others that are in need. However, some of us are of the mindset that "other people's problems are not their problem," so they go through life missing out on the principle of "sowing and reaping." As God's ambassadors on earth, we are to make an impact for God's kingdom, which includes "giving." We are instructed in the Word that we will always have the poor, the widow, and the fatherless among us and that we are not to forsake them (Deut. 15:11 "for the **poor** will never cease from the land; therefore I command you, saying, 'You shall open your hand wide to your brother, to your poor and your needy, in your land.") (sowing) is God's way for us to receive His supernatural blessings. The law of sowing and reaping is one of the most powerful principles outlined in the Bible in relation to our personal finances—a principle that will work for all who have faith to believe and apply it by becoming a "giver!" (2 Corinthians 9:6-9) reads "he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 7So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. 8And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. 9As it is written: "He has dispersed abroad, He has given to the poor; His righteousness endures forever." God gives us the opportunities to reap financially and as we receive from Father God, we are to cheerfully sow into the lives of those in need (this is after our 10% tithe) not because we

are expecting something in return for giving, but because we have a "right heart attitude" toward the poor, the fatherless, and the widow. When we give to the poor, we are lending to Father God, and He repays more than we have given away. You will learn that as you are obedient to God's word, you place yourself in a position to receive supernatural blessings. Receiving is as simple as giving! Unfortunately, many Believers are waiting for their "bonus at work, or for their ship to come in" before they become givers. "The question is, what are you doing with what you have now? If you have a problem giving \$100, you will have more difficulty giving \$1000. Start where you are. By giving the cycle is set. When you begin giving out of what you have, God will bless you with more to give in the future, because He knows you can be trusted" (question by Dwight Nichols).

Giving then becomes a form of thanksgiving to God for what God has already given us. He has blessed us, now we have the opportunity to be a blessing to others. Once we have given, we have completed the giving and receiving cycle. Also, when we become a giver we are laying up a heavenly account. Our heavenly account is much like an earthly account that you can make deposits into Matthew 6:19-21 tell us "..... lay up for yourselves treasures in heaven," And, the good news is that God's economy has no lack. We can withdraw from our heavenly bank account through the principle of sowing and reaping. When we have a need Father will not forget us-He will supply ALL our needs according to His riches in glory.

With sowing and reaping, God evaluates our giving on the basis of our attitude. Is our attitude one of love? The only way we can give out of a heart filled with love is to recognize that our gifts, monies, etc. come from God and we are actually giving back to the Lord a portion of what He has blessed us with. When we give our gifts to Him, our hearts will automatically be drawn to the Lord; and nothing in life can compare to entering into His joy and knowing Christ more intimately. Proverbs 3:9 tell us to honor the Lord from our wealth. As soon as we receive income we should set aside the amount we are going to give. This will help us to remember God first by having a "right heart" attitude in giving.

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

Satan promises the best, but pays with the worst; he promises honor, and pays with disgrace; he promises pleasure, and pays with pain; he promises profit, and pays with loss; he promises life, and pays with death. (Pastor Thomas Brooks)

INTIMACY WITH GOD (CON'TD)

God wants to commune with us. In Jeremiah 33:3 God is inviting us to enter into His presence when He says. "Call to Me (God), and I (God) will answer you, and show you great and mighty things, which you do not know." Father is waiting for us to initiate the relationship. Why? Because He is waiting for our participation in the relationship. I personally believe as we draw near to Father He will give us solutions to our everyday problems. He wants to help us with our decision making, and He wants to direct our path in favor. So how do we have access to His presence - through prayer! When we enter into His presence via prayer. He will communicate back to us.

During our prayer time: John 10:9 tells us, as a Believer, we can come in and out the "door" (which is Christ) and find pasture (which is favor). So, don't hesitate to tell Him how much you LOVE and desire Him. Tell Him your heart's desires, your problems, your dreams, etc. Then STOP and listen to Him speak to you. In God's presence you will become renewed and refreshed to conquer the events of the day. Also, while in His presence, your problems won't seem as big as you thought they were - you will discover God is bigger than any problem or situation.

Try Reading the Word! In Biblical days the kings and priest were commanded to "memorize the law" and to "meditate on the law" (which is the word). 1 Peter 2:9 call New Testament Believers a "royal priesthood," which means we are "kings and priest." As Believers we are encouraged to read and know the Word-it is our life. Studying the Word (Bible) is another great way to communicate with Father. Our time spent reading helps us become familiar with Father God's ways and His love for us. I often hear people say they don't like to read the Bible because they don't understand it. But. as we draw close to Father, He will give us revelation and understanding of His Word. The Word is comfort to those who need comforting! The Word is hope for those who feel hopelessness! The Word is light to those living in darkness! The Word is life to those who feel dead inside! The Word quickens our spirit and restores our soul and mind. When we read the WORD we will be surprised what we discover!

Mediate on the Word! Let the Word saturate your mind and spirit. As you mediate on the Word, negative thinking will leave you. Mediating on the Word, as we already noted, will quicken your spirit and restore your soul. Speaking the Word over your circumstances can bring solutions to difficult situations. The Word is life and will perform what God has purposed it to do. Job 22:21-28 reads, "as we acquaint (become familiar) our self and be at peace with God, good will come our way, and we can pray to Father and He will hear us and we can declare and decree a thing and it will come to pass." I encourage you to set aside time to spend with Abba Father. His presence brings dead things to life!

Lynne Hammond states in her book "Renewed in His Presence" that: "God longs to spend time in intimate communion with you. He wants to make Himself real to you. In fact, the very heart of the Gospel message is the truth that almighty God Himself waits, yearns, and eagerly desires for His redeemed children to come into His presence and fellowship with Him.

The presence of the Lord has always been the central fact of Christianity. I'm not just talking about His presence that dwells inside you because you're born again. I'm talking about the manifest presence of God!

You see, God never meant Christianity to merely be a set of rules and regulations. He never meant Christianity to be just an abstract theory or an impersonal doctrine. He doesn't want us to have a religion. He wants us to have a relationship with Him! He wants us to know Him personally. He wants us to experience His love so deeply that He becomes dearer to us than anything else in life."

To answer the questions at the beginning of this article: "when God thinks about you, He thinks about how much He loves you and desires for you to love him and to enter into a love relationship with Him; and your response should be: "God is my Father and I am His child and I can come to Him and He will not reject me." I encourage you today, as His child to enter into His presence, be excited about Him and share with others what He is doing in your life.

God loves us ALL with an everlasting love and is calling us to come into a deeper relationship with Him. When you come into His presence you will discover how amazing and wonderful He is! And, guess what, He doesn't compare us with others or put demands on us. So, put aside your agendas and seek Him, you will discover great rewards and benefits in His presence. When we don't spend time with God, we become lean in our spirit and our soul becomes restless. So, remember, God doesn't keep count of our mistakes. When we ask for forgiveness. He remembers our sins no more. I ask, what is more important than an intimate relationship with Father God? NOTHING!

Upcoming Events

April 12, 2014

Men On A Journey Breakfast Kings Restaurant Harmarville, PA 10:00 to 12:00 Noon

April 26, 2014

Power of Prayer Workshop Penn Hills Library 10:00 to 3:00 p.m.

> 412-731-1856 to RSVP for any event

> > or

www.JourneyThroughLife.net/events.html

BIBLE FACTS - DID YOU KNOW REV. CHARLES S. HEAD

Did you know that Ezekiel lived during the greatest crisis in Israel's history—when their homeland and the temple, the center of their theocracy, were destroyed and the people were held in captivity in Babylon for 70 years. Ezekiel was both a prophet and priest to the Hebrew people in exile and is considered a major prophet?.

Did you know that a Nazirite is an Israelite who had entered into a special vow to God for all or part of their life for some specific purpose or service. They vowed abstinence from wine and grapes, refrained from using a razor on their hair, and eliminated all contact with dead bodies?

Did you know that Nicodemus was a Pharisee. He held a position on the Sanhedrin, which was the Jewish high council and ruling body. When he met with Jesus in the middle of the night, Jesus told him he had to be born again. Nicodemus kept an open mind and after Jesus's death, Nicodemus became bold following Him?

Did you know that the first five books of the Bible is referred to as the "Law of Moses" also known as the "Torah or Pentateuch," which means "instruction." They contain all the teachings that the people of Israel had to learn and observe. The Law also includes historical accounts of the Israelites up until their entry into the Promised Land?

Did you know that Hebrew names given to people and places are much more than just "labels?" They were chosen to express something about a person or an event.

Did you know that the first Bible covenant was between God and Adam and Eve? Adam and Eve must look after God's creation and obey God's instruction not to eat from the Tree of Knowledge of Good and Evil.

Did you know that by Matthew repeatedly quoting from the Old Testament, he was validating Christ's claim that He is, in fact, the prophesied Messiah—the Anointed one—of Israel?

MEN ON A JOURNEY - REV. CHARLES HEAD



The February 22nd Men's Fellowship Breakfast was very exciting! We had a great time in the Lord! From the onset of our fellowship, God's presence was in the midst of us and that's what serving Him is all about. There is an awesomeness that you can't replace with anything when you know that God is in your midst and He is pleased with what you are doing—glorifying Him!

The subject for discussion after Breakfast was "King David," better known as "a man after God's own heart." Even though David had many faults, as we all do, Father God was pleased with him because he had a repentant heart and was a "true" worshipper of Father God. This is an example for all of us to follow, we must examine our hearts and motives to why we are doing what we are doing (I Samuel 16). When Samuel anointed David as king, in the eyes of David's family he did not look like the representative for the next king. David's older brothers were men of war and their countenance and age gave them more qualification from the out-

side, but not the inside. Samuel told Jesse, David's father, not to look at the outward appearance because God had already seen David's heart.

God knew David's future from a youth and the same goes for all of us. Don't get caught up in what you are not able to do because of your faults and disqualifications, keep your heart right with God and with men and allow God to take you into the destiny he has for you. "If we let others create our world, they will always create it too small" (quote by Dr. Ed Cole).

Bible Fact

God confused the men who were building a city and tower out of rebellion against Him. He changed the language so they could not communicate and scattered them. (Genesis 11:1-9)

RESOURCE HELPLINE

Earn Program
Allegheny County & The
Department of Public Welfare
Wilkinsburg CDC
412-243-7711

Promoting Responsible Fatherhood James W. Morris, Jr. 412-247-4009 Ext. 2440

Eastside Neighborhood Employment Ctr. (Need a job—we can help) 5321 Penn Avenue 412-362-8580

SNAP[™] for Boys Program of Holy Family Services (Providing life skills and cognitive behavioral therapy to at-risk boys 6-11)

Action Housing, Inc. (Family Savings Account Program) 412-281-2102 Ext. 2022 www.actionhousing.org

Allegheny Valley Assoc. of Churches Day space for homeless families 724-226-0606 Community Food Bank Www.pittsburghfoodbank.org 412-460-3663 Ext. 456

Medical Assistance Transportation Prg. (Provides non-emergency medical transportation to Allegheny Cty. Residents of all ages) 412-350-4484

www.county.allegheny/pa.us/dhs

Sojourner House (Faith-based recovery & a home for women breaking the chains of addiction) 412-441-7783

Gwen's Girls, Inc. Residential Program 412-231-2612 www.gwensgirls.org

Bridge to Independence, Inc. (Services for homeless individuals & families for Allegheny County & Mon Valley) 412-271-5731

New Beginnings (30-day shelter) 7115 Bennett Street Pittsburgh, PA 15208 Building Bridges (A second chance initiative—Prison Society); 2203 Centre Avenue 412-918-1935 www.prisonsociety.org

Hunger & Housing Services
(Enabling low-income individuals & families to become more self-sufficient)
412-350-3837
Www.alleghenycounty.us/dhs/ocs.aspx

Department of Human Services 412-350-6611

LIHEAP—Energy Assistance 1-800-851-3838

Hearth's H.O.M.E.S. Program Homeless Shelter for Women & Children 412-366-9801 Ext. 21

Bridge Housing (Women & Children)
Transitional Shelter & Support
412-255-1165 (Beverly Pamplin)





Avoid "Procrastination" - Do it Now! By Min. Gerry Hickman

Procrastination is a stumbling block to better time management. It can lead to stress and delayed productivity. Some tasks in life can wait but there are many that could be done, without delay, to prevent the task(s) from becoming overwhelming. Completing tasks (especially large and high priority ones) can be very rewarding and provide a great sense of accomplishment.

Methods for breaking the Procrastination Habit:

There are a number of time management methods that can be used to help you break the procrastination habit. Such as:

- The Salami Method When you first look at salami it's not that appetizing, but if you slice it into smaller, manageable pieces, it's easier to eat. This method assumes that you break major tasks into smaller, manageable ones and finish them one task at a time. The key is to make each small task so simple and quick to complete that you may be finished in a very short time.
- The Swiss Cheese Method Swiss cheese has many holes. This method assumes that it is possible to get a task started in five minutes or less. It doesn't really matter which instant task you select, as long as it's easy and related to your top priority task. If it takes 20 small tasks (Swiss cheese holes) to not feel overwhelmed, that's okay. The key is to make each small task so simple and quick to complete that you may finish in minutes.
- The Balance Sheet Method There are two sides to every balance sheet—assets and liabilities. This method assumes that you evaluate, in writing, the task you are avoiding. On the left side make a list of the reasons you are procrastinating. On the right side list all of the benefits that you will receive if you complete the task. You will find that the benefits outweigh the reason you are procrastinating.

Start Today:

Procrastination is usually caused by behavior patterns or habits such as fear or anxiety. If we change our habits or ways of thinking, we can overcome procrastination effectively.

If you struggle with procrastination:

Decide that you want/need to change – Make a decision to get started today.

Get motivated – Think of all the benefits you will receive when you beat this habit.

Take Action – Force yourself today to do one thing that you have been putting off. Focus on the unpleasant tasks on your "TO DO" List. Tackling the most unpleasant task can set the tone for your entire day.

Get Help – Don't be afraid to ask for help if the task(s) requires assistance and someone is willing to help. Sometimes another person can help motivate you and can also offer great suggestions on how to approach the task(s) more effectively.

Personal Experience:

I have used the methods above and others throughout the years, to help me deal with procrastination. I also discovered the root causes for why I avoided unpleasant or overwhelming tasks—realizing that it was a result of my thinking patterns, habits, and circumstances that ultimately lead to fear or frustration. I prayed, meditated on scriptures, and decided to tackle important and urgent tasks immediately or as soon as possible to prevent myself from being weighed down. Finally, I learned that if I prioritize tasks, and break large tasks into more manageable ones, I would be more productive.

Some Scriptures Related to Procrastination: The book of Proverbs refers to a person who procrastinates as being a sluggard or lazy and states the consequences of procrastination. (Proverbs. 13:4; 12:24, 20:4).

4th Annual Tea Party







February 8th the *Daughters of Wisdom & Virtue* held their 4th Annual Tea Party at Rankin Christian Center. Events begin with Mother (Carrie) Porter presenting opening prayer and invocation. Everyone feasted from the wide variety of covered dishes brought by attendees—and it was so amazing that there were no duplicated food items!

Rev. Carmelita & Porta Kirvel brought forth a dynamite performance in Mime Dancing. Evangelist Lloyd & Tanie Massie ushered in the presence of Father God with their anointed Praise and Worship music. Followed by featured speaker Rev. Tracie Morelli encouraging and exhorting God's sons and daughters in Word and skit on "Be Still and Know I Am God." Everyone enjoyed the exchange of "tea cups" games and Door Prizes.





See You Next Year!



Easter Joy

Jesus came to earth,
To show us how to live,
How to put others first,
How to love and how to give.

Then He set about His work,
That God sent Him to do;
He took our punishment on Himself;
He made us clean and new.

He could have saved Himself, Calling angels from above, But He chose to pay our price for sin; He paid it out of love.
Our Lord died on Good Friday,
But the cross did not destroy
His resurrection on Easter morn
That fills our hearts with joy.

Now we know our earthly death, Like His, is just a rest. We'll be forever with Him In heaven, where life is best.

So we live our lives for Jesus, Think of Him in all we do. Thank you Savior; Thank you Lord. Help us love like you!

By Joanna Fuchs

YOUTH CORNER - REV. GEORGETTA HEAD



Children of all ages are precious to Father God and He wants to have an intimate relationship with them! But, unfortunately there are many children, especially our teens who do not realize how important they are to Father God. A question was asked to a group of teens, "can teens have an intimate relationship with God?" The majority said no! The remaining teens said they weren't sure. They also responded that "God is not a mushy God" and that "intimacy is what you have with a boyfriend/girlfriend relationship, or that your relationship with God doesn't start until one is much older!"

Well my dear young friends, you can have an intimate relationship with Father God and it can start right now, you don't have to wait until you are old. Also, having a relationship with Father God is not mushy—especially when you know what "intimacy" means. The dictionary (Wikipedia) defines intimacy as: close familiarity or friendship; closeness; togetherness, affinity, rapport, attachment, friendliness, friendship, amity, affection, warmth, confidence. This

leads me to believe that Father God wants to have a close familiar relationship with us, regardless of the age.

Ecclesiastes 12:1 tells us to "Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;" God is exhorting youth to not let the excitement of being a teen forget your Creator. He also doesn't want His youth caught up with temporary things of this world, causing them to make choices that would harm them. Honor Him now in your youth before you grow old and become bitter about life and life's challenges and say, "life is not pleasant anymore." God encourages children of all ages to seek Him while young so He can help them with the challenges they will encounter in life. Walking this life's journey with an intimate relationship with Father God can become a prosperous journey, because God is the one who gives the power to have wealth (Deut. 8:18).

Seek God now by becoming familiar with who He is and who you are in Him. Father God loves you very much and created you because He wants to enjoy being with you. He wants to share with you the wonderful plans for your future! A plan that no one can fulfill but you! The things of this world that Satan has to offer will harm you! Satan doesn't want you to believe that God can use teenagers, but the Bible tells us of numerous teenagers that were used by God to impact His kingdom; and, even now in the 21 st Century Father God is still using youth around the world impacting His kingdom for good! You are very precious to God, stop allowing the enemy, Satan, to continue lying to you! God loves you as if you were His only child and He wants the best for you! Call on Him today, He is waiting for you—He knows what you need!

The Lord has appeared of old to me, saying: "Yes, I have **loved** you with an **everlasting love**; Therefore with lovingkindness I have drawn you. (Jeremiah 31:3)

HONEY & CINNAMON

Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what I rather call "crystallizing." When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its issue dated January 17,1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

WEIGHT LOSS:

Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack.

Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins

ARTHRITIS:

Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured.

According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH:

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS:

According to the studies done in India and Japan, it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM:

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION:

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

These are just a few remedies Honey & Cinnamon can be used for health wise, more next quarter.

Question For Thought:

What is the name given to Jesus most famous sermon?

Email your answers to: journeylife@verizon.net

God comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

Wisdom of God Ministries presents "PASS IT ON" Women's Conference

Friday September 5th @ 6:30 pm Saturday September 6th @ 9:30-2:30 pm

Serbian American Culture Center 1000 Colliers Way, Weirton WV 26062 Cost: \$35

For more information contact: Rev. Tracie Morelli @ 304 670-1461

DECK OF CARDS



Here is a new way to look at a deck of cards!!

It was quiet that day, the guns and the mortars, and land mines for some reason hadn't been heard. The young soldier knew it was Sunday, the holiest day of the week. As he was sitting there, he got out an old deck of cards and laid them out across his bunk. Just then an army sergeant came in and said, 'Why aren't you with the rest of the platoon?' The soldier replied, 'I thought I would stay behind and spend some time with the Lord.' The sergeant said, 'Looks to me like you're going to play cards.'

The soldier said, "No, sir. You see, since we are not allowed to have Bibles or other spiritual books in this country, I've decided to talk to the Lord by studying this deck of cards." The sergeant asked in disbelief, "How will you do that?" You see the Ace, Sergeant? It reminds me that there is only one God.

The Two represents the two parts of the Bible, Old and New Testaments. The Three represents the Father, Son, and the Holy Ghost. The Four stands for the Four Gospels: Matthew, Mark, Luke and John. The Five is for the five virgins there were ten but only five of them were glorified. The Six is for the six days it took God to create the Heavens and Earth. The Seven is for the day God rested after making His Creation. The Eight is for the family of Noah and his wife, their three sons and their wives -- the eight people God spared from the flood that destroyed the Earth. The Nine is for the lepers that Jesus cleansed of leprosy He cleansed ten, but nine never thanked Him. The Ten represents the Ten Commandments that God handed down to Moses on tablets made of stone.

The Jack is a reminder of Satan, one of God's first angels, but he got kicked out of heaven for his sly and wicked ways and is now the joker of eternal hell. The Queen stands for the Virgin Mary. The King stands for Jesus, for he is the King of all kings. When I count the dots on all the cards, I come up with 365 total, one for every day of the year. There are a total of 52 cards in a deck; each is a week - 52 weeks in a year. The four suits represent the four seasons: Spring, Summer, Fall and Winter. Each suit has thirteen cards -- there are exactly thirteen weeks in a quarter. So when I want to talk to God and thank Him, I just pull out this old deck of cards and they remind me of all that I have to be thankful for. The sergeant just stood there. After a minute, with tears in his eyes and pain in his heart, he said, "Soldier, can I borrow that deck of cards?"

Please let this be a reminder and take time to pray for all of our soldiers who are being sent away, putting their lives on the line fighting. Prayer for the Military.

INVEST IN PEOPLE-BECOME A JTL FINANCIAL PARTNER

	- Now is the time to take action - Journey Through Life Ministries needs your help! I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me. (Matthew 25:37)						
\square Yes! I want to be a partner and commit to a monthly amount of:							
□ \$5.00 □ \$10.00 □ \$20	0.00 🗆 \$30.00 🗆	\$40.00 🗆 \$50.00	□ Other				
or: \square Send a one-time gift of any amount.							
Ministries' Outreaches:							
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Youth Ministry Adult Ministry	Senior's Ministry	Prison Ministry	Biblical Counseling				
Youth Ministry Adult Ministry We at Journey Through life minis	-		_				
-	tries, thank you for hel	ping us to reach ou	neighbors in need.				
-	stries, thank you for hel	ping us to reach ou	neighbors in need.				
We at Journey Through life minis Send your tax deductible gift to:	Name:Address:	ping us to reach ou	neighbors in need.				
We at Journey Through life minis	Name:Address:	ping us to reach ou	neighbors in need.				

"Though wisdom a house is built, and by understanding it is established. By knowledge the rooms are filled with all precious and pleasant riches. " (Proverbs 24:3-4)

A GOOD RECIPE



Fold two hands together, And express a dash of sorrow.

Marinate it overnight,
And work on it tomorrow.

Chop one grudge in tiny pieces, Add several cups of love.

Dredge with a large sized smile, Mix with the ingredients above.

Dissolve the hate within you, By doing a good deed. Cut in and help your friend, If she should be in need.

Stir in laughter, love and kindness,

From the heart it has to come. Toss with genuine forgiveness, And give your friends some.

The amount of people served, Will depend on you.

It can serve the whole wide world.

If you really want it to!!!

Author Unknown

WOMEN OF THE BIBLE-MARY- REV. GEORGETTA HEAD



Mary, the mother of Jesus, lived in the town of Galilee. She was a virgin betrothed to a man named Joseph. Little is known of Mary, but, as one reads what Holy Spirit does tell us of her, along with Jewish history and Jewish culture, it will give us some understanding of Mary's nature, character, and life in Galilee.

Jewish girls generally married at a young age, as early as 12 years of age. She was raised in a family with modest means. Jewish culture tell us that girls were trained to manage a home, such as cooking, sewing, tending children, etc.

Along with domestic training Jewish girls were taught of God's ways and might, including the Mosaic law. From what we read of Mary's life and her response to

the angelic guest who visited her, she loved and respected God.

When Gabriel appeared before Mary, he greeted her with "Rejoice, highly favored one, the Lord is with you; blessed are you among women!" This greeting tells us that God was well pleased with Mary. And, because of that, God chose her, Mary, to carry the most precious life ever! You see Mary had a heart for the things of God! And, God takes notice of those who want to please Him. Mary was startled about the news that God had chosen her to be the Mother of God's only begotten Son! What an honor! Because she knew the Word and believed in the Word, she wasn't surprised at the coming of the Messiah! She was surprised, that she would have the honor of being His Moth-

According to Jewish culture, it was a crime to be pregnant before marriage. Women were stoned to death for this act of shame to the family name. Notice Mary's response to Gabriel was "behold the maidservant of the Lord! Let it be to me according to your word." As we examine her response, we will discover two very important messages here: 1) Mary calls herself "maidservant." In Hebrew culture that is referred to as a slave. Mary acknowledges God as Master of her

life; 2) Mary's act of faith! Without wavering, she is accepting the destiny God has for her life. Can you imagine the suffering Mary had to endure? Anger and disappointment from her family! Her finance, Joseph, who loved her dearly was hurt and disappointed! Just think about what she had to suffer in her small community—the gossip!

If you were Mary, what would have been your response? Would you doubt, or would you welcome the angel's news as a message from God? Would you trust in God to help you stand strong in your community?

I see Mary as a very courageous woman with great faith in a "big" God, a young woman with a "childlike faith," trusting in the promises of God for her life.

Today, if God asked you to do something out of the ordinary, something that would bring criticism from your family, friends or community, would you obey or would you question God? Mary's faith & obedience brought about the greatest treasure ever, Jesus Christ came into the world, through a virgin birth to pay a "great" price" to redeem mankind. This Easter and everyday, thank God for His wonderful gift of a Savior, who gave His life sacrificially for the entire world.

The Answer is Always in His Word

Adversity - "Tried & Tested" - REV. CHARLES HEAD

There are times in our life when adversity comes our way. Unfortunately, this is part of life and something we all have to deal with from time to time; and how we deal with adversity is a choice we all have to make. If we handle it the wrong way, it can cause more difficulty in our life.

Proverbs 24:10 tell us "if you faint in the day of adversity your strength is small." A mentor of mine, who is now gone to be with the Lord once said to me, "adversity is compared to a knife, if used correctly, with the handle, you can cut up vegetables, meat, fruit or whatever, but if you grab it by the blade the sharp blade will cut you and cause you to bleed." There is so much truth in that statement that is proven in our daily life. "Grabbing the blade" can cut us up with anger, bitterness, wrong thinking, unforgiveness, etc.

We are also tested and tried by our heavenly Father to see how we will handle adversity. Will we complain or will we seek Him for discernment and wisdom about our situation. So how do we handle adversity God's way? "Grab it by the handle" - seek God and talk to Him about your situation. Don't allow your circumstances to steal your joy, for the "joy of the Lord is your strength" (Neh. 8:10). Next, wait on God for an answer; and while waiting, keep a grateful heart for what you have and where God has brought you thus far.

There's an old song that says "Lord don't move the mountain, but give me the power to go through it." Remember God does not always move the obstacles and adversity from our path, but He gives us power to go through it, and as we go through it God's way, He will strengthen us, and as we are strengthened we can see Him more clearer. When this is done we will come out with a shout of victory and will be able to help our brother or sister when they are faced with adversity.

We may not understand the way we have to take on our journey, our road may be rough and our going tough, but when we hold onto God's unchanging hand, He will carry us through.

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

To:

Have a prayer request?

Log onto our website www.JourneyThroughLife.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.

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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