

Journey Through Life Ministries

Your Spiritual Newsletter

God - A Covenant Keeper
Page 4

You're A Winner
Page 7

Journey In His Word
Page 14

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

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

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

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



“God’s Word Is Timeless....Let It Be Your Guide”

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

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

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

We Would Love To Hear From You!

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

For Back Issues



Visit our website at:

www.journeythroughlifeministries.net/newsletters



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

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

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

Inside This Issue

- 4 God—A Covenant Keeper
- 7 You're A Winner
- 8 Financial Fitness
- 9 While Grocery Shopping
- 11 Healthy Living
- 12 The Answer is Always In His Word
- 13 Women of The Bible
- 14 Journey In His Word
- 15 Men On A Journey
- 16 Salvation Prayer

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

Website: JourneyThroughLifeMinistries.net

God - A Covenant Keeper

Rev. Georgetta Head

Genesis 12:1-3 *“Now the LORD had saith unto Abram, get thee out of thy kindred, and from thy father’s house, into a land that I will shew thee: And I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing; and I will bless them that bless thee, and curse him that curseth thee: and in thee shall all families of the earth be blessed.”*

Jim was at his first Men’s Bible Study since becoming a Believer. He thought, “now I will have a chance to understand the Bible, which has always been a mystery to me.” Pastor Bill who, was the teacher, began the lesson with the topic “God Is A Covenant Keeper.” This was new terminology for Jim, so as soon as he had opportunity, he raised his hand to ask “what is a covenant keeper?” Pastor Bill, knowing that Jim was a new convert to Christianity decided it would be best to change his teaching to an explanation of what it meant to be a covenant keeper. So today we will also learn what it means for God to be a Covenant Keeper! The Bible is written in two sections: the Old Testament and the New Testament. The Old Testament records God’s covenant which was “Law,” whereas the New Testament records God’s covenant which is “grace.”

What is the definition for “covenant?” *A covenant is a binding agreement or promise between two parties, a group, or a nation considering of social, legal, and religious aspects.* In a covenant a “covenanter” makes a promise to a covenantee to perform or fulfill something binding (Wikipedia). Pastor Bill stated that the most known covenant is the one between God and the Jewish people. He went on to explain that eight covenants are recorded in the Bible. The first seven are recorded in the Old Testament and the remaining one is recorded in the New Testament, which are: *Edenic Covenant (Sabbath); Noahic Covenant (Rainbow); Abrahamic Covenant (Circumcision); Mosaic Covenant (Ten Commandments); Land Covenant; Priestly Covenant; Davidic Covenant (Temple of Solomon); New Covenant mediated by Jesus.* Pastor Bill decided to view three covenants that were well known by most: *the Abrahamic Covenant, the Mosaic Covenant, and the New Covenant mediated by Jesus.*

Abrahamic Covenant (Genesis 12-17): With this covenant we read God calling a man named Abram (later changed to Abraham) to leave all that He knew and follow Him. Abram obediently left his father’s house and traveled to an unknown territory guided by God. While



God - A Covenant Keeper

Cont'd

In a desert land, God made two covenants with Abram. 1) He promised to make Abram a father of many nations, to make his name great, to bless him, and all families would be blessed through Abram. 2) God made a promise with Abram for land for his seed—the entire land of Canaan was promised to his descendants; with circumcision to be the permanent sign of this everlasting covenant with Abraham and his male descendants.

Mosaic Covenant: God called Moses and equipped him to lead the children of Israel out of Egypt from severe and cruel bondage. Moses was instructed by God to lead the children of Israel into the wilderness to worship Him there. While in the wilderness God summoned the children of Israel to meet with Him at the foot of Mt. Sinai, where He spoke with them as a nation. There God covenanted with them as a nation to be His treasured possession of people. He also promised to make them a kingdom of priests and a holy nation if they followed His commandments. The terms of the Covenant included the ten commandments, and the Covenant was to be in effect until the coming of Messiah and His death on the Cross. This Covenant was called the Covenant of Law. God kept His covenant with the children of Israel, but they chose not to follow God, instead they followed the ways of the world.

New Covenant Mediated by Jesus: The New Covenant is the Covenant of Grace. This Covenant is a promise on an individual basis rather than a nation. Jesus Christ's death and resurrection on the Cross is what ushered in the Covenant of Grace. Jesus' sacrifice of Himself on the Cross opened the door for reconciliation between God and man. This Covenant promises eternal life to individuals who come into the Covenant of Grace by becoming "born again" into the Body of Christ. With the New Covenant, we can approach the Throne Room of God via prayer for ourselves, we don't need a priest or human mediator. Jesus is our Mediator before God! With the New Covenant, God also promises to all that keep His commandments divine protection and provision. God is a "covenant keeper" and has throughout each generation proven Himself as one who does not go back on His Word. Pastor Bill stated that God delights in doing good for His children and "faith" in God's Word and His Covenant is "key" in receiving all that God has for an individual that trusts in Him. He concluded with an invitation for anyone to know Jesus as Lord and Savior of their life. You can too by reading read page 16 of this newsletter. Pray the sinner's prayer with your heart believing and you will be saved.

A decorative border made of black floral and leaf motifs surrounds the central text. The border consists of a top and bottom horizontal section and two vertical sections on the left and right. The top and bottom sections feature a repeating pattern of stylized five-petaled flowers and leaves. The vertical sections feature a continuous vine with leaves and flowers.

Victorious

Living

- Jesus -



Gerry Hickman

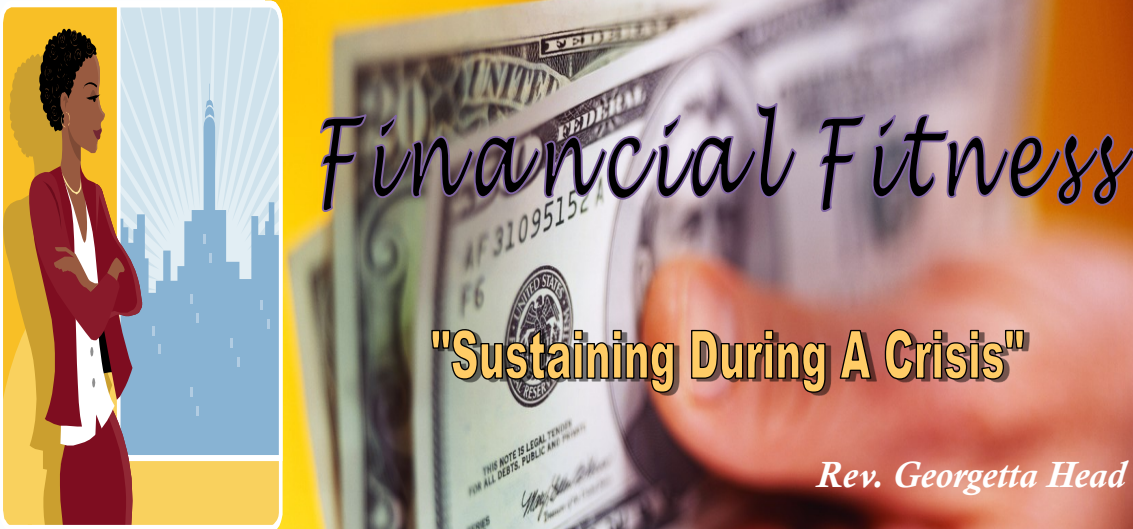
You're A Winner

*"I will give thanks to you, for I am fearfully and wonderfully made.
Your works are wonderful. My soul knows that very well." Psalm 139:14*

In any competition or sport the whole objective is to win. When there's a winner, it's natural to celebrate and give praise to the team or person that wins. Well, because we are fearfully and wonderfully made by God, we are very important to Him, thus, we are winners. Everything God made from the foundations of the world was good (**Genesis 1:31**) and humankind was made in His image which makes us extra special (**Genesis 1:26-27**).

The fact that we made it through the birthing process or birthing canal makes us a winner. Anything could have happened to us during the process (abortion, miscarriage, still birth, etc.). The truth is that we made it safely from the womb to live on planet earth and were blessed with life. When you understand and believe that you are a winner in this game called life, your confidence and outlook on life should improve—desiring to spend time praising God as often as you can. God has a unique purpose for you and He will direct your destiny if you trust and seek Him day by day (**Psalm 32:8, Proverbs 3:5-6**).

You were perfectly designed by the God of the Universe and He doesn't make mistakes. Praise God for the gift of life. Spend your time today thinking, acting, and speaking like the winner that you are. (From the book *"It's About God's Time"* by Gerry Hickman.)



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

A dangerous virus named Corona Virus (COVID-19) has infected the entire world, including America. We are currently in an “in-shelter” mandate only allowed out of our homes to purchase essential necessities, walk our dog, or to get a little fresh air. The stock market is at an all time low and all small business unless they are selling life sustaining products have been ordered to close their doors due to this virus. Major department stores unless selling life sustaining products are closed or you have to order online and pickup your merchandise at their curbside pickup. With all these business being ordered to shut down, many individuals are without jobs. People are stockpiling food as if we are headed for a famine. Some employers are able to pay their employees a couple weeks of pay, some employees have to use their vacation time or personal time to get paid, while others are signing up for Unemployment. Needless to say, Unemployment is at an all time high, with thousands upon thousands needing money to stay afloat. Now is a good time for brainstorming ways to help ourself and others.

Let's not panic, buy just what you need, stockpiling food and other items is not necessary. Try reaching out to those that are less fortunate, such as Seniors making sure they have the necessity to sustain them. Using electronics, try using Facetime or Duo to stay connected with loved ones.

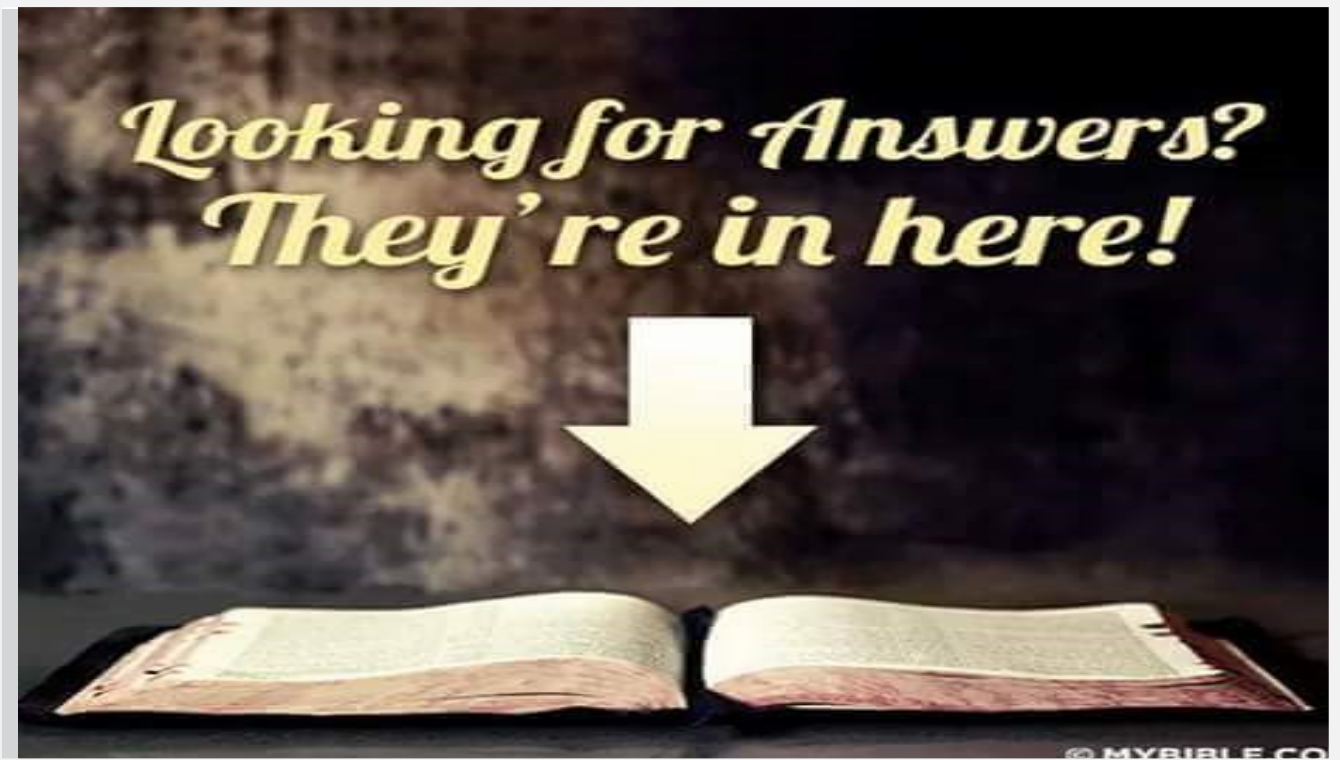
Be creative with your meals cooking enough to stretch over a couple days. This is also a good time to review your finances for the future. The first step is that of creating a budget. A budget will help you in planning for future purchases and keep you up to date on available resources. For help in creating a budget visit our website:

<https://www.journeythroughlifeministries.net/financial-fitness.html> and view the articles Controlling Money Part 1 and Part 2.



An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!" The four men didn't wait for a second threat. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun. No charges were filed. The moral of the story? If you're going to have a senior moment... make it memorable.



Meetings & Workshops

Men On A Journey Fellowship

3rd Saturday Monthly
10:00—12:00 Noon

JTLM Teaching Facility
10529 Lindberg Avenue
Penn Hills, PA 15235

Daughter's of Wisdom & Virtue

2nd and 4th Thursday's Monthly
7:00—8:30 p.m.

JTLM Teaching Facility
Penn Hills, PA 15235
Cost: Free



4th Saturday each Month
10:00 a.m. to 12 noon
JTLM Teaching Facility
Penn Hills, PA 15235
Cost: Free

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Devotion, Bible Study and Updates on our
Blog Page, Facebook or Website:

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Health Tips

Tips for Healthy Living

Healthy Living

Rev. Georgetta Head

When Father God created earth, He created a variety of fruits and vegetables for food that are loaded with the benefits of healing and maintenance of the body when eaten on a regular basis. Every fruit and vegetable, created by God are packed with many vitamins and nutrients that most of us are not aware of. Kale and pomegranates are not the only super foods. Did you know that mangoes are loaded with enough nutrients and vitamins that can fight against cancer, helps in controlling high blood pressure and high cholesterol, and the high fiber in mangoes can help induce feelings of fullness. Mangoes like other orange and deep yellow fruits are very high in beta-carotene, which the body converts to vitamin A. Mangoes are good eaten as fresh fruit or added to cooked meals. Mangoes are very tasty when served in quesadillas, or for another option try adding mangoes in a chicken dish. (*Info on Mango from "Foods that Harm, Foods that Heal."*)

Mango and Chicken

INGREDIENTS:

1 tablespoon vegetable oil
1 pound boneless skinless chicken breasts cut into 1 inch pieces
salt and pepper to taste
1 green bell pepper cored, seeded and thinly sliced
1 red bell pepper cored, seeded and thinly sliced
1 teaspoon minced garlic
2 teaspoons minced ginger
2/3 cup chicken broth
2 tablespoons sugar
2 tablespoons soy sauce
2 tablespoons rice vinegar
1 tablespoon cornstarch
1 1/2 cups fresh mango chunks

INSTRUCTIONS:

Heat the oil in a large pan over medium high heat.

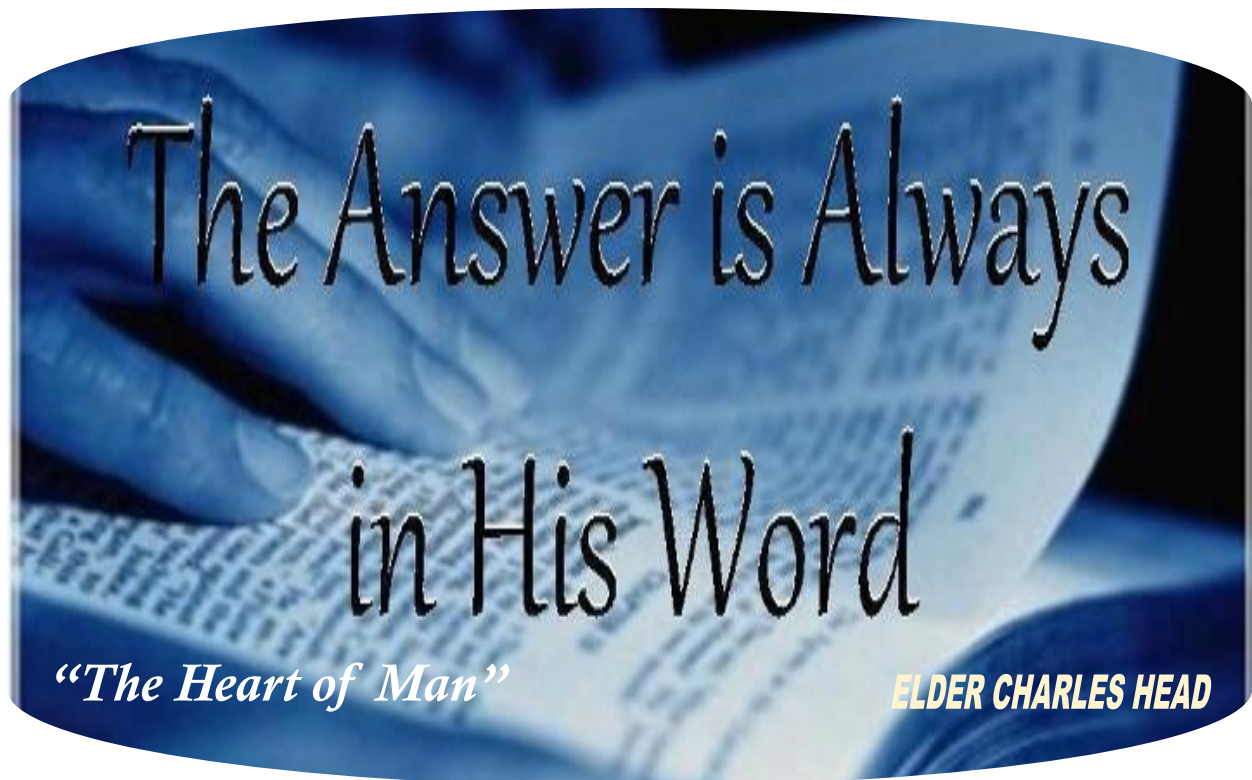
Place the chicken in the pan in a single layer. Season with salt and pepper You may need to cook the chicken in batches. Cook the chicken for 4-6 minutes or until browned and cooked through. Repeat the process with any remaining chicken.

Add the peppers to the pan with the chicken and cook for 3-4 minutes or until softened. Add the garlic and ginger to the pan and cook for 1 minute.

In a small bowl, whisk together the chicken broth, sugar, soy sauce, rice vinegar and cornstarch. Pour the chicken broth mixture over the chicken and vegetables and bring to a simmer. Prep Time 15 minutes. Cook Time 15 minutes. (*Recipe by Sara Welch*)

NUTRITION:

Calories: 251kcal | Carbohydrates: 20g | Protein: 26g | Fat: 6g | Saturated Fat: 3g | Cholesterol: 72mg | Sodium: 680mg | Potassium: 688mg | Fiber: 2g | Sugar: 16g | Vitamin A: 1745IU | Vitamin C: 885mg | Calcium: 15mg | Iron: 1mg



What we think about from deep down inside is what controls us, because it is a matter of the heart.

Have you ever thought about how much control your heart has over you? It has never crossed many of our minds, but it is very important that we pay attention to the matter, because with little disregard it can lead us down a road to destruction. Let's look to the Bible to read what it says about the heart? Matthew 6:19-21 reads *"Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: for where you treasure is, there will your heart be also."* What does this mean in reference to the heart?

Verse 19 refers to setting our heart toward material treasures on earth. We must understand that everything on earth is temporal and some day will wear out, rot away, rust away, fade away, decay away, or someone may even steal our material treasures. If our heart is set on things only, we will some day be disappointed when these things are all gone and yet we still have no peace, yet end up in a life of darkness. Verses 20-21 goes together finishing the point about "the heart." These verses refer to what we invest toward "heaven." This refers to our spiritual life and what we do for the Kingdom of God. It's not about earning our way to heaven with our good works and deeds, but obeying God's Word with our actions and a transformed heart in the process. If our heart has been transformed (born-again), our treasure should glorify Heaven and God's Word.

It is because we look forward to an Eternal Heaven, with "the Lord Jesus," that will never fade away or decay, neither can any man steal the eternal things, They are preserved by "God Himself" to last forever. The best wisdom to have in our heart is found in Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." If we do what God's Word says out of obedience, He will cleanse our heart and make us fit for His eternal Kingdom forever.



"As the LORD thy God liveth, I have not a cake, but an handful of meal in a barrel, and a little oil in a cruse: and, behold, I am gathering two sticks, that I may go in and dress it for me and my son, that we may eat it, and die. "

1 Kings 17:12

It was a very sad day for the Widow of Zarephath, actually every day was sad since her husband died leaving her with a son to support. "What am I going to do for food she thought? All the resources left to me by my husband are gone. How am I going to provide for me and my son? Where are my gods now? I served them all these years, and now when I need them the most, they won't provide food for me and my son, she cried out?" The only thing left she thought was to use the little she had left to prepare one last meal for herself and son and die. The Widow of Zarephath, hurriedly went out into the city looking for sticks to start a fire to cook her last meal. While looking for sticks, she thought about the stories she heard about the God of the Israelites, how He fought for them and provided food and water for them, and most unusual to her, is that He is a "living" God, not a god made of wood. A God that provides for His people, a God she thought she would like to serve. Little did she know, today the God of the Israelites was going to pay her a visit.

We are told in 1 Kings 17:8-16, that the living God did hear her cry. While searching for twigs, the Widow of Zarephath is approached by a strange man by the name of Elijah. God heard the Widow's heart and told Elijah to go to Zarephath (a Gentile city) because I (God) have commanded a Widow woman there to sustain you. When Elijah sees the Widow Woman told to him by God, he asked her to "fetch me, I pray a little water in a vessel to drink and a morsel of bread to eat." And she replied "As the LORD your God lives, I have not a cake, but a handful of meal in a barrel, and a little oil in a cruse and I am about to prepare one last meal for me and my son to eat and then die." Now a test is presented to the Widow Woman from the LORD God. Elijah replies, "Fear not; go and do as you have said: but make me a little cake first, bring it to me and then make one for yourself and son to eat. For thus says the LORD God of Israel, the barrel of meal shall not waste, neither shall the cruse of oil fail, unto the day that the LORD sends rain upon the earth!" What a test, will she believe Elijah! The LORD God was about to demonstrate her thoughts to her in a miraculous way. The scriptures continues that "she went and did according to the saying of Elijah: and she, and he (Elijah), and her house, did eat many days. The barrel of meal and oil wasted not!" She chose to "trust" the Living God! The God of the Israelites! The God that provides for those that put their trust in Him.

With the Corona Virus, we are currently living in a state of want. Many Believers and non-Believers are living with little food or no food in their cupboards. Bills have to be paid, but no money! Businesses are shut down. Jobs are suspended! Unemployment is at an all-time high. Schools have been cancelled and kids can't go outside to play. We all are in the same struggle as the Gentile Widow of Zarephath! The LORD God knows and hears? Believers are you going to believe in the LORD God to sustain you and your loved ones? Non-Believers are you going to surrender your unbelief, and serve the LORD God who can sustain you and your loved ones? God is the same yesterday, today and forevermore. He provided for the Widow of Zarephath! Her little meal in the barrel and little oil in the cruse supplied food enough for her, Elijah and her entire house until the rain came to the earth, which was 3 ½ years later.

Friends, salvation and faith in God is our answer. God didn't cause this Corona Virus, but He can help, if we believe and put our trust in Him! The world can't do what the LORD God can do, provide something out of nothing, or take very little and make very much! Put your trust and faith in God!

Rev. Georgetta Head



Journey In His Word

"God Of Hope"

This past month has been very concerning with the scare of COVID-19. I was out today for the first time, in the past 8 days. As I shopped at a couple stores, it was somewhat alarming to see empty shelves and signs posted limiting shoppers with specific quantities to purchase. People were filling their grocery carts as if we were headed for a famine. It was very interesting listening to people's conversations. People were conversing that this is the end of the world and how scared they were! A man was standing at our local bank declaring doomsday. While two other people were declaring how United States will never rebound from this crisis. These different scenarios brought to mind several Bible verses that have answers of hope as we place our faith in God during this serious situation we are currently faced with. First, I would like to say, I don't believe Father God is the cause of this worldwide virus (COVID-19) as some think. I believe we, the world, have cursed ourselves. Let's read Daniel 9:5 and Daniel 9:10.

Daniel 9:5 reads *"We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:"* And, Daniel 9:10 reads *"Neither have we obeyed the voice of the Lord our God, to walk in His laws, which He set before us by His servants the prophets."*

Hope: Daniel is interceding in prayer on the behalf of his beloved nation Israel. The people had turned their backs on God and wanted to live life doing things their way. They didn't want God in their nation! Their Temple! Their homes! They had chosen the path of darkness, which is the world's ways of living. They had cursed themselves as a nation!

Our hope for healing is found in humbling ourselves before God in prayer. We need to confess our sins and repent of them. We have sinned as a nation, choosing to allow evil to be called good and good to be evil (Isaiah 5:20), and God says "woe" to the man that does this. The Word says, it is righteousness that exalts a nation: and it is sin that brings a reproach to the people. (Proverbs 14:34 KJV)

Faith: We are encouraged in Matthew 6:25 and Matthew 6:33 to put all of our faith in Father God. He instructs us not to worry about our basic needs. To Him our life is very valuable! We are to seek the Kingdom of God by giving God first place in our hearts, and He will meet our every need. It doesn't matter to God how bad the situation is, because He promises to take care of His children's basic needs of food, water, clothing, a roof over our head, etc. So, instead of worrying, we need to seek God in prayer confessing, repenting, and interceding for self, our nation and the world.

We need to rebuke the spirit of fear from our lives, because Believers should not live in fear. Fear is not from Father God! Believers should, however, be a light for Jesus encouraging each other and nonbelievers with the hope found in God's Word. The world is not going to end today or tomorrow, we are however living in a difficult time, but nothing is impossible with God. Our hope is in God alone, so let's encourage everyone to place their faith in God for divine healing and intervention.

We are all in this battle together so, I encourage everyone to put their faith in God and stop letting the news media make you fretful and nervous with their hyped up news reports. Using common sense, do what is required of you hygiene wise. Stay in the house enjoying your family, using this "in-shelter" as a time to reconnect with loved ones and especially with Father God. Call those who live alone via Facetime (Iphone) or Duo (Android) to give them a sense of connection by seeing a face and not just a voice. Let's all do our part supporting one another. That's what God's Kingdom is all about loving one another and looking out for each other.

Men On A Journey

Elder Charles S. Head

"Adversity - Strong or Weak"

How do you handle adversity? Are you giving in to it, or are you getting victory over it in your life? Adversity is defined as "a state or instance of serious or continued difficulty or misfortune."

We will always face adversity in our lives, how we handle it depends on our choice in the matter. We live in a troubled world and it's impossible to avoid the many negative setbacks as a part of life. Looking back, I noticed that during adversities in my own life there was a difference when I tried to handle much of my adversity myself rather than allow the Lord to be my strength and guidance. When I used my own method, many times I ended up complaining about the situation which became a negative affect on my part. On the other hand, when I trusted my Heavenly Father through prayer, he became my Rock and my stepping stone of victory. The results of victory when I trusted the Lord and seeking Him were a stronger relationship afterwards in my favor. When we are faced with adversity, it does not seem fair at times, and we may have problems trying to understand and figure out things in our mind. This is where we need the comfort, assurance, encouragement and strength to carry us to victory.

King David wrote a good example on how to go through adversity and seeking the Lord all the way to victory. In Psalms 24:7-10 it reads: "Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord of hosts, he is the King of glory."

How should we handle our adversity, it is all in the arms of our Heavenly Father. He knows just what it takes to make each of us completely whole and restored with His joy, a joy that's not comparable to any other, because he is the manufacturer of us, He knows what parts that have been broken and He can put all our pieces back together again.

Acknowledge God

**In all your
ways and**

**He will direct
your path.**

Prov. 3:5-6

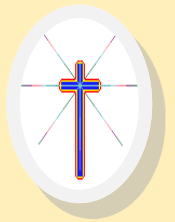


To:

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?"

We need your help!
You can make a difference!
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helps us to reach others
with life-changing
widsom of the Bible

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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.

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.