

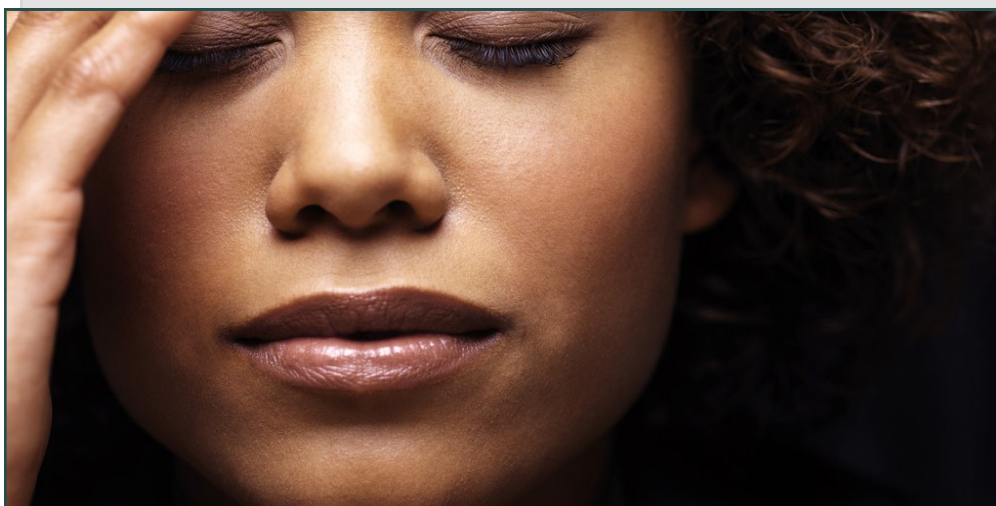
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Journey Through Life Ministries Quarterly Newsletter

Volume 6 Issue 3

Fourth Quarter 2012



THE WANDERING MIND - GEORGETTA HEAD

Does your mind roam from thought to thought, going back and forth between negative thinking and positive thinking leaving you feeling confused and wondering about yourself?

How about during the night when trying to sleep—your mind really goes wild racing from thought to thought reviewing the day's events and rehearsing your doubts and fears.

Well if any of this is familiar to you, your diagnosis is "a wandering mind" with a battle raging within. Satan's goal is to wear God's children down by attacking the mind.

The cure is found in the Bible. The Book of Romans tells us we are to bring every thought that exalts itself above God captive. How do we bring our thoughts captive? By renewing our mind daily with the Word of God. The Word is alive and brings healing to a troubled mind.

Invest in a Topical Bible or if you have a smart phone, download a copy of the Topical Bible on your phone. When your mind begins to wander in the area of negative thinking, open up the Topical Bible to the subject bothering you, such as fear. You will find numerous scriptures on the topic of fear. Memorize

one or two of those scriptures and when your mind begins wandering pull it into subjection by speaking the Word out loud against those thoughts. The Word brings life into any situation, so as you speak these scriptures, your mind will begin to relax and become renewed with the Word.

Learn the enemy's tactics. He comes to steal, kill, and destroy and he loves to bring confusion with him. Whereas, God gives us peace, joy, contentment, and balance in our life.

So the next time your mind takes off wandering, know that it is not of God because He brings peace and joys. Rebuke the enemy with the Word, he can't stand being around the Word and he will flee from you. Start renewing your mind with Philippians 4:8 *"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."*



"Enduring Hope Workshop"



"Enduring Hope Workshop"



"Enduring Hope Workshop"



FINANCIAL FITNESS—MIN. GEORGETTA HEAD

When your paycheck, pension check, social security check or whatever means you have for income arrives, do you put “pleasure” first or obligations first? Don’t turn the page yet!

Because, if you put pleasure first, you are not by yourself. As a financial coach of 10+ years, I have coached hundreds of people in which 80% put “pleasure” first and obligations last, and in some cases they forget about paying their bills altogether; and the best excuse of all is when they begin blaming others for their bills not being paid.

Why does this happen? Very easy answer, we live in a generation in which everyone wants everything now, no planning, no saving, just “please” me now! This is called satisfying the flesh. And, guess what, the flesh can never be satisfied, it always wants more! The more we make, the more we spend; the more we have, the more we want. We need to learn to stop pleasing the flesh and learn to be obedient to God’s commandment in which He instructs us to “render to Caesar, what is Caesar’s; and render to God what is God’s! We are to pay our bills in a

timely manner and to pay tithes to God.

When coaching individuals they always want quick results with their financial disasters. Unfortunately, there is no quick fix. It takes discipline, contentment, and most importantly, individuals need to take responsibility for their own actions and quit blaming others for not managing their finances in a mature manner.

Jesus said in John 10:10 “*the thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and have life more abundantly,*” so as your just read, Jesus wants us to enjoy life, which includes having nice things, but He also wants us to have balance and discipline which teaches us to learn to wait and plan for those things we do not have immediate funds to purchase.

Integrity is a very important part of having balance in one’s life. When we borrow, whether from a lender or person, we are promising to repay the debt as agreed. When the debt is due, don’t play the blame game or excuse game, be a person of integrity and

repay what is owed.

Learn to live a life of truth and integrity. When we live our lives this way, God will honor us by making sure we have **ALL** that we need for this life. God honors truth (Psalm 51:6) and He also says in Philippians 4:19, “*I will supply all your needs according to His riches in glory.*” So, if we have lack, ask Him, He’s waiting to hear from you! Father God says we have not because we ask not; or we have not because we are not being obedient to His commandments. Make the right choice and choose to live in obedience.

This world is facing economic struggles in which everyone will be affected. However, God promises to take care of His children that are obedient (Deut. 28).

Don’t allow the enemy to lie to you another day. Get your house in order according to God’s commandments, and if you need help in structuring your bills, seek guidance from a Financial Coach who can teach you and stick with it. It is not hard to live on a budget nor hard to develop a plan for the future.

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

Need to learn how to say No?
Need balance in your life?

**Then this “Boundaries Class”
is for you!**

God wants us to learn how to set boundaries so that others don’t take advantage of us!

Live the life God intended for you—a life of happiness, contentment and the ability to make choices for yourself without others trying to control you!

Learn to Say No

**When: Monday Nights
October 29 thru December 3, 2012
Time: 7:00 to 8:30 p.m.
Location: 9909F Frankstown Road**

**Instructor:
Rev. Tracie Morelli**

**Call: Minister Georgetta to
reserve your seat
412-731-1856**

**Agape Fellowship
Christian Community Ctr.
Wilmerding, PA 15104**

Sunday Service
6:00 p.m. to 8:00 p.m.

Wednesday Prayer
12:00 noon

Friday Service
Youth Night—6:00 p.m.
Food served after every service

Pastor Dorothy Reeves
Phone: 412-380-4306

THE TONGUE—NICOLE LEE

A wholesome tongue is a tree of life; but perverseness therein is a breach in the spirit. Proverbs 15:4.

Not so funny fact, the tongue is the only muscle in the human body that does not get tired; this is why it is the one muscle that gets us into so much trouble. *James 3:6-9 reads, And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.* For every kind of beast and bird, reptile and creatures of the sea, is tamed and has been tamed in

some way by mankind. But no man can tame the tongue. It is an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the image of God.

God says that death and life is in the power of the tongue, so this means we need to be careful of the words we speak to each other, to ourselves and into the atmosphere. Do you realize that words can cut sharper than a two edged sword. It is easier to get over wounds cause from a physical fight or an attack than it is from a harsh word or verbal abuse. The mental effect from

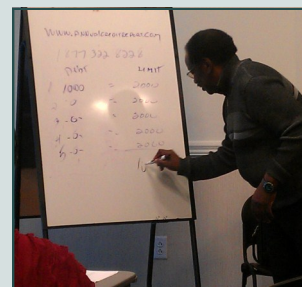
words spoken to children or others can last a lifetime; children grow up believing that they are nothing because there parent or someone in authority used negative words over them and they grow up as adult men and woman believing these, which unfortunately can determine their success or failure in life.

We need to be not only careful what we speak but when and how we speak; *James 1:19-20* says we need to be swift to hear and slow to speak. This means that it is better to be silent than to always have something to say. You can

(Continued Page 9)



Financial Workshop 2012



Financial Workshop 2012



Financial Workshop 2012



Financial Workshop 2012

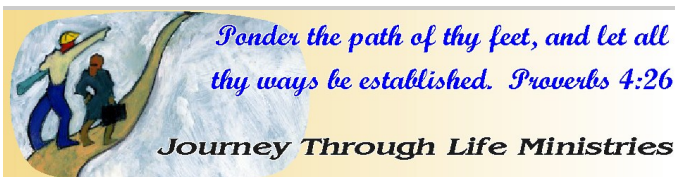


Financial Workshop 2012

BIBLE QUIZ — ELDER CHARLES HEAD

1. What is the name of Job's first daughter who was born after his first set of children were killed.
2. What did Esther ask her people to do when she knew her life and people were in danger of death
3. When Peter was in jail for preaching the Gospel, how did he get out?
 - a) All the Christians protested;
 - b) A bail bond was paid for him
 - c) An angel came to his rescue at night.
4. What did Jesus promise His disciples before He left earth if they wait in Jerusalem.
 - a) Great prosperity and money;
 - b) Power of the Holy Ghost;
 - c) all the people of Jerusalem would love them.

1) Jemima (Job 42:14) 2) Fast & Pray 3 days (Esther 4:15-16) 3) C Acts 12:7-11 4) B Acts 1:4-8



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Elder Charles S. Head
Minister Georgetta Head
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www.journeythroughlife.net



PASS THE BANANAS



A professor for a physiological psych class told his class about bananas. He said the expression “going bananas” is from the effects of bananas on the brain. **Read on:**

Never, put your banana in the refrigerator! This is interesting. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This

is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Heartburn: Bananas have a natural anti-acid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance.. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe it's time to change that well-known phrase so that we say, “A banana a day keeps the doctor away!”

HANDY LITTLE CHART - GOD HAS A POSITIVE ANSWER:

YOU SAY	GOD SAYS	BIBLE VERSES
You say:	'It's impossible'	God says: All things are possible (Luke 18:27)
You say:	'I'm too tired'	God says: I will give you rest (Matthew 11:28-30)
You say:	'Nobody really loves me'	God says: I love you (John 3:16 & John 3:34)
You say:	'I can't go on'	God says: My grace is sufficient (II Corinthians 12:9 & Psalm 91:15)
You say:	'I can't figure things out'	God says: I will direct your steps (Proverbs 3:5-6)
You say:	'I can't do it'	God says: You can do all things (Philippians 4:13)
You say:	'I'm not able'	God says: I am able (II Corinthians 9:8)
You say:	'It's not worth it'	God says: It will be worth it (Roman 8:28)
You say:	'I can't forgive myself'	God says: I Forgive you (I John 1:9 & Romans 8:1)
You say:	'I can't manage'	God says: I will supply all your needs (Philippians 4:19)
You say:	'I'm afraid'	God says: I have not given you a spirit of fear (II Timothy 1:7)
You say:	'I'm always worried and frustrated'	God says: Cast all your cares on ME (I Peter 5:7)
You say:	'I'm not smart enough'	God says: I give you wisdom (I Corinthians 1:30)
You say:	'I feel all alone'	God says: I will never leave you or forsake you (Hebrews 13:5)

“Love suffers long and is kind”

ON THE FAMILY (BLESSINGS) —ELDER CHARLES HEAD

The family structure is very dear to God's heart so He established the order for the family blessings, which is laid out in conditions, meaning the word "if" you obey Him, your blessings will follow and these blessings can be found in Deuteronomy 28.

Even though this pattern was laid out to His chosen people, Israel, many thousands of years ago, this principle still holds true for families of today. The plan for the family who obey Him through His Word from generations long ago up until present time will be blessed, but the key word is obedience.

All blessings in our family depend on our obedience to Him. In the Book of Deuteronomy

God laid out a "covenant" for His people meaning "if" they and their families would do their part of the covenant (agreement) He would overshadow them with blessings. All of these blessings are a result of God's favor for us "if" we obey Him. The key to all our family blessings is "the right choice" of obedience.

We have the answer in our hand, but we must make the choice not talk about "what we should be doing" or "reading about it," it requires a "yes" decision on our part in order to receive the benefits of the blessings.

There is nothing better on earth than to have God's blessing on your family and

self, and to know no matter what happens in our family that God is big enough to take care of it. This does not mean, however, that we won't have any more problems in our family, but it is great to know God will help us solve them.

Today, more than ever we as a family need to stay together as a strong bond and with our Heavenly Father in our midst our bond is stronger because it is His power that holds us together. If your family does not include God in your family structure as a blessing, it is not too late, get started right now, obey Him through His Word and let the blessings follow you!



MINISTRY NEWS —MIN. GEORGETTA HEAD

Virtuous Teens Group: The Group had their first meeting of the summer on August 4th. They will begin a four-week series "Pure Hearts/Pure Lives." This series will teach the young ladies how to say "No" to sexual temptation and the importance of keeping themselves pure for God. They will also learn how to handle peer pressure and the courage to live their life for Christ without shame.

Tuesday Night Bible Study: Elder Charles Head just finished a detailed teaching on the Book of Acts. On Tuesday, August 21, 2012, Elder Head began a teaching from the Book of Romans. Class time is 7:00 p.m. The Bible Study is free, all are welcome to attend at the Ministries' office located at 9909F Frankstown Road.

Virtuous Women's Workshop: The Virtuous Women met August 8th at the Penn Hills Library. Tracie Morelli and Friends blessed the Virtuous Women with a "life reality" skit about the importance of having the virtue patience (see page 11).

The Virtuous Women's next workshop will be September 8th and will be a "Health Awareness" Workshop. Nurse Gwen Talkish will present "stroke awareness and nutrition;" Antoinette Cockfort from Weinsten Imaging will give a presentation on Breast Cancer Awareness followed by a

demonstration on self-examination. This workshop is free and all are welcome to attend. **Location** for this event is the Penn Hills Library at 12:45 to 3:00.

Upcoming Events:

September 17 thru October 15, 2012

Mondays: Journey Through Life Ministries along with Secret Place Ministry will be holding a Five-week workshop:

"Receiving and Experiencing God's Love"

Time: 7:00 to 9:00 p.m.

Location: Ministries Office

Cost: \$30.00 person/\$50.00 Couple

September 29 thru November 3, 2012

Saturdays: Wisdom of God Workshop for Teens

Instructors: Tracie Morelli & Friends

Seating is limited and teens are welcome on a first come bases so please call 412-731-1856 to reserve your seat.

December 8, 2012

Virtuous Women's Annual Christmas

Party. **Location:** Penn Hills Library

Time: 12:45 to 3:00 p.m.

Topic: "True Meaning of Giving"

All are welcome to attend, call 412-731-1856 to reserve your seat.

**List your
Church
Or
Church Events
Here**

**Bible Study & Prayer
Tuesday Nights**

**7:00 to 8:30 p.m.
Journey Through Life Min.
9909F Frankstown Road
Penn Hills
(Behind Swanson's)
412-731-1856**

ALL WELCOME

FEELING OF LIFE

I am lonely, I am lost No cares,
No one trusts WHO AM I
I am tired, I am cold
People hate me so I am told
WHO AM I
There is steel,
There are walls Barbwire fences,
and big strange guards WHERE AM I

I'll start by saying I was an A student and was considered a nerd. This didn't bother me till high school. When I started to be left out. I wanted to fit in sort of speak. I had to learn the hard way and I'm going to try and stop you from doing the same thing by telling my story.

Instead of talking to someone about how I felt and what to do, I did what I thought was best. I would go to parties, do crazy dares, and be the show off or class clown. I joined a gang and started to get in a lot of fights, for people just looking at me the wrong way. I did it because my so called friends thought it was cool and I thought they looked up to me. Boy was I wrong! I started to feel left out and started to do drugs. I didn't even know what drugs were till I was sixteen. When I did drugs I wasn't myself and acted out. I started to drift from my family and friends. I soon got in trouble with the law, but I didn't stop. I kept going, soon I was scared and didn't know how to stop or ask for help. I got lost in my addiction and didn't talk to no one. I thought I was alone....

I soon ended up in prison. It was a slap in the face and hell on earth. I had hit bottom. My family didn't talk to me, my friends didn't either, my girl left me. I was alone, scared, an addict, and in prison. I thought there was nowhere to turn, but I needed help. The trouble was asking for it, which, in my case was hard I was in prison, asking for help is considered weak. Right? Wrong! All I had to do was find the courage and swallow my pride to ask for help. I finally did and it was a relief, a load off my shoulders. I am in a drug program now and have been clean for about 8 months. I take all sorts of classes to help me stay sober and get my mind straight. Some of the classes are *A Design for Living*, *Cognitive Restructuring*, *Cage your Rage*, and *12 Step Study*. I had to learn them in prison, you don't have to go that route. They have people who can teach you this and help you on the streets.

I've learned you have to be honest with yourself and like yourself. Now, I know you're hoping for a miracle, but it won't happen until you take the first step. Don't hold nothing in. Ask for help from your Mom, Dad, Brother, Sister, or even a friend. Talk to them about your anger, being alone, or doing drugs so you don't act out or feel like there is nowhere to turn. Your thinking plays a big part, also.

Don't think you know what the other person is thinking unless you ask or tell him or her and you can't do that without talking. I have conflicts in prison and you would think something bad would happen, but it doesn't. I don't have to hide or get into a fight because someone said something or did something. The reason why is because I wait until I've calmed down or until the person calms down. Then I approach the person and we talk, and most of the time it is resolved or wasn't as bad as I thought. If all else fails walk away. It's your choice. Easier said than done right - wrong. I've done it and so can you. If you're feeling angry--go for a walk, play basketball or baseball. If you have a hobby like drawing, writing, building models do that. The point is wait till you're in the right frame of mind before entering a situation that might get out of hand.

I still have trouble in situations and coping with my loneliness, but I have other avenues I can take and people I can talk to if I need it. Don't let anger, feeling alone, or drugs get the best of your life because the end result is prison or death. Always know you can talk to someone and don't be afraid to ask for help.

C. H.

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)



Lee and Ethel Hamilton have been in the business world for a number of years—she as an executive secretary for a major corporation and Lee as an internal auditor and insurance agent.

After leaving their corporate positions, they continued in business for themselves. They presently have four home base businesses.

At Ethel's Crafts and More, LLC, Ethel makes handmade crafts, such as, herbal soaps, knitted washcloths from natural fibers, greeting cards, and inspirational booklets. At present, the company is gearing up for the upcoming holidays where these items are prepared on request. Ethel's heart goes into her work to bring a little joy into someone's life.

Sometimes organizations cannot afford to hire fulltime employees or are faced with an overflow of office duties. This is where the Office Training Center gets involved. The Office Training Center, LLC is not seasonal, rather its work is

ongoing throughout the year. This company lets Ethel and Lee put their business skills together to help small companies and churches perform duties such as posting backlogs of information to spread sheets, type documents, prepare Power Points for meetings, Praise and Worship, etc., and give advice on how to keep their records more organized.

The ABC's of Finance, LLC is the third company, whereas Lee has workshops and seminars on financial education. He speaks on various topics such as how to start your own business whether it is profit or nonprofit. He teaches budgeting; IRS church compliances; credit; 401K, 403B, and 457 plans; mutual funds; various types of insurances; how people make money on Wall Street; and many more topics.

HIM, the nonprofit company, which stands for His Inspired Messages, seeks people who need encouragement and has a division that raises monies for scholarships for students. Recently HIM sponsored a golf outing which was very successful. As a result, two student's financial situation can be lightened. The next upcoming event will be the

month of May 2013 where HIM is planning a spring fashion show to continue its fund raising for scholarships

Presently, the websites for these companies are under construction and should be up and running shortly.

Last, but not least, Ethel enjoys music and in fact is a musician herself. She has been studying music for a number of years and at present is studying piano, pipe organ, and music composition under the direction of Glenn Buzzard, a graduate student from Duquesne University.

Ethel loves the Lord. In that she feels lead to inspire, innovate, and let people know that God loves them. "I have so much music in me I'm reminded of King David. I want to make "ill" spirits flee and shutter when I play musical for the LORD."

Ethel has just accepted a position at a Church where she will be the praise and worship leader, praising God on the keyboard and organ—her first love.

If interested in any of the above, please call 724-523-6036 or fax 724-527-6399.



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Philippians 4:13 --- I can do all things through
Christ who strengthens me.

=====

The road to success is not straight.

There is a curve called **Failure**,

A loop called **Confusion**,

speed bumps called **Friends**,

red lights called **Enemies**,

caution lights called **Family**.

will have flats called **Jobs**.

But, if you have a spare called **Determination**,
an engine called **Perseverance**, insurance
called **Faith**, a driver called **Jesus**, you will
make it to a place called **Success**.

Are you experiencing a moment of defeat right now? Are you struggling in your spirit with unanswered questions as to why you are struggling with the same problems over and over with your finances, marriage, rebellious children, just lost your job, an illness, battling addictions, etc.? Right at this moment do you feel you are all alone with this struggle and no one to help you or to listen to you? Well you aren't alone, thousand and thousands of people daily are faced with the same or similar problems you are facing and God wants to help you.

As you read through the pages of the Bible you will discover people just like you and me who battled the same situations – different time period, but same problems and struggles. But, guess what, God had a solution for them just as He has one for us. So the problems and struggles you are facing is nothing new to God the Father. First of all God wants you to know from Romans 8:37 that . . . *“in all things we are more than conquerors through Him that loved us.”* God had Apostle Paul record this scripture to encourage us that we don't have to walk in discouragement. We have God on our side, and with His love we can accomplish great things.

The secret to being “more than a conqueror” is found in God's word and it is called “obedience” to His commandments. God's expectation for His children is to live a victorious life; but we have allowed the *“limitations of this world”* defeat us. When we walk in defeat we are setting ourselves up for attacks by the

enemy, Satan, and as a result we don't experience the abundant life that God wants us to have. So what are the limitations of this world—*doubt and unbelief*.

Doubt and unbelief says – we can't; whereas faith and belief says—*“I can do all things through Christ Jesus who strengthens me.”* Your situation may seem very bad right now, but to God it is only a test. To become more than a conqueror, **we need to know, who God is** and the power He has. *God is powerful – He can move your mountains. He can take you through “any wilderness experience” victoriously.*

Know who you are in Christ. *We are His children and He has a plan and purpose for your life and that includes abundant living.*

We will go through trials and tests. As Gods children we are not exempt from trials and tests. God allows trials and tests in a our life to strengthen and mature us.

When being tested, you can become a conqueror, by using the Word. The WORD has power. Fight the enemy with the WORD. Quote scriptures at the enemy and he will flee because he can't stand hearing the Word.

God tells us in Ephesians 6:12-13 that our battles (trials) are not flesh and blood (humans) but against demonic forces we can't see (Satan and his demons).

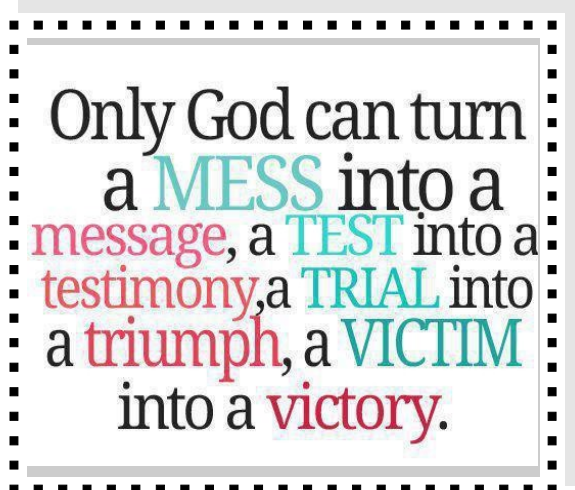
So we are instructed to pull on the whole armor of God and having done all as instructed by God, then we are to stand firm in prayer to God with our requests. If God is telling us to put on the “whole armor” of God, then He already sees us as a “victorious warrior.” God believes in us, so we need to believe in Him and the Word He so graciously gave us as a gift with His love wrapped all around it. God's word is full of encouragement and fill with many promises that instructs us how to live an abundant life and how to be victorious.

Try repeating these scriptures daily to help you become the conqueror God already knows you are:

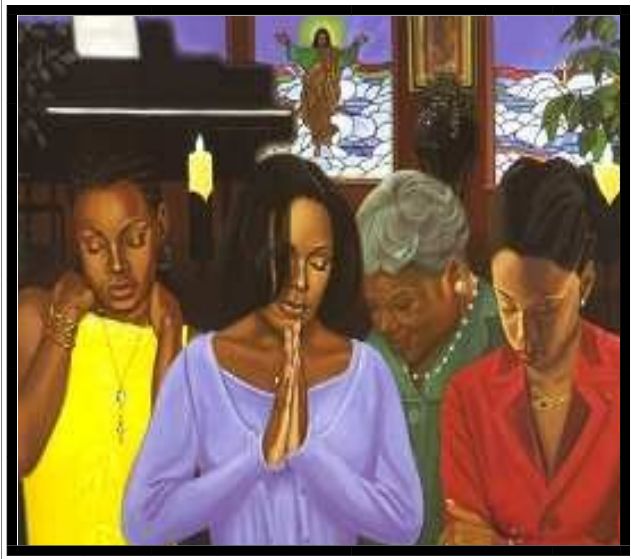
Psalm 37:40 “and the Lord shall help them, and deliver them: He shall deliver them from the wicked, and save them, because they trust in Him.” (Change “them” to “me”).

Ephesians 3:20 “God...is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.” (Change “we” to “us or me”).

1 Corinthians 10:13 (God has a solution to our problems) “no temptation has seized you what is common to man. And God is faithful; he will not let you be tempted beyond what you can hear. But when you are tempted, he will also provide a way out so that you can stand up under it.” (Change “you” to “me & I”).



“Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. Of His own will He brought us forth by the word of truth, that we should be a kind of first fruits of his creatures.” (James 1:17-18)



Deal bountifully with Your servant,
That I may live and keep Your word.
Open my eyes, that I may see
Wondrous things from Your law.
I *am* a stranger in the earth;
Do not hide Your commandments from me.
My soul breaks with longing
For Your judgments at all times.
You rebuke the proud—the cursed,
Who stray from Your commandments.
Remove from me reproach and contempt,
For I have kept Your testimonies.
Princes also sit *and* speak against me,
But Your servant meditates on Your statutes.

THE TONGUE (CONT'D)

miss so much of what is going on in a situation around us if we are listening to our own voice. How can we learn of others, a situation or knowledge if we love the sound of our own voice?

We can also avoid putting our foot in our mouths by listening before reacting. How can we promote the kingdom of God if we are not silent to listen to His voice or to His wisdom; or how can we walk with Him and be a reflection of Him if we are constantly pouring out anger?

It is better to speak with kindness or out of love than to be quick to cut someone with our words, the attitude of "I need to have the last word" or "I am going to put him or her in his or her place" is not something God is pleased with or promotes, He is not cheering us on in the background.

Solomon who God says was the wisest man, says in *Proverbs 15:1-2* that a soft answer turns away wrath. So it is better to heed wisdom from the wisest man whose wisdom was from God than to accept advice from a friend who can only give advice from what they think they know, and

when compared to God, that advice is not much at all.

Raising our voice and flying off the handle instead of speaking with wisdom to handle issues, problems, and confrontation does not reflect Christ in us. So the next time you are faced with these types of situations, ask God to reveal to you a better way to address problematic issues. Try meditating on the following scriptures to help you speak life instead of death into these problematic situations and to those you love:

James 1:19-20

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; ²⁰ for the wrath of man does not produce the righteousness of God.

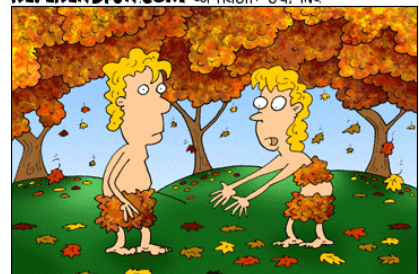
Proverbs 15:1-2

A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise uses knowledge rightly, But the mouth of fools pours forth foolishness

No matter what we are
going through,
no matter how long the
waiting for answers,
of one thing we may be
sure. God is faithful.
He keeps His promises.
What He starts,
He finishes . . . including
His perfect work in you.

By Gloria Gaither

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10-06-2006
WILL YOU PLEASE PICK UP ALL YOUR CLOTHES?

puzzle 46 LUKE 1:1-25

R	A	E	B	J	R	W	Z	T	E	N	I	F	D	C	S	T	A	T	G	R
Z	E	C	H	A	R	I	A	H	E	N	N	I	D	O	R	E	H	N	C	N
L	E	I	R	B	A	G	B	R	P	M	C	L	I	M	P	R	I	E	S	T
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B	O	X	T	F	E	Z	E	I	I	F	E	D	A	D	V	T	S	I	T	C
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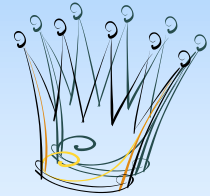
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ANGEL	GESTURE	SANCTUARY
APPEARED	GOD	SERVING
BARREN	HEROD	SON
BEAR	HOLY	SPEAK
BURN	INCENSE	SPIRIT
CHOSEN	ISRAELITES	TEMPLE
COMMANDS	OBEY	THEOPHILUS
ELIZABETH	OLD	VISION
ENTER	POWER	ZECHARIAH
EYEWITNESS	PREGNANT	
FILLED	PRIEST	
FULFILLMENT	PROMISES	
GABRIEL	RIGHTEOUS	

*Aspire to inspire
Before you expire!*

Coming Soon "Kingdom Men Series"

Thursday Nights Starting
November 8, 2012
7:00 to 8:30 p.m.



Instructor:
Elder Charles Head

Supported Outreaches: Tuesday Night Bible Study & Prayer

Prayer Ministry
(Biblical Counseling)

Virtuous Women's Workshop
& Programs

Men's Meeting

Prison Outreach Ministry

Seniors Outreach Ministry
("Shoe Boxes For Seniors")

Kingdom Training Classes

Financial Awareness:
Living Debt-Free Workshops
Financial Seminars

"For you are the salt of the earth; but if the salt have lost his savor, wherewith shall it be salted?" (Matthew 5:13)

Patience Workshop

Tracie Morelli and Friends presented their adaptation of the virtue "Patience" to the Virtuous Women's Group on August 11th. Tracie Morelli and Friends did an outstanding performance. They used an everyday family situation to illustrate how unbecoming and rude an impatient person looks and acts, and the harm that the spirit of impatience does to the human body and to others.

Rosanne Jacobsen played the impatient mother; Tracie Morelli played the slow poke kid; and Jenny Ireland played the doctor. God gifted these women with a unique way of being able to demonstrate a visual interpretation on the negative results of a life of "impatience." The skit was presented in a way that everyone in the audience was able to relate to some or all of the illustrations in their own life. This skit brought much awareness to the audience on the need to obtain the virtue of "PATIENCE" with God and others, and to seek God's help when things don't go as planned.



COMING SOON!

Journey Through Life Ministries

Presents

Virtuous Women's Annual Christmas Party

Ponder the path of your feet, and let all thy ways be established (Proverbs 4:26)

Location:
Penn Hills Library
Saltsburg & Stotler Roads

December 8, 2012
12:45 - 3:00 p.m.

Seating is Limited:
Call Min. Georgetta Head
412-731-3450
to reserve your seat
Meetings are FREE!

*"Bring a Friend,
and Come Expecting!"*

Worship Leader:
Ethel Hamilton

"Holy Spirit Empowering Men & Women for Success"

"Annual Christmas Party"

Join us for our Annual Christmas Party as we celebrate the birth of our Lord and Savior Jesus Christ, and the "Real Meaning of Giving"

- Bring your favorite covered dish
- Enjoy good fellowship
- Crafting with the Youth
- Door Prizes

Journey Through Life Ministries

P.O. Box 17968
Pittsburgh, PA 15235

Phone: 412-731-1856
Fax: 412-731-1858
Email: journeylife@verizon.net
Website: www.journeythroughlife.net

Elder Charles Head, President
Minister Georgetta Head, Vice President

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

All articles written and edited by:
Elder Charles S. Head
Minister Georgetta Head

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

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

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

What Must I Do to Be Saved?

"Jesus said unto him, "I am the way,
the truth and the life, no man comes to
the Father but by Me." (John 14:16)

All you need to do is pray the "sinner's prayer" below!!

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

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

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

You have said in your Word which cannot lie, "for whosoever shall call upon the name of the Lord shall be saved (Romans 10:13)." "I have called upon your name exactly as you have said, and I believe that right now, I am saved.

=====

*If you have sincerely prayed these words, which have been written out for you, and believed in your heart on the Lord Jesus Christ as your Savior, you are at this moment saved, and your name is written down in the Lamb's Book of Life. 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.

Journey Through Life Ministries, Inc.

P.O. Box 17968
Pittsburgh, PA 15235

To:

*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
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