

Journey Through Life Ministries Your Spiritual Newsletter

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Journey Through Life Ministries, Inc.

P.O. Box 17968

Pittsburgh, PA 15235

Phone: 412-731-3450

Email: journeylife@verizon.net

Website: www.journeythroughlifeministries.net

Elder Charles Head, President

Rev. Georgetta Head, Vice President

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

Contributors:

Elder Charles S. Head

Rev. Georgetta Head

All articles edited by:

Elder Charles S. Head

Rev. Georgetta Head

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

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

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



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

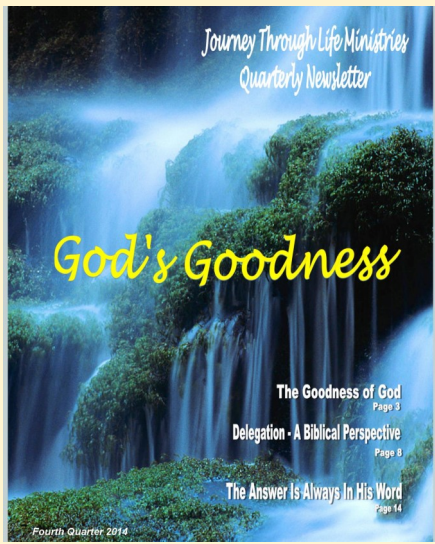
Our goal is to fulfill the great commission Jesus commanded in Matthew 28:16-20 to "...go and make disciples of all...."

This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and discipleship workshops. All of these programs are created to help individuals to discover the "love" of God and who they are in Christ. And, finally these programs will help individuals to learn the "freedom" they have in Christ Jesus as they become "free" spiritually enabling them to live their lives 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 **2017 Shoe Boxes for Seniors Program**. Checks or money orders can be mailed to:

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

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

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Visit JTLM's Blogger site for Ministry News and Updates



<http://journeythroughlifeministries.blogspot.com/>

Peace in Your Storms

“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: but rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy.” 1 Peter 4:12-13

“ I am so tired of struggling! Ever since I became a believer I seem to have problems after problems,” Emily shared with her Christian friend, Susie. “When God saved me, she continued, every thing was so perfect, I was on top of the world, everything was going so smoothly.” Now, I don’t know, I’m having second thoughts.” Emily was going through what theologians call “a mountain top experience.” Unfortunately, we don’t stay on the mountain top!

What Emily is experiencing is no different than what king David experienced in his walk with God. God anointed David to become the next king of Israel. Just imagine, 17 years old and God selects you to become leader of His chosen people! What a mountain top experience! David then went on to kill Israel’s biggest enemy—Goliath. He was then chosen to play music for king Saul (who he was going to replace). David was still experiencing those “mountain top experiences” with God, when one day it all seemed to come to a halt when king Saul became jealous of him. King Saul’s jealousy pulled David from his mountain top experience with a crash, and put him on the run for his life for many years.

When we come into the Kingdom of God, we are “*new babes*” in Christ enjoying our new relationship with the Father. Unfortunately, we have an enemy who hates believers enjoying a relationship with God and desires to destroy us, especially our relationship with Father God. Satan, the enemy of our soul, desires to keep us from walking into the destiny God has planned for us. When temptation or trials, which I call storms, come our way, our first response is to blame God or to attack others! But God tells us in First Peter 4:12-13 that we will have fiery trials and to not think it a strange thing. Instead of complaining and grumbling, we are “to rejoice” in that we are partakers of Christ’s suffering. Friends, God allows these trials and temptations! We are told in Romans 5:3-5 “*tribulation worketh patience; and patience, experience; and experience, hope: and hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.*” In other words, rejoice because these trials and temptations are meant to develop our character and to transform us from the elements and emptiness of this world into “*the mind of Christ*” with His love in our hearts.

When trials come our way know that God wants us to learn patience. Learning this valuable lesson will develop patience within us to endure future trials knowing, that as we trust in Father God, we will experience victories that will mature us. This maturity will grow true hope within our hearts knowing and believing our only hope is found in God alone who is the only one who can and will fight our battles.

When we come into the Kingdom of God, we are “new babes” in Christ enjoying our new relationship with Father God.



Peace In Your Storms

(cont'd)

Rev. Georgetta Head

God loves us very much and doesn't want us to be fearful of anything or anyone; and the best way to learn this valuable truth is to *"go through something."* First Corinthians 10:13 tells us that God promises believers that *there isn't a trial we may go through that He doesn't have a way of escape.* He will be our "peace in our storms!"

God allowed David to suffer through trials to mature him for the destiny planned for him. David was destined to become the next king over Israel! David didn't understand these trials at first, but as we read the Psalms written by David, you will read him pouring out his heart to God. In Psalm 18:17 David is praising God for delivering him from *"his strong enemy and from them which hate him."* And by the time we get to Psalm 40 David is testifying *"I waited patiently for the Lord and He heard my cry."* David learned the secret! When going through trials of any kind, seek God and wait patiently for His help and deliverance. *He is our "peace in the mist of any storm."* Like David, we need to learn to seek God's help and deliverance. He already has a plan of escape for us to walk in victory!

As kingdom children, we need to be knowledgeable about spiritual warfare and how to respond when trials come our way. Friends, people are not our problem or enemies. Satan and his demons are our enemies using our family, friends, co-workers, situations, illness, etc., against us in an attempt to destroy our testimony and our walk with Father God. Don't be deceived! When going through trials, especially ones dealing with people, read Ephesians 6:12 that *"we wrestle (fight) not with flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."* The demonic world is our enemy, not people. How do we fight these enemies! Not in the flesh, but in the spirit! Jesus has given us all authority

to trample upon serpents and scorpions, which are satan and his demons.

First, we have to do like David! Encourage ourselves in the Lord by seeking His wisdom, and then "wait" on Him. He will answer us and then deliver us from the problem or situation with His plan of escape.

Second, these trials from satan are nothing more than distractions aimed at getting us to doubt God and His faithfulness to help us. Trust God! He is our peace!

Third, God is not the author of confusion! God is a God of peace and promises peace to all His children. God tells us to not let anyone steal our peace. Jesus told the disciples in Matthew 10:13 *"and if the house be worthy, let your peace come upon it, but if it be not worthy, let your peace return to you."* Don't let satan take away your peace. Tell that storm—"peace be still."

Fourth, we have authority from God to rebuke satan in the name of Jesus. How do we do this? By speaking the **Word of God** over our storms, which are trials in the form of illness, offenses, situations, circumstances, whatever the cause of distraction in our life, speak to it *"be still"* in the *"name of Jesus."* The Word of God is our most powerful weapon. God calls the Word *"a sword"* and we all know what a sword does when used! So, use the *"sword of the Word"* to cut up our enemy—Jesus did! He said *"It is written satan!"*

Let's follow David's example, and encourage ourselves in God, He will rescue us and guide us into our destiny. Father God has great plans for you! Wait patiently on Him, He will never fail you nor forsake you - you are precious to Him!



Rev. Georgetta Head

The Prophet Hosea

Israel, God's bride, had forsaken Him and had given herself to the worship of other gods. God called Hosea His Priest and Prophet to minister to this Northern Kingdom. Hosea ministered from 760 B.C. to 720 B.C. Israel was a prosperous nation, but had a total disregard for God. Hosea saw their sins and was sent by God to warn them of imminent judgment.

God often asked His prophets to use extreme measures to make sure His messages were understood. In Hosea's case, he was called of God to confront Israel as a spiritually unfaithful bride. His assignment was to marry a "woman of whoredoms" and to have children with her (Hosea 1:2). This extreme assignment was something unheard of in Israel. According to Levitical Law, a priest was prohibited from marrying a woman of whoredoms, he was to marry a "virgin woman" only (Leviticus 21:14). This assignment from God was, designed to send a message to Israel, to communicate His heart through Hosea marrying an unfaithful harlot to contrast Israel's unfaithfulness to Him.

Hosea married a harlot by the name of Gomer and she was an unfaithful wife. They had several children. Hosea named each child with a name that sent a dual message to unfaithful Israel; a message of Him rejecting them because of their unfaithfulness, and also a message of hope for their future. Their first born was a son and they named him Jezreel, which means "God will sow" or "God will scatter." The second child was a girl name Lo-ruhamah, meaning "unpitied," symbolizing the plight of Israel. The third

child was a son named Lo-ammi, which means "not my people," symbolizing the rejection of Israel.

Unfortunately Israel's wealth gave them a false sense of security, making them think they had all they needed and that they didn't need God. They were chasing after idols made by works of their hands! God through Hosea, repeatedly called them to repentance, and they would not repent! This reads similar to what is happening in the world today. Individuals and countries rejecting God and His goodness, attributing everything to self-creation and self-sufficiency. Just like Israel, the world has lost its way by using gods made with their own minds and hands. As God used Hosea to prophecy a dual message to Israel of rejection and hope, God offers the same to the world today. A message of rejection or hope (**Grace!**)

God sent His only begotten Son to die on a Cross to redeem the lost. His blood was shed to atone for sin; my sins, your sins, and sins of the world. Jesus is Israel's hope and He is the world's hope! He is **GRACE!** He offers forgiveness of sin to all that call unto Him. Revelations 3:20 reads "Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come into him, and will sup with him, and he with me." And John 14:6, He says "I am the way, the truth, and the life: no man cometh unto the Father, but by me." Do you want eternal life? Come to **Grace** today, Jesus is waiting! There isn't a sin He will not forgive. He loves the sinner, but Jesus will not force anyone! The decision is yours to make! Don't reject Jesus another day! Put away those idols of materialism, self, job, etc., they will not take you to heaven—Jesus is the way! Open your heart to Him!

Bible Facts

Elder Charles S. Head

The longest chapter in the Bible is Psalm 119 with 176 verses. The shortest chapter is Psalm 117 with only 2 verses.

King Og of Bashan was the last survivor of the giant Rephaites. His bed was made of iron and more than 13 feet long and 6 feet wide (Deuteronomy 3:11).

Nations that forget God will be turned into a living hell, a place of torment (Psalm 9:17).

Jesus' friends thought He was insane, they tried to quiet Him from preaching (Mark 3:21).

The burning of occult books in "the Book of Acts" was an action taken in order to denounce the practice of the occult, the results were changed lives along with God's Word growing and transforming lives (Acts 19:19-20)

Gideon had 71 sons (Judges 8:30-31). One of his sons, Abimilech, later killed 69 of the them (Judges 9:5-6).

God rained down large stones from heaven on some of Israel's enemies (Joshua 10:11).

Book Review

**Order your
copy of
the Bible
today!**



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.

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

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

Ministry News

Rev. Georgetta Head

Designs By God



Upcoming Events

Men's Fellowship Meeting

May 20, 2017

(Every Third Saturday)

Journey Through Life Ministries

Teaching Facility

10:00 to 12:00 p.m.

Discipleship Workshop

May 2 thru May 25, 2017

August 12 & 26, 2017

Sept. 9 & 30, 2017

Visit Website for details

Workshop location

JTLM Teaching Facility:

10529 Lindberg Drive

Penn Hills, Pa 15235

To Register call: 412-731-3450

Bible Study:

Weekly Bible Study is every Wednesday from 7:00 to 8:30 p.m. all are welcome to attend.

Shoe Boxes for Seniors Outreach:

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

Kingdom Builder's Workshop:

Kingdom Builder's Spring Workshops is offering three (3) different workshops to choose from—you can select one (1) or all three (3) listed below:

- Foundational Truths of the Word & The Believers Authority
- Meanings of Biblical Symbols and Types
- What is the Kingdom of God

These workshops will begin May 2, 2017. If you are interested in growing in your relationship with God; Desiring to understand the Bible; Interested in understanding your position as a Believer; or Interested in understanding Bible principles, statues, commandments, and precepts, then these workshops are for you.

Anyone interested in attending any of Journey Through Life Ministries Workshop can contact Elder Charles or Rev. Georgetta Head at 412-731-3450 or email your inquiry to journeylife@verizon.net or visit website's Event page for more information:

www.JourneyThroughLifeMinistries.net





The following question was asked: “*shouldn’t money be a main priority in an individual’s life? After all, people can’t live without money!*”

Answer: No! Money is not to be man’s main priority in life! Money is an object without power! Money can’t buy happiness, good health and it can’t buy eternal life. We are told in the Bible, that the “love of money” is what makes men think money is the main priority for living. Friends, material possessions including food will perish, but if man makes his main priority Matthew 6:33 he will find joy, peace and all he needs that pertains to living on earth. “*Seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you*” (Matt. 6:33). Money is a tool used to exchange for services or goods!

Man’s success is depended upon God! The patriarchs and the prophets learned the principal source of their provisions. Abraham, lived in a desert, but because he put his trust in God, seeking a kingdom made without hands and seeking the righteousness of God, God ordered his steps and Abraham became a very wealthy man living in the desert. God tells Abraham in Genesis 15:1 “***I Am your shield and exceeding great reward.***” Claim this scripture for your life and circumstance—allow God to be your shield and great reward!

Joseph, sold into slavery by his brothers, put his trust in God and he became second in command in Egypt. Should I mention, wealthy, second in command!

King Solomon sought God! When God asked Solomon what he desired, he asked God for wisdom! Because didn’t ask for money or wealth, God not only gave him wisdom, but wealth untold.

God is a benevolent God that delights in doing good for His children. When we seek God’s kingdom and righteousness (salvation) along with Proverbs 3:5-6 as our faith builder, He will take care of all our needs. What does the last sentence tell us in Matthew 6:33—“*and all these things shall be added unto you.*” God will take care of your needs and bless you with your wants, as long as your wants line up with His will for your life.

Don’t be deceived by satan thinking money is the main priority, especially in a Believer’s life. God says “*if he clothed the grass of the field, which to day is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?*” (Matthew 6:30). And First Chronicles 29:12 reads “*both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all.*” We can live without money, but we can’t live without God. It is God who has the power to bless. Do you want all your needs met financially? Are in you need of a job? Need money for higher education? Seek the “kingdom of God and His righteousness” (salvation) and He will add all things!” ***By Faith—Trust in the Gifter of Gifts — Our Creator!***

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

Rev. Georgetta Head

"Stuck in Gear"

"Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert." Isaiah 43:18-19

Harry had just gotten off work and sitting in his car in the parking lot reminiscing in the past. He was thinking how much his life changed since becoming a "born again" Christian. His pastor told him the other night, "life could be even more enjoyable if he would forgive people from his past." Harry started his car and tried to put the gear into "drive," but it wouldn't move. The gear was stuck in park! He was unable to shift the gears!

Harry began to laugh, this mechanical incident with his car made him realize, "he too was stuck in gear!" Just like his car he was unable to move from the past (**Park**) into "drive" which would take him "forward to his destination." What a life lesson! Harry looked at the gear shaft and realized his life was similar to the gear options: **Park** for living in the past; **Reverse** for returning to former habits; **Neutral** for resting in God; and **Drive** for forward with a future of hope. Many Christians are like Harry "stuck in gear" living in the past not realizing a future lies ahead in which they can **Drive** toward leaving the past behind.

Quite often when we become discouraged, we think about shifting into **Reverse**, wanting to "return" to old habits or ways. Don't shift into **Reverse**, that's temptation from satan wanting to destroy our testimony; or we want to linger in **Park** living in the past holding onto unforgiveness, hurt, or pain from the past. Unfortunately when we shift into **Reverse** or linger in **Park**, no one remains hurt except you, the person carrying the past like a heavy piece of luggage. When discouragement attacks, shift into **Neutral**, resting in the **secret place of God (Psalm 91)**. God will minister to our spirits and uplift us with comfort. He will then give us His wisdom when to move from **Neutral** to **Drive**.

Friends, are you, like Harry "stuck in gear?" God knows the hurts and pains you have suffered through! He doesn't over look them, He wants to heal you so you can live a life in the "fullness of His joy." Jesus Christ died on the Cross for "all" of your past hurts and pains." On the Cross, He became the "burden carrier" for you and all who will surrender their burdens to Him. He wants you to be "free" of the past so that He can do a "new thing in you!" What is that new thing? Living in the fullness and goodness of the joy of Father God—the abundant life! He's calling you today "*Come unto me, all ye that labour and are heavy laden, and I will give you rest*" (Matthew 11:28). He's calling you into **Neutral** to rest with Him before you **Drive** to your destination! While resting in Him, tell Him your burdens. Do as King David, cry unto the Lord who will hear you and will delight in healing you from "all" your burdens: "*O Lord my God, I cried unto thee, and thou hast healed me*" (Psalms 30:2). Father God is waiting for you! Call unto Him today!

Men On A Journey

"How To Strengthen Our Lives"

Elder Charles S. Head

Walking with God requires us to keep ourselves in tune with God. There are some things that we can do in order to give us strength and also help us to grow and learn more about God's character. There are others that we can add, but I find the following six principles as a good basic and foundational truths to help us:

We need to learn:

1) To trust in the Lord and not to depend on either man or self. Allow God to direct your ways. (Proverbs 3:5-6).

2) To walk in a "continued prayer life." The Lord does not just want us to exist, He wants us to communicate and listen to His heartbeat (James 5:13-16).

3) To find God's will for your life. How? God's will for our life is always found in "His Word", but we must read and study His Word along with seeking Him, then we will know more about God's will for everyday living. Psalm 32:8 reads: "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with my eye."

4) To develop a discerning spirit. If there has ever been a time we need discernment, it is now. Why? Because satan has planted many of his agents with assignments to tempt us to believe "false lies," rather than know the "real truth" (1 Corinthians 2:14-16).

5) To recognize when God is correcting you. It is very important that we know when God is correcting us. If not, it could slow down our spiritual maturity (Proverbs 3:11-12).

6) To know God as our best friend. We must recognize God as our best friend, not our enemy or a dictator. The Lord corrects us because He loves us as a Father and friend knowing what is best for his children (Proverb 18:24).

The Lord knows our past, present, and future. He can spare us much harm if we obey Him. All of these six subjects mentioned can become a great value to us, if we will not just read them and think about them, but rather apply them to our lives.

Acknowledge God

In all your ways and

He will direct your path.

Prov. 3:5-6

32 The Prophet Hosea

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

ADULTERY
CHILDREN
DESERT
GOMER
HOSEA

HUSBAND
ISRAEL
JEZREEL
LO-AMNI
LO-RUHAMA

MARRIAGE
PROPHET
PUNISHMENT
WHIRLWIND
WIFE



The Maker of all human beings is recalling all units manufactured, regardless of make or year, due to a serious defect in the primary and central component of the heart.

This is due to a malfunction in the original prototype units' code named Adam and Eve, resulting in the reproduction of the same defect in all subsequent units. This defect has been technically termed "Subsequential Internal Non-Morality," or more commonly known as **SIN**, as it is primarily expressed.

Some other symptoms include:

- Loss of Direction
- Foul Vocal Emissions
- Amnesia of Origin
- Lack of Peace and Joy
- Selfish or Violent Behavior
- Depression or Confusion in the Mental Component
- Fearfulness
- Idolatry and Rebellion

The Manufacturer, who is neither liable nor at fault for this defect, is providing factory authorized repair and service free of charge to correct this **SIN** defect. The Repair Technician, Jesus, has most generously offered to bear the entire burden of the staggering cost of these repairs. There is no additional fee required. The number to call for repair in all areas is: **P-R-A-Y-E-R**.

Once connected, please upload your burden of SIN through the REPENTANCE procedure. Next, download ATONEMENT from the Repair Technician, Jesus, into the heart component.

No matter how big or small the **SIN** defect is, Jesus will replace it with: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control.

Please see the operating manual, the **B.I.B.L.E.** (Believers' Instructions Before Leaving Earth) for further details on the use of these fixes. (Submitted By Sheri McMillian)

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



Register today for one or all of the Kingdom Builder's workshops listed below. Workshop will be held evenings an Saturdays (see times below) and are open for ages 13 to adult. Each workshop is \$55.00. Payment is required in full before workshop date. You can register online: JourneyThroughLifeMinistries.net or call 412-731-3450 to reserve your seat. Seating is limited so call today! All workshops will be held at Journey Through Life Ministries' Facility; 10529 Lindberg Avenue, Penn Hills, PA 15235.

Kingdom Builder's Workshop

Tuesday Evening

May 2 thru May 23, 2017

7:00 to 9:00 p.m.

**"Foundational Truths of the Word &
The Believers Authority"**

Rev. Georgetta Head

Wednesday Night Study

7:00—8:30

JTLM Teaching Facility

10529 Lindberg Avenue

Penn Hills, PA 15235

Saturday Mornings

August 12 & August 26, 2017

10:00 a.m. to 1:00 p.m.

"Meanings of Biblical Symbols and Types"

Rev. Karen Longcrier

Saturday Mornings

September 9 & 30, 2017

10:00 a.m. to 1:00 p.m.

"What is the Kingdom of God?"

Rev. Georgetta Head



Abigail

One of Good Understanding

“She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness.”

Proverbs 31:26-27 (NIV)

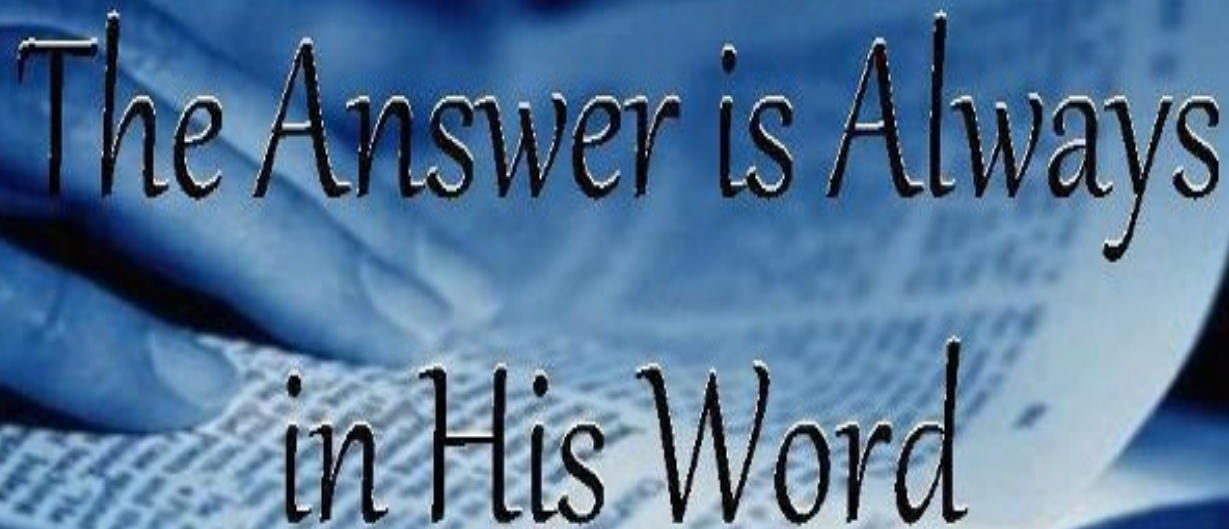
Abigail lived in Maon located in the hills southern of Judea. Her name means “my father is joy.” The story of Abigail begins in 1 Samuel 24:1-44, Holy Spirit describes Abigail as a woman of intelligence, understanding and beautiful. Intelligent and with understanding because she was able to think quickly to prevent David from destroying her household.

Abigail was married to a harsh, selfish and evil man by the name of Nabal (1 Samuel 25:3). When David and his men were on the run from king Saul, one of his hiding places was near the farm of Nabal in Carmel. While Nabal’s sheep and shepherds were nearby, David supported them by allowing his men to protect them, thereby preventing neighboring tribes from stealing the sheep. As a result Nabal prospered from his sheep not being stolen, for he had well over 3000 sheep.

One day while David was in the wilderness near Carmel, he heard that Nabal was nearby shearing his sheep. David and his men were in need of food and water. Remembering his acts of kindness toward Nabal in protecting his shepherds and sheep, David sent his men to ask for food and water. Nabal became angry at this request and refused David saying *“who is this David? Who is this son of Jesse? Many servants are breaking away from their masters these days. Why should I take my bread and water, and the meat I have slaughtered for my shearers, and give it to men coming from who knows where (1 Samuel 25:11)?”* When David heard Nabal’s message of refusal, he became very angry and gathered his men to kill Nabal and his household. Fortunately, a servant heard what happened and quickly went and told Abigail.

Abigail acted quickly! Thinking of her household, she used godly wisdom and put together a plan. She pulled together large amounts of food, bread, and wine and loaded all on a caravan of donkeys. Taking the donkeys, she headed for the hills to meet David. When she met him, she bowed herself to the ground and took blame for her husband’s foolishness! David commended her for her wisdom and understanding, thus Abigail saved her household and prevented David from acting in the flesh with his anger.

We can use Abigail’s actions as an example in our lives. When faced with hard decisions, ask God for godly wisdom and His help to resolve the situation, and just as He helped Abigail, He will help us in time of need with the right choices to make when faced with a difficult situation. ***Don’t walk after the flesh, walk after the spirit!***



The Answer is Always in His Word

ELDER CHARLES HEAD

"EVERYONE NEEDS ENCOURAGEMENT"

There are times in our lives when we all need words of encouragement. We often become discouraged over many things: perhaps a goal we didn't reach and had high expectations about achieving that goal. Maybe a close friend, we trusted as a "confidant" may have let us down to the point that, we feel we can't trust anyone ever again. How about disappointments from our job, financial problems, family issues or personal relationships? Whatever the cause for us to be discouraged or disappointed, "encouragement" is what we need during those times. God's Word has the solution for discouragement! His Word encourages us by lifting our wounded spirits from discouragement and disappointments.

First, we need "comfort." This comfort can come from friends or directly from God's Word. First Thessalonians 5:11-13 instructs us to: *"comfort yourselves together, and edify one another, even as also ye do. And we beseech you, brethren, to know them which labour among you, and are over you in the Lord, and admonish you; And to esteem them very highly in love for their work's sake. And be at peace among yourselves."*

Second, we need "peace." After we have settled our discouragement the right way, according to "God's Word," He will give us "His peace." Encouragement from God's Word can help us to overcome any discouragement, because God is the author of our "peace." Colossians 3:14-16 encourages us to: *"above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."* When you need encouragement, allow God's Word to lift you up with His comfort and to put you back in the right state of mind with His peace which passes all understanding.

A rustic 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 weathered wooden poles. The text is overlaid on this background.

There's still room at the Cross

*He shed His
Blood for you!*

-The Cross-

The only answer to man's dilemmas—the CROSS! What are your struggles in life? What bad habit does the enemy, satan, have you bound with—drugs, alcohol, cigarettes, sexual sins, anger, unforgiveness! Then there is room at the Cross for you! *Let Jesus set you FREE!*

Jesus went to the Cross and shed His precious blood just for you! You don't have to live in bondage to sin anymore! Freedom is just a step away for you! Come to the Cross today and call on that precious Name—JESUS for salvation and forgiveness from your sins and deliverance from bad habits.

Jesus loves you and died for you. Every sin you have ever committed was nailed onto the Cross with Jesus. His precious blood washes your sins away! There's still room at the Cross for YOU! What are you waiting for? Come today!



Author Unknown

How often do you let other people's nonsense change your mood? Do you let a bad driver, rude waiter, curt boss, or an insensitive employee or friend ruin your day? Unless you're the Terminator, for an instant you're probably set back on your heels. However, the mark of a successful person is how quickly one can get back their focus on what's important.

Sixteen years ago I learned this lesson in the back of a New York City taxi cab. Here's what happened! I hopped in a taxi, and we took off for Grand Central Station. We were driving in the right lane when all of a sudden, a black car jumped out of a parking space right in front of us. My taxi driver slammed on his breaks, skidded, and missed the other car's back end by just inches! The driver of the other car, the guy who almost caused a big accident, whipped his head around and he started yelling bad words at us. My taxi driver just smiled and waved at the guy. And I mean he was friendly. So, I said, "Why did you just do that? This guy almost ruined your car and sent us to the hospital!" And this is when my taxi driver told me what I now call, "The Law of the Garbage Truck."

"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it. And if you let them, they'll dump it on you. When someone wants to dump on you, don't take it personally. You just smile, wave, wish them well, and move on. You'll be happy you did." So this was it: ***The "Law of the Garbage Truck."***

I started thinking, how often do I let garbage trucks run right over me? And how often do I take their garbage and spread it to other people: at work, at home, on the streets? It was that day I said, "I'm not going to do it anymore." I began to see garbage trucks like in the movie "The Sixth Sense," the little boy said, "I see dead people." Well, now when "I see Garbage Trucks" I see the load they're carrying. I see them coming to drop it off. And like my Taxi Driver, I don't make it a personal thing, I just smile, wave, wish them well, and I move on.

One of my favorite football players of all time, Walter Payton, did this every day on the football field. He would jump up as quickly as he hit the ground after being tackled. He never dwelled on a hit. Payton was ready to make the next play his best. Good leaders know they have to be ready for their next meeting. Good parents know that they have to welcome their children home from school with hugs and kisses. Leaders and parents know that they have to be fully present and at their best for the people they care about.

The bottom line is that successful people do not let "garbage trucks" take over their day. What about you? What would happen in your life, starting today, if you let more "garbage trucks" pass you by? Here's my bet! You'll be happier! Life's too short to wake up in the morning with regrets. So, love the people who treat you right. Forget about the ones who don't. Believe that everything happens for a reason. If you get a chance, TAKE IT! If it changes your life, LET IT! Nobody said it would be easy. They just promised it would be worth it!



Health Tips

Tips for Healthy Living

Healthy Living

Rev. Georgetta Head

"What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" 1 Corinthians 6:19 (KJV)

Good news! Summer is just around the corner and that means fresh home grown fruits and vegetables. Fresh produce will be available in some local stores, and Farmer's Markets will be set up in many communities offering home grown produce.

Why should we buy fresh grown fruits and vegetables? The flavor is much better and fresh home grown produce offer more nutrition than canned foods or frozen. Try some fresh berries this summer for a snack or refreshing summer dessert. When selecting berries, choose strawberries that are bright red; choose plump blueberries with a dusty blue color; choose plump, firm raspberries.

Do not rinse strawberries or raspberries until ready to eat. Berries can be stored in the refrigerator. Strawberries can be stored up to 3 days; blueberries 10 to 14 days; and raspberries should be used within 1 to 2 days.

Enjoy berries at breakfast in your cereal or add strawberries or blueberries to your pancakes. For a refreshing berry dessert, try one the following:

Berry Parfait

Start with bite size pieces of angel food cake or granola in a glass.

Spoon low fat flavored yogurt or vanilla pudding on cake. Top with fresh berries of choice.

Fruit Salad

2 cups sliced strawberries
1 cup blueberries
1 cup grapes
1 (8 ounce) can pineapple chunks
6 ounces lemon yogurt

Drain juice from pineapple. Cut grapes and strawberries into halves. Combine strawberries, blueberries, grapes and pineapple chunks in a large bowl. Drizzle yogurt over fruit. Toss lightly to coat. Enjoy!

People or Places In The Bible

Adullam: Adullam is a village in the Judean hills about five miles west of David's hometown Bethlehem. David fled to the village of Adullam when king Saul wanted to kill him (1 Samuel 22:1-2).

Abner: Abner's father and king Saul's father were brothers. In hopes of setting up a family dynasty, Abner served Saul as commander and bodyguard. After the Philistines killed Saul, Abner backed one of Saul's sons, Ishbosheth, as the new king. (1 Samuel 14:50)

Achan: The first Hebrew executed for disobeying God. After God tumbled the walls of Jericho, the Hebrews were to leave Jericho without taking anything with them. The spoils of the battle belonged to God! But Achan disobeying God's command, stole a beautiful robe imported from Babylon, two hundred silver coins, and a bar of gold weighting more than a pound. For his disobedience, he and his family were stoned to death in a valley named Achor (Joshua 7:21).

Abimelech: The Philistine king of Gerar in southwest Canaan, is known for trying to add Abraham's wife, Sarah, to his harem. But in a dream, God warned Abimelech that Sarah was married and her husband was a prophet. Abimelech made a peach treaty with Abraham and showered him with gifts (Genesis 20:2).

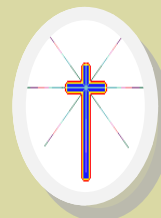


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What Must I Do to Be Saved?

Believe in Jesus and pray the "sinner's prayer below!"

Dear Jesus, I come to you today as a lost sinner. I am asking that you save my soul and cleanse me from all sin. I know that I need help and that I can't save myself.

I believe that you are the Son of God. Forgive me for my sins and all wrong doings I have done to others and help me to forgive those who have hurt me. I believe that you died on the Cross for my sins and the sins of the world. I accept You, Jesus, into my heart as my Lord and Savior.

I confess with my mouth the Lord Jesus, as my Savior and believe in my heart that God has raised Him from the dead and You are now seated in Heaven.

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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.