

Journey Through Life Ministries
Your Spiritual Newsletter

Heaven is Real



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

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

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



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

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

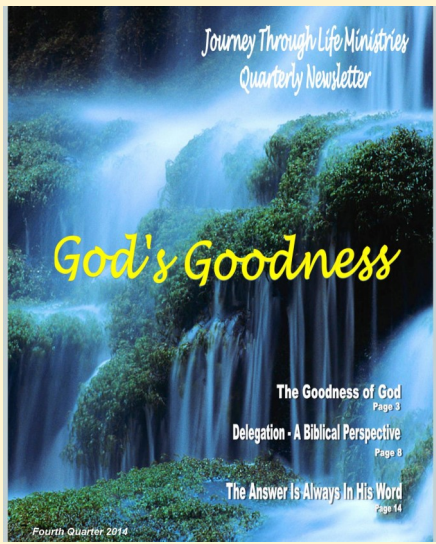
This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and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

Charles & Georgetta Head

We Would Love To Hear From You!

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

For Back Issues



Visit our website at:

www.journeythroughlifeministries.net/newsletters



Shoe Boxes for Seniors is an on-going program drive. You can send donations any time during the year for the **2016 Shoe Boxes for Seniors Program**. Checks or money orders can be mailed to:

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

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

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Heaven Is Real

And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation: neither shall they say, lo here! Or lo there! For, behold, the kingdom of God is within you. Luke 17:20-21

Not to long ago a group of teenagers were asked if they believed in heaven or hell, or God and satan. The answer to both questions was —“No, it is all fiction!” they stated. A former president of USA on his exit interview was asked if he believed the Bible to be true. He stated the “Bible made for good literary reading;” and, as astounding as it may seem, there are thousands of clergymen who do not believe in heaven or hell or the deity of Christ.

So the most natural question to them is, “why are you here? And, where or what is your hope in?”

The Bible references heaven and hell quite often and it also interchanges the “kingdom of God” with the “kingdom of heaven.” The Bible also describes to the reader rewards for being a believer, such as eternal life; living with Jesus Christ for eternity; seeing God; living in New Jerusalem; that believers have a place in heaven, etc. So let’s discover through the Word what Holy Spirit reveals to us about heaven and God, and hell and satan.

The first book of the Bible, Genesis 1:1 says: “*In the beginning God created the heaven and the earth.*” Isaiah 14:5-15 tells us that Lucifer/devil was created by God. The devil is also known as satan, the serpent, the man of sin, father of lies, the great deceiver, just to name a few. Because of his sin of pride and causing a revolt in heaven, he was kicked out of heaven. Isaiah goes on to say that Lucifer/devil is responsible for “*weakening the nations*” and for causing destruction and evil by deceiving the world.

In the four Gospels, we read the Pharisees demanding Jesus to tell them “*when will the kingdom of God come.*” If there is no such thing as heaven or God, then why was there a need to ask Jesus about the kingdom of God (Luke 17:20).

The entirety of the Bible is written by Holy Spirit telling the reader about a kingdom, a king, and His government. The kingdom of God is real and it is a physical kingdom in a form of a government with a King, a Son, and a host of heavenly beings as the Kings servants. The kingdom of God is about Jesus and His Kingdom!

The Kingdom of
God is about
Jesus and His
kingdom.

Heaven is Real

Rev. Georgetta Head

When God created Adam and Eve they physically walked, and they audibly talked with God. When they sinned, they died spiritually! As a result, their children, which includes us, lost the ability to have contact with God, as Adam and Eve did before the fall. Why? Because God is holy, and sin separates God from man.

To understand the kingdom of God (heaven) one must understand why God created mankind and what mankind's purpose is on earth. Out of love, God created man to have a relationship with Him. He created them male and female, blessed them and told them to replenish the earth. God's desire was to reproduce the kingdom of Heaven on earth (*"thy will be done on earth as in Heaven,"* Matthew 6:10). As stated, God's kingdom is a government with everyone having a position and an assignment.

God created them male & female after His image and gave them the position of dominion over all things, except their fellow man. He gave them dominion or authority on the earth (the right to govern or rule). God blessed them to be fruitful and to multiply (position & order). He gave man the assignment to subdue the earth (to bring under subjection; to cultivate the earth). Since the fall of Adam and Eve, man has been trying to live life separate from God, even pretending that heaven and hell and satan don't exist—wanting to do things their way using humanistic psychology as the method.

Unfortunately, there is a hell and it was originally created for Lucifer and his demons. But, since so

many humans have decided to follow satan, hell will be their fate also. The Bible records a lot about hell and how the wicked will perish into everlasting hell fire—and this is not fiction or symbolism it is a "fact." Holy Spirit describes hell with fire and gross darkness. Hell is a place of torture and torment where there will be weeping and gnashing of teeth! (Matt. 13:47-50).

Jesus' reply to the Pharisees was that *"the kingdom of God cometh not by observation, for the kingdom of God is within you"* (Luke 17:20-21). If you know Jesus Christ as Lord and Savior of your life, Holy Spirit comes and dwells within the believer. Holy Spirit gives the born again believer revelation and understanding about the kingdom of God. Hence, the kingdom of God can not be observed or described by the natural mind, only in the spiritual mind can one understand the kingdom of God—heaven. Satan knows this, so that is why he keeps the unbelieving sinner deceived with lies and deception about the kingdom of God. Satan hates God and His creation, so his purpose is to take as many to hell with him as he can.

So if there is no heaven, hell, or Jesus, why is man so bent on doing away with the name of Jesus and what He did on the Cross to redeem man back to God? If Jesus and heaven do not exist, then why does man want to destroy or rewrite the Bible? Is it because reading the Bible convicts them of their sin and unrighteousness. Choose Jesus for life eternally with Him! What do you have to lose?

Old Testament Survey - Habakkuk

Rev. Georgetta Head



Habakkuk was a contemporary of Nahum and Zephaniah and was a prophet during the reign of three kings: Josiah who was a godly king; and Jehoahaz and Jehoiakim who were ungodly kings. His name means “to embrace!” Habakkuk lived true to his name by availing himself before God on behalf of Judah.

The book of Habakkuk opens with him having seen sister Israel taken into captivity for the sins of idolatry and for shedding much innocent blood! He begins Chapter One by crying out to God asking Him how long will He (God) allow iniquity to continue in his beloved Judah?

Habakkuk loved his country Judah and was asking God why He was not putting a stop to all the violence and idolatry in Judah? Habakkuk’s cry to God reveals to the reader his sensitive heart toward the things of God and how much he hated seeing lawlessness and no one being punished. Innocent people were being threaten, exploited and destroyed for not following the evils dictates of the world (leaders). People had forsaken God and chose to walk away from Him and the goodness and protection He offered! The people sought and embraced evil doings and the practice of idolatry worship.

The Book of Habakkuk is a very interesting book in that it can be likened to much of what is happening in our world today. America, along with much of the world, have forsaken the living God and have chosen to worship idols made with their hands. American leaders are rewriting laws to exalt evil and people are blindly accepting these ungodly laws. What God calls an abomination in His Word, Americans, just as in Habakkuk’s time, are embracing these abominations as holy and mocking or persecuting anyone who doesn’t agree. Do you see this happening in our soci-

ety today! God values life, so our society kills innocent children in the womb. Our society places the value of an animal as more important than human life. Our society is redefining the family, i.e. marriage, calling traditional marriage ancient and embracing same sex marriage. Laws are being written to destroy the minds of our children through lack of good education and sexual perversion. These are the same issues Habakkuk was calling out to God about. *How long shall I cry, he asks!*

God answers Habakkuk in verses 5 & 6 of Chapter One. He tells Habakkuk to open his eyes and to look around, for He (God) is aware of what is happening and He is going to send punishment. God says “..for I will work a work in your days, which ye will not believe, though it be told you.” In verse 7 God reveals to Habakkuk the punishment, the Chaldeans are being raised up. This bitter and mean nation is going to take the land of Judah and Judah would go into captivity for forsaking the only true and living God!

This great nation, USA, was founded as “*One Nation under God, with liberty and justice for all*” and was once prosperous because our nation exalted and embraced the true and living God. Unfortunately, through the generations, many people and leaders have forsaken God. Some Church leaders are even refusing to preach the truth of the Gospel, denying the deity of Jesus and refusing to preach the importance of the Cross. We don’t want God in our schools, government, homes, workplace, etc. Will God send a cruel, mean nation like the Chaldeans to punish America? We need to wake up and repent of our evil doings. Will the remnant Saints pray for Americans to turn their hearts back to the true and living God—*for “blessed is the nation whose God is the Lord” (Psalm 33:12).*

Bible Facts

Elder Charles S. Head

Jesus told the two blind men who cried out to him for healing, that it was according to their faith that they were healed. (Matthew 9:27-31)

God worked so supernatural that even when three of His precious ones were thrown in the midst of a fiery furnace, they came out with no burns or even the smell of smoke (Daniel 3:19-20)

Jesus commanded His Disciples to wait in an upper room after His ascension because they would receive power from the Holy Spirit in order to be witnesses for the Gospel (Acts 1:4-9)

The children of Israel brought a willing offering unto the Lord for the building of the Tabernacle. (Exodus 35:29)

Jesus said we will all give an account to Him some day, whether good or bad, some to the Tree of Life and gates of Heaven, others to destruction. (Rev. 22:12-16)

When you say there is no God, His Word calls you a fool.
(Psalm 14:1-7)

In pleasing God, everything we do with our gifts should be motivated by love.
(1 Corinthians 13:1-13)

Book Review

Order your
copy of
the Bible
today!



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

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

**Available at any Christian Book Store.
Order your copy to today to learn the truth about salvation,
eternal life, real love, and how to live in this world.**

Ministry News

Rev. Georgetta Head

Designs By God



Upcoming Events

Men's Fellowship Breakfast May 14, 2016

King's — Harmarville, PA
10:30 to 12:30 p.m.

Daughter's of Wisdom and Virtue Fellowship Meeting

May 5th & June 2nd
7:00 to 8:30 p.m.

10529 Lindberg Drive
Penn Hills, Pa 15235

Discipleship Workshop August 20, 2016

10:00 to 3:00 p.m.
\$15.00 for supplies
10529 Lindberg Drive
Penn Hills, Pa 15235

Bible Study:

Weekly Bible Study is every Wednesday from 7:00 to 8:30 p.m. all are welcome to attend. We are currently studying the Books of First and Second Corinthians.

Shoe Boxes for Seniors Outreach:

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

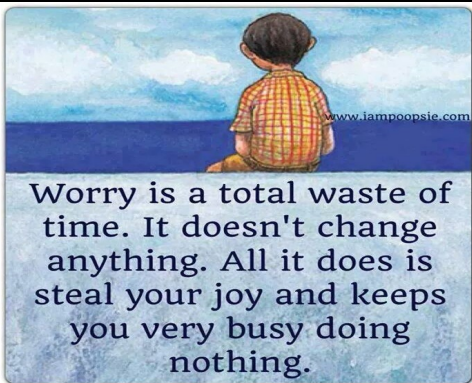
Daughters of Wisdom & Virtue:

Meetings are held the first Thursday of every month from 7:00 to 8:30 p.m. Having the mixed age groups have been very successful! The comments from all were: *"we enjoy the meetings because they are both personal and spiritual. The various ages gives us understanding of each other's generation, realizing our problems are similar, just different packaging with each being able to relate to one other and extend support and comfort."*

Workshops are currently in the area of Relationships with God and the Family. Next month the focus will be on the importance of Prayer and how it helps our relationship with God and others. All are welcome to attend. Call Rev. Georgetta at 412-731-3450 to confirm.

Discipleship Workshop:

Next workshop, August 20, 2016
Topic: *"The Believer's Authority"*



Worry is a total waste of time. It doesn't change anything. All it does is steal your joy and keeps you very busy doing nothing.



Rev. Georgetta Head

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

I was attending a meeting not too long ago for ministry, when the subject soon turned into concerns for the future. “*What will the future hold for the next generation*” became the topic of discussion. The concerns were: not being able to keep up with the high cost of living; high housing cost (rental and purchasing); high food cost; and the biggest concern was that of the high cost of college education. These concerns were valid, but no one could think of resolvable solutions.

When you look at the economy of our country today, the future doesn't look too good. In the 50's through the early 80's a person could graduate from high school and enter into the workforce with the idea of retiring from the company where they began employment. That prospect no longer exists, opportunities our generation once had no longer exists for the youth of today!

Jobs with a future have been taken away from the next generations because the majority of America's industry is being manufactured in foreign countries. Thousands of teens graduate each year only to find minimum wage employment. With cost of living so high, a person can't afford housing and other necessities, such as food with a minimum wage salary.

It was further stated at the meeting that youth are encouraged to attend college in order to obtain a better job. While that's a great idea, unfortunately most can't afford the cost of higher education or some students are not college material. Those that do attend college are then burdened with large student loans upon graduation. Those

that don't attend college have to work two or three minimum wage jobs just to make ends meet.

As the discussion continued, I listened as a couple attendees at the meeting discussed their college loans. One attendee had student loans totaling over \$100,000. She said she will go to her grave owing Uncle Sam—how sad! Others who had student loans said, “*it was a great opportunity at the time, but now they feel as if they have a monkey on their back struggling to repay these loans.*” One attendee said she read an article that the majority of college graduates very rarely get jobs in the major they student for who they can't get jobs at all.

So the question still remains, what will the future hold for the next generation? The answer: *if you know Jesus Christ as your Lord and Savior, then your answers can be found with the Most High God, your future is with Him.* Deuteronomy 28:1-14 and Matthew 6:25-30 gives us the principles for living in financial freedom and without fear of the future. These scriptures tell us that if we are obedient to God, He will bless our employment; our children; help us to start our own business; He will chase away our enemies; everything we put our hands to He will bless; in other words, He will take care of ALL our needs, which include housing, food, and clothing. If you haven't already, I encourage you to put your trust in God, He will never leave you nor forsake you. He says He will supply all your needs according to His riches in glory by Christ Jesus (Phil. 4:19).



A Journey With Wisdom

Rev. Georgetta Head

Seek ye first the kingdom of God and His righteousness, and all things will be added. Matthew 6:33

Matthew 6:33 is a very familiar scripture quoted quite often by Christians, but unfortunately, very few truly understand what it means. If Believers really understood the importance of seeking the kingdom of God and the blessings received by those who, by faith, discovered the truth of this scripture, then less Christians would be living defeated lives. In Matthew 6:32, Jesus was rebuking believers for thinking and worrying like the world. He told them “*don’t do as the Gentiles!*” but to *seek ye first the kingdom of God and His righteousness, and all things will be added.*” In other words, don’t put your trust in this world but in the kingdom of God, which will supply all your needs.

When a sinner accepts Jesus as Lord and Savior, for what He did on the Cross by shedding His precious blood, he/she is transferred from the kingdom of darkness (satan) to the kingdom of light (God). This places them under the “blood covenant.” With this blood covenant we are given authority, and many promises, benefits, protection, and provision. What Holy Spirits is telling us in Matthew 6:33 is that God established two priorities for the Believer: “*to seek the kingdom of God*” and to “*seek His righteousness.*” So, seeking the kingdom of God should be the Believers top priority before anything else. Second we are to seek His righteousness, which means to be in alignment with authority or to have a right relationship with authority (God). All this means is that we are to put our trust in God by believing in the kingdom of God and having a relationship with Him—through His Son Jesus.

God’s kingdom is a real physical kingdom residing in heaven. His kingdom is a government consisting of a host of angels serving for Him and ministering to His children. In the kingdom of God we can personally communicate with God through prayer for our needs or in times of trouble. 1 Corinthians 4:2 tells us that the kingdom of God is in power! So, we can call on God 24/7 for help! Remember though, for us to receive the benefits from all the things God offer, we must be under the “blood covenant.”

The benefit of seeking the kingdom of God is that He will fight our battles! All we have to do is stay under the covering. He will supply all our needs (Phil. 4:19). God’s kingdom provides us with protection (Psalm 27:1). Seeking the kingdom of God gives us hope of eternal life. The kingdom of God gives us strength! When we are weak, He becomes strong for us! One of the greatest benefits of the kingdom of God is His Grace! God gives to His children undeserved favor! God loves His children and wants the very best for them. Unfortunately, many Believers and unbelievers are still struggling in the area of love— “*how could a Holy God love me!*” I would like to say, He created you and knows you and there is no sin that God will not forgive.

If you are reading this and don’t know Jesus as your Lord and Savior, it’s not too late to ask Him into your life, read the Sinner’s Prayer on Page 20! If you are struggling with doubts about God’s love and goodness ask God to manifest His love to you, He will assure you of His love, you are very special to Him.

If you already know God as a “born again believer,” and living a life of lack and defeat, seek the kingdom of God for your victories and not the solutions of this world. The kingdom of God has more to offer you than anything found in this world materialistically or with human psychology. Remember, God says “His ways are not our ways, and His thoughts are not our thoughts!” God can do the impossible—He can **ADD ALL THINGS!**

Men On A Journey

"Temptation"

Elder Charles S. Head

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

We are all tempted some time or another, whether it be cheating on our taxes, losing our temper, hanging out with wrong influences, sexual sins and many others. When we come to a crossroad, we have to make a decision to do the right thing or the wrong thing, to walk away from our temptation or to yield to it.

So you ask, how are we tempted? James 1:13-15 gives the answer: *"Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."* Our victory comes when we have endured temptation, after we have passed the test. It is not a sin to

be tempted, the sin comes when we yield to it. God has provided us a way to resist temptation and to continue to endure in His Word.

When we yield and allow a continuous thought to remain in our mind it does not take long to become a stronghold. That is why it is called "death," it is a spiritual death (James 1:15). For those of us who are born again Christians the promise of our Helper is available. Jesus promised us before He left this earth that the Holy Spirit would help us with our temptations only if we obey Him (John 14:15-17). We must always acknowledge God in whatever state we are in. He has the solution to any problem that may occur on our journey with Him. It is up to us to apply His principles to our daily lives, that's why we are instructed in Ephesians 6:10-17 to put on the "whole armor of God."

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

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Journey Through "The Reality" of Life "Forsaking Evil"

Rev. Georgetta Head



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

What is the cause of evil and why is there so much evil in this world? The answer to these questions are found in John 10:10. Jesus tells us that the thief (satan) comes to steal, kill, and to destroy believers and unbelievers. Satan has no favorites, nor delights in doing good. He will use anyone or anything to destroy human life. Satan especially loves to use people against each other to cause division with the ultimate goal of killing one's dreams, finances, relationships, employment, marriages, etc.

We see evils occurring in the world today in major proportions through leadership within the government, the church, school, home, and workplace. The world doesn't want to live life with godly principles! Holy Spirit tells us via the Bible that the world thinks God doesn't see their evils and that they will not be punished, but Psalm 9:17 tells us differently, *"the wicked shall be turned into hell, and all the nations that forget God."*

The leaders of the world, through their pride, will not seek after God because of greed, covetousness, and an ungodly desire to control others (Psalm 10:3-4). So they busy themselves changing "godly laws" to accommodate their wickedness. The Bible says murder is a sin and life is precious to him; but lawmakers decide murdering babies in the womb is permitted, and actually a good thing, because it has become profitable for the economy and women have a right over their body, they say. They justify the murdering of unborn babies by calling it a "blob." An unborn child is not a bubble or liquid, having no distinct form. Psalm 139 says from the time of conception an unborn baby is a child with life.

God says fornication is a sin, yet we have lawmakers encouraging children to have sexual intimacy outside

the bonds of marriage by passing out free birth control pills and condoms in the schools. Children are further encouraged to not define their identity by their sex gender, thereby experimenting with same sex partners. Laws have been written permitting same sex marriage, but God says marriage is between a man and a woman and fornication is a sin.

Changing laws does not override God's moral laws. Man's immoral laws will, if one chooses to follow them, will bring death. Yet there are many church leaders winking at sin and influencing their congregations to do the same by not taking a stand on sin and by not preaching the truth of God's word. In Matthew 23:13 Jesus rebukes the scribes and Pharisees for making laws that *"shut up the kingdom of heaven against men: for you neither go in yourselves, neither suffer you them that entering to go in."* I encourage you to take Jesus' advice and not do what the scribes and Pharisees do (Matt. 23:1-13), for it is better to obey God, than man!

God's word instructs individuals how to live victoriously in this world. Compromising by imitating man's ungodly laws, which are evil, will bring nothing but destruction to your life, and possibly others.

A "follower" will always follow the masses, which is the wide road. A person who obeys the commandments of God knows God and will not follow the masses, but will seek God's wisdom in questionable situations as to what to do and how to respond—this is the narrow road.

God is a holy God and He calls His people to be holy. So let's do what Proverbs 3:7 tells us *"be not wise in our own eyes, but to fear God and forsake evil."*

Annual Tea Party & Awards Celebration



The "6th Annual Tea Party & Fruit of the Spirit Awards Luncheon" was held on April 9, 2016, at the Comfort Inn, Penn Hills. Thanks to the Worship Team of Rev. Lloyd Massie and wife Tanie Massie, for leading us in anointed music magnifying the Lord in praise and worship.

Four awardees were presented a Crystal Cross and Certificate of Appreciation for sacrificing their love, time and energy for the work of the Lord.

Congratulations to Awardees Shirlene Wilson; Geraldine Hickman; Jacqueline Robinson; and Melony Barham.





Women of The Bible



*The Virtuous
Woman -
Proverbs 31*

Rev. Georgetta Head

Faith In God

Proverbs 31:17; 26 "She girds herself with strength and makes her arms strong;....She opens her mouth in wisdom, and the teaching of kindness is on her tongue."

Historically, and even in some countries today, women were considered second class citizens without any rights. Men didn't see much value in women! But fortunately, we have a just and loving God who created women with rights and equality. It's the sin of man that distorted his vision and understanding about women!

When Holy Spirit had the recorder record Proverbs 31, he was revealing to the reader that women have great value in the eyes of God. Holy Spirit begins the description of the "Virtuous Women" by calling her "*an excellent wife!*" He then begins to list her godly character, her gifts, and the source from where she receives her gifts and praise.

We learn from Proverbs 31 that the Virtuous Woman began her ministry at home. Holy Spirit speaks of her godly character by calling her an "excellent wife" with her worth treasured far above jewels. What praise from Holy Spirit! She was not lazy nor a busybody! The Virtuous Woman's home was her priority, making sure the needs of her family and servants were met, putting her needs last.

Holy Spirit continues by revealing to the reader that the Virtuous Woman was also a wise steward over what God blessed her with. She took her investments and became a successful business woman! She then used profits from her business ventures to help the poor and the needy with food and then taught them the wisdom of God's word as lead by Holy Spirit (v.26).

Verses 17 and 25 reveals the source of the Virtuous Woman's success and praise. She looked to God for strength, wisdom, help, and guidance. Verse 17 says "*she girds herself with strength and makes her arms strong*" and verse 25 says "*strength and dignity are her clothing, and she smiles at the future.*" The Virtuous Woman wasn't afraid of the future or anything else, because her faith and trust was rooted in God. She knew she was a first class citizen in the Kingdom of God! She knew God loved her and watched over all that she put her hand to do. God prospered her because of her faith and trust in Him! What is your faith in? The Kingdom of God, or the kingdom of this world?

Proverbs 31 is a great lesson for both men and women who want to know how to live a victorious and prosperous life on planet earth. Faith and trust in God is the only way, any other way is sinking sand. "*A woman that feareth the Lord, she shall be praised!*" (Proverbs 31:30).

The Answer is Always in His Word

ELDER CHARLES HEAD

"JESUS IS OUR BURDEN BEARER"

We have all come to a point in our life that we use the phrase "I can't take it any more." It's during those times that we have come to the end of our road, we may be stressed, frustrated, discouraged, disappointed or even heartbroken. We may even be burdened down with sin and guilt and not knowing where to turn. Where, who or what do we turn to that we think will lift our burdens? Many of us will get depressed and shut down. Others will turn to drugs, alcohol or even people and yet come up empty. We all came from one manufacturer—God. He put us all together and knows how we function, what it takes to heal us when we are broken and what it takes to put us back on track when we have been sidetracked or derailed.

God left us with the solution to our problems and it can be found in His Word. Unfortunately, most of us turn to every thing but God and His Word or we may even give Him our left overs. There are others who have been known to put God on probation or on a time limit, and when the time is up they use the excuse—"I've tried God but it didn't work."

Because of the prisons we have found ourselves of being bound with burdens we can't carry, God sent His only Son, Jesus, to bear our burdens. The invitation for all of us is found in Matthew 11:28-30, *"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."*

We no longer have to attempt to carry our burdens and buckle under pressure in the process. Give it all to Jesus, He loves us so much that He gave His life on the Cross so that when we give our burdens to Him we are free because He already paid the price for us.

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

There's still room at the Cross

*He shed His
Blood for you!*

-The Cross-

The only answer to man's dilemmas! 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!

Is Heaven Real?

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

Angels
 Book of Life
 Candlesticks
 Clouds
 Crowns
 Crystal
 Elders
 Eternity
 Gods Glory
 Highway
 Holy Spirit
 Jesus
 Jewels
 Light
 Mansions

Mercy Seat
 Multicolors
 Music
 New Jerusalem
 Paradise
 Pearly Gates
 Pillars
 Saved Souls
 Stairway
 Streets of Gold
 Throne of Grace
 Trumpets
 Worship





Health Tips

Tips for Healthy Living

Healthy Living

Rev. Georgetta Head

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

Eating healthy can be very expensive and challenging, but if we plan wisely and don't become discouraged, the benefits of eating and drinking healthy gives us a better quality of life, not to mention a longer life.

God created all fruits, vegetables, nuts, and grains for health and healing of our bodies. Numerous literature has been written by health experts and doctors to aid us in living a healthy lifestyle, so we are without excuse.

Today let's explore what "oats" can do for the body. Oats are not only tasty and economical but has a good

source of nutrients and phytochemicals. If you have high blood pressure or high cholesterol levels, then "oats" are for you. Oats have beneficial effects on cholesterol, blood pressure, blood sugar, and gastrointestinal health.

Oat brain is high in beta-glucan, a soluble fiber, that can help lower blood cholesterol levels, thus possibly reducing the risk of heart attacks. For example, eating one cup of cooked oats (not instant oatmeal) can reduce blood cholesterol by 5% and lowers heart attack by 10%.

Oats also have been shown to reduce both blood sugar and insulin levels, an important asset in controlling diabetes.

Oats contain polyphenols and saponins, powerful antioxidants with disease-fighting properties. Because of these antioxidants, oats can aid in weight loss because it has a high satiety value, meaning they take a long time to digest and, therefore, keeps you feeling full longer. So instead of eggs and bacon for breakfast, try a bowl of oatmeal, The benefits are far greater. *Research information from Reader's Digest, Foods that Harm/ Foods that Heal.*

Upcoming Events

Wednesday Night Bible Study

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

All invited to attend

Daughter's of Wisdom & Virtue

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

All invited to attend

Men On A Journey

Monthly Fellowship Breakfast Meeting
May 14, 2016

"All are welcome to attend"

Kings Restaurant
Harmarville, PA

Discipleship Workshop

August 20, 2016
10529 Lindberg Drive
Penn Hills, PA
10:00 to 3:30 p.m.

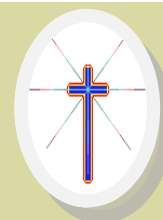
Cost: 15.00



To:

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

"do you know that God loves you?"



"do you know that God forgives?"

You can make a difference!
Even the smallest donations,
helps us to reach others
with life-changing
wisdom of the Bible

*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
Your donation is tax deductible*

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.