

Journey Through Life Ministries *Quarterly Newsletter*



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

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Journey Through Life Ministries accepts 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.

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

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

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

Charles & Georgetta Head

***Man doth not live by bread only, but
by every word that proceedeth out of the
mouth of the Lord (Deuteronomy 8:3).***

Distractions - Discouragement - Doubt



Rev. Georgetta Head

Discouragement is a big problem in the body of Christ, causing many Christians to live defeated lives. They act as if God doesn't hear their prayers and as if God has forgotten them. So why is this happening in the body of Christ and what is the cause behind this problem? In one word "satan!" Satan knows if he and his demons can cause unnecessary distractions to God's children, they will eventually become discouraged, and the discouragement will lead them to doubt God's promises found in the Bible.

The dictionary defines the word distraction as: "*a thing that prevents someone from giving full attention to something else.*" In other words, a distraction is used to divert a person's attention from something they should be doing. In this case, to keep God's children from spending time with Him and believing His Word. Distractions can be good and they can be bad. I believe God gave us the action of distraction for good, such as when you are not feeling well, the distraction of a friend visiting is good. Or if a dog is trying to attack someone, the distraction to divert the dogs attention is a good thing. But, as we all know, the devil always takes what God meant for good and tries to turn it into evil.

Satan, will use any tactic, use any person, any family member, work associates, friends, church members, our finances, our marriage, etc. to cause distractions in our lives to and wear us down, emotionally, mentally, and physically. Satan knows we are precious to God and God loves us very much, so his goal is to try and to destroy our relationship with God by bringing doubt into our minds about God's promises. These attacks from satan are designed to keep us from praying and spending time with God, which will eventually have us doubting God's promises in our present situation and for the future. The areas satan loves to target are our children, our marriages, our health and our personal finances.

When I was a single parent for 19 years, satan devised many distractions in my life that caused me many years of stress. These distractions caused me to become discour-

aged and eventually ill, causing me to miss several months of work. I found myself doubting God's promises of protection and provision for me and my children. During one of my most desperate times, I finally called out to God asking Him why! Father God showed me in His Word that we are in spiritual warfare (2 Cor. 10:3-6) - and that satan uses people to do his dirty work. He also showed me in the Word that:

Satan is a defeated foe. Jesus death and resurrection defeated satan and he has no power over God's children, except the power we give him.

Satan has to ask permission from God to attack us. God allows these trials, and that is what they are—trials (read the book of Job).

He made a way of escape. 1 Corinthians 10:13 tells us, "*There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.*" The way of escape is found in Jesus, the Word of Life. When we speak the Word and believe in the promises of God, satan and his demons have to flee.

Test the spirit. We are told in 1 John 4 to "*.. believe not every spirit, but try the spirits whether they are of God:..*" When distractions or confusion and strife come our way, we need to discern that God is not the author of confusion, satan is (1 Cor. 14:33). Pray about the situation asking God for His help.

Jesus already won the battle for us on the Cross. He disarmed satan and has given us all the authority we need to live victoriously on earth. As children of God we need to walk in this authority which is found in the Word, believing that satan is under our feet. Finally, we can't defeat satan in the flesh, we need to cloth ourselves with our *spiritual weapons (the armour of God)* found in Ephesians 6 and to *walk in the fruit of the spirit* (Galatians 5:22), when we do, the enemy will flee. Remember, we have the victory!

Ministry News

Rev. Georgetta Head

Designs By God



Upcoming Events

Men's Fellowship Breakfast

November 21, 2015

King's — Harmarville, PA

10:30 to 12:30 p.m.

Discipleship Workshop

"Kingdom Concepts"

November 14, 2015

10:00 to 3:00 p.m.

10529 Lindberg Drive

Penn Hills 15235

Annual Tea Party &

Awards Celebration

April 9, 2016

10:45 to 3:30 p.m.

Comfort Inn Suites

Rodi Road

Penn Hills 15235

Journey Through Life Ministries moved into their new teaching facility on August 1, 2015. The "Praise and Worship" Workshop was held at the new teaching facility. Gerry Hickman was the facilitator for this workshop.

Gerry did an excellent job teaching the participants the importance of "Praise & Worship." We were taught how Jesus taught His first disciples to serve and to worship and how today's disciples should serve and worship God. We also learned the origin and purpose of praise & worship; how praise and worship relates to our relationship with God; the principles, forms, and portraits of praise; and finally, what happens when we praise & worship. This class brought a much needed awareness to the importance of praise and worship and how God receives our praise and worship.

Bible Study is held weekly on Wednesday nights at JTLM's teaching facility from 7:00 p.m. to 8:30 p.m. Elder Charles is teaching from the Book of Romans on the topics of justification by faith and the finished work of the Cross. Join us! All are welcome to attend.

Join us on **November 14th** for the "**Kingdom Concepts**" workshop. At this workshop, we will learn what it means to "*seek the kingdom of God first and His righteousness*," we will learn what kind of kingdom we are to seek, how the kingdom of God operates, the benefits of the kingdom we seek, and the benefits of being a member of God's kingdom. The workshop is free, however there will be a cost for workbook and handouts.

Shoe Boxes for Seniors Program: This program benefits the Seniors during the Christmas season (see website for more details). We are asking everyone to decorate a Shoe Box, fill it with personal care items, small food items, books, puzzles, etc. Once Shoe Boxes are filled, with gifts for the Seniors, they can be delivered to our Teaching Facility at 10529 Lindberg Drive, Penn Hills, every Wednesday from 5:30 to 7:00 p.m. from now until December 18, 2015. Our Staff will deliver these decorated and filled Shoe Boxes to the Seniors at Christmas. For some Seniors this is the only gift they will receive at Christmas. So please help in bringing joy to a Senior this Christmas season.

THANK GOD
FOR WHAT YOU HAVE.
TRUST GOD
FOR WHAT YOU NEED.



Rev. Georgetta Head

Question: Why is it that people have different opinions on money. Some see the value of having money, while others don't. And why does God say the "love of money is the root of all evil."

Answer: These are good questions and requires more than one answer. But, due to space limitations, we will try to answer your question with only one answer that will hopefully answer your question. Let's begin with the scripture you quoted above which is found in 1 Timothy 6:10, this a good starting point. (*"For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows."* 1 Tim. 6:10).

First of all, money itself is not evil. Pick up any denomination bill — hold it in your hand, what does it do to you? Can it speak, can it harm you, can it walk, etc.? No! Money is a piece of paper that has a value printed on it to be used to exchange for services rendered. How one values money is a "mind-set and a heart matter." Valuing money the wrong way can either give us a false love for money, and not a heart for the things of God. Paper money has no power!

Father God has a lot to say about money in the Word of God, so let's look at a couple parables. The rich man and Lazarus. The Word tells us that there was a rich man who had everything, money, fame, material riches and power. There was also a poor man by the name of Lazarus. He was a beggar ill with sores. He laid at the door of the rich man hoping for crumbs from the table of the rich man to satisfy his hunger. The rich man ignored Lazarus' cry for help.

The parable goes on to tell us that both died. One to eternal damnation and one to eternal

life. The rich man's heart was fixed on money, fame, and power. He didn't have a heart for the poor and needy. The Word of God tells us it is easier for a camel to get through an eye of a needle than for the rich to enter into the kingdom of God (Matt. 19:24). Why! Because they have a heart for the things of this world instead of having a heart for the things of God. Lazarus although poor, had a heart for God instead of the things of this world. Proverbs 14:20 tells us that the *"poor is hated even of his own neighbour: but the rich hath many friends."*

With the right mind-set and having a heart for the things of God, we then learn the true value of money. Money is not to be stored up for self! God says it is He that gives men the power to make wealth (Deut. 8:18). We are simply stewards of whatever God gives us, such as money, material possession, etc. As children of God we are not to covet the things of this world, because they are temporal and will pass away, they have no value for the kingdom of God. Our treasures are found in Heaven. These treasures will never pass away!

Jesus tells of another parable in Luke 12:16-22 of another rich man that had more than enough food and wealth. Instead of giving to the poor, the widow, or the fatherless, he chose to tear down his existing barns and to build new ones to store his wealth. After rebuilding, he died! The Bible says he "laid up treasures for himself, and was not rich toward God." We are rich toward God when we show kindness to the poor, etc.! Don't allow money to control you. Seek God's wisdom on how to help others with what God blesses you with so that your works will have kingdom value. The value found in money is when we can freely give it away for the kingdom of God by helping others that do not have.

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

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: (Matt. 6:19-24)



Women of The Bible



Anna

A Committed Life

Rev. Georgetta Head

Anna was a prophetess who lived in the temple, praying day and night for others. Holy Spirit tells us about Anna with only three scripture verses, but it is enough information to reveal her character, her love for God and the fruit of her life.

We read in Luke 2:36-38 *"And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher: she was of a great age, and had lived with an husband seven years from her virginity; ³⁷And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day. ³⁸And she coming in that instant gave thanks likewise unto the Lord, and spake of him to all them that looked for redemption in Jerusalem."*

Notice that Luke introduces Anna as a prophetess. A prophetess in biblical days was a women who faithfully proclaimed the Word of God. So, Luke is revealing to the reader that Anna was a women devoted to declaring the Word of God to others. She may have had a ministry in the temple encouraging and instructing other women who came to worship, from the Hebrew Scriptures (Titus 2:3-4).

Luke goes on to say Anna was a widow of great age (84) and without any children. To be a widowed during that time period would mean a very difficult life for Anna, so we can assume that she probably lived a very hard and frugal life living on charity. Anna, however, didn't let her life style define her. As we have learned Anna was committed to God and served Him faithfully through fasting and prayer and ministering to others the truth of God's promises. Her God defined her! Not her circumstances! Anna was a worshipper and through her relationship with God she discovered true prosperity. Because of her faithfulness God gave her the honor of seeing her redeemer Jesus Christ when Mary and Joseph brought Jesus into the temple, her eyes beheld *"the redeemer."*

We too can live a committed life by being an example to others and not allowing our circumstances to define us. We can also know our redeemer personally through our worship and through our faithfulness to Jesus. Serve Him by serving others! We can begin by following Gods instructions found in Titus 2:3-4—teaching and mentoring the younger wives and mothers how to be godly women in their homes loving their husbands and children, and most importantly, how to have a relationship with God. When we teach other women the importance of having a relationship with God, they will come to know him in supernatural ways no man or thing can do for them—and they too will discover true prosperity!

Old Testament Survey - Israel's Enemies

Rev. Georgetta Head



When God lead the children of Israel into the Promised Land, He gave them commandments that if they obeyed them they would have His protection and provision, and He would keep them from being plagued with the diseases of the other nations (Lev. 26:1-13).

God also told them if they didn't obey His commandments "He would set His face against them and they would be slain before their enemies" (Lev. 26:14-46).

The children of Israel choose not to follow God and as a result the surrounding nations, that we discussed last quarter and this quarter, pursued them and plagued them with every evil known to man. Let's survey the last two enemies of Israel:

Moabites: Moab was a son of Lot, resulting from Lot's incestuous relationship with his oldest daughter. They refused passage to the children of Israel, when the Israelites were along their border trying to get to the east side of the Jordan (Judges 11:17, 25-26). The Moabites also oppressed Israel during the days of the Judges. They were finally defeated by Saul and David.

Philistines: The Philistines originated from Caphtor, the Island of Crete. The Philistines were a constant source of trouble for Israel during the time period of the Judges into the reigns of king Saul and king David. King Saul was unable to subdue them, but king David was successful in defeating them. The Philistines constant harassment was predicted by several prophets, such as Jeremiah and Ezekiel.

Because the children of Israel refused to obey God's commandments, God disciplined them by allowing the surrounding nations to wage war against them.

Israel was divided into two nations known as Judah and Israel. God sent prophets early in the morning and late at night to warn both nations repeatedly of their sins of turning away from the Living God—Jehovah. Unfortunately, they closed their ears and refused to listen to the prophets. They actually killed the prophets, rather than heed their warnings from God and to turn from their wicked ways. So the people continued straying from the "Living God" who loved them and protected them, into worshiping deaf and dumb idols made with their hands. So after years of warnings from God, He allowed them to go into captivity for 70 years. The children of Israel were removed from their native land, the enemy destroyed the land and burned down the Temple. What a price to pay for sin!

The Church should take a look at what happened to the children of Israel and not repeat the same mistakes. We need to quit compromising and watering down God's Word by preaching messages that eliminate the Cross and the Blood. We shouldn't make light of what Jesus did for us on the Cross. He paid a great price to redeem lost souls! He shed His precious blood—His blood that cleanses all from sin for those that accept Him as Lord and Savior of their life. We need to stop playing church and be the Church—proclaim messages to the world that will deliver their souls from damnation. It is time for the Church to wake up!

Bible Facts

Elder Charles S. Head

During Israel's captivity in Babylon, some of their captors asked them to sing them songs of Zion. Their response was "how can we have joy singing with a heavy heart in a strange land. (Psalm 137:1-9)

We can't hide anything from God, He sees and knows our before during and after. (Psalm 139:1-16)

God gave Israel the option to choose blessings or curses using the word—"IF." (Deuteronomy 28)

Jesus used the parable of The Sower to show us how many people meet the Lord, but do not continue with Him. (Luke 8:5-15)

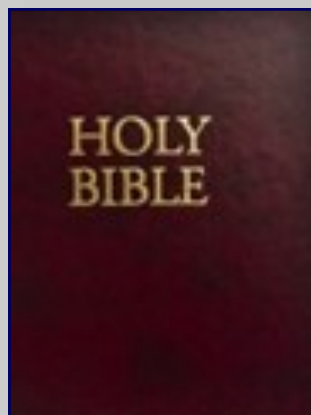
In the story of the Prodigal Son, one son had a repentant heart and the other a self-righteous heart. (Luke 15:11-32)

Our foundation to God is built on Jesus Christ His Son. (1 Corinthians 3:9-11)

Everything we have is a gift from God, we are not to act superior over people with pride. (1 Corinthians 4:6-7)

Book Review

Order your
copy today!



The Bible is man's instruction for living on planet earth. The Bible will teach the reader how to be saved and how to have a relationship with his creator. But most importantly, it will teach the reader about redemption— why Jesus Christ died on the Cross, and what it means for fallen man.

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

Can You Sleep While The Storm Blows



Years ago, a farmer owned land along the Atlantic seacoast. He constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic. They dreaded the awful storms that raged across the Atlantic, wreaking havoc on the buildings and crops.

As the farmer interviewed applicants for the job, he received a steady stream of refusals. Finally, a short, thin man, well past middle age, approached the farmer "are you a good farm hand?" the farmer asked him. "Well, I can sleep when the wind blows," answered the little man.

Although puzzled by this answer, the farmer, desperate for help, hired him. The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with the man's work. Then one night the wind howled loudly in from offshore. Jumping out of bed, the farmer grabbed a lantern and rushed next door to the hired hand's sleeping quarters. He shook the little man and yelled, "get up! A storm is coming! Tie things down before they blow away!" The little man rolled over in bed and said firmly, "no sir. I told you, I can sleep when the wind blows."

Enraged by the response, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm. To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were all barred, the shutters were tightly secured. Everything was tied down.

Nothing could blow away. The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

When you're prepared, spiritually, mentally, and physically, you have nothing to fear. Can you sleep when the Wind blows through your life? The hired hand in the story was able to sleep because he had secured the farm against the storm.

We secure ourselves against the storms of life by grounding ourselves in the Word of God. We don't need to understand, we just need to hold His hand to have peace in the middle of storms. May God bless you! (Author Unknown)

Distraction + Discouragement = Doubt

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

Barrier	Hindrance
Confusion	Hurdle
Disappointment	Interruption
Disbelief	Obstruction
Discouragement	Opposition
Disruption	Reservation
Distraction	Restraint
Distrust	Skepticism
Diversion	Suspicion
Doubt	Uncertainty
Hesitation	



"Walk in wisdom toward them that are without, redeeming the time. Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man." (Colossians 4:5-6)

Journey Through "The Reality" of Life

Part 2 "The Family"

Rev. Georgetta Head



In Part One, we learned that the family is very important to God and that the family is under severe attack by the world (satan). In Part Two, let's review what makes a family structure and why the family is so important to God.

First and for most, a family consists of a man and a woman coming together in marriage which is divinely ordained by God. Satan knows this and that is why he targets the family. Satan wants to destroy God's purposes for the family.

When Television was introduced to the world it seemed like a great idea. Families would have a form of entertainment in the home, suitable for all ages. Unfortunately what seemed to be a great form of entertainment for the family became an evil. TV producers began using this little box to influence family's by redefining family with "reality TV programming." These programs are designed to destroy the family structure as ordained by God.

The world, through TV, began to subtly communicate messages about marriage and how to enjoy each other emotionally and physically without God. Their

thinking is that marriage is to bring everlasting happiness and security without God. The world through TV says "stay together only as long as you enjoy love and only if your partner can satisfy your emotional and financial needs. If it doesn't feel good—get a divorce. Don't try to work out your differences! Leave your partner and get someone else to mess up? But, what does God say, "*what God hath joined together, let no man put asunder.*" (Matt. 19:6)

So what is God's purpose for family (marriage)? God's purpose is for the family to be spiritual, not physical, emotional, or social. The family is a partnership of a man and a woman coming together in marriage with a spiritual responsibility to God and to society. In Genesis 1:26 we read God created man and woman in His image. He blessed them to have dominion on the earth and to replenish the earth.

God designed the family, including children, as the first source of spiritual training and preparation for life. Parents are to train their children with spiritual inspiration, motivational, and spiritual productivity for the cause of God. Christian families professing holiness

must make God's program their family program and pursue it diligently.

God sent Holy Spirit to teach Christian families how to live a holy life separate from the influences of this world, and how to train their children up in the Lord, knowing Him and His salvation. Families coming to a holy God desiring to follow and serve God will have a prosperous family structure. So you see, the world has it all wrong. Their influences will never be able to heal emotionally wounded individuals. It is only Christ Jesus who can take two wounded people, save them and set them free from the wounds of the past. Also, it is only Christ Jesus who can give everlasting happiness and security. The world's solutions, which are satan's evils, will only cause confusion and devastation in a family. (Psalm 147:3)

So, if satan can get the family to fail in its responsibility to prepare humans to live in this world as God intended, then he will succeed in damaging and possibly destroying every human institution that depends on the family. Christians already have the victory, so turn off the TV and live and teach your family like the conquerors God made you to be.

Men On A Journey

Elder Charles S. Head

The Men On A Journey Fellowship Breakfast covered an interesting topic for the month of October.

Using the character of king Manasseh, king of Judah for 55 years, the men explored the topic of *"Humble Yourself Or Be Humbled"* (2 Chronicles 33:1-20). The key point and emphasis was that king Manasseh was a ruler over God's people from an early age, but had a very wicked heart from the beginning. He led God's people down the road of sin and rebellion.

King Manasseh was supposed to represent Judah as a righteous nation but instead used his influence to bring much evil during his reign that both he and Judah did things worse than all the heathen nations around them. He built alters to replace God's alter in order for the people to worship the false god Baalim. Manasseh led the people into witchcraft

and all kinds of evil spirits. He also brought carved images into God's House, which purpose was only to worship the One and only Living God Jehovah. Manasseh led the people away from God and replaced everything with his gods, all with no reverence for God. 2 Chronicles 33:10 says: *"and the Lord spake to Manasseh and to His people, but they would not hearken."*

In God's mercy and love He reached out to king Manasseh, but he would not listen, so God allowed Manasseh to go into captivity. We read in 2 Chronicles 33:12 *"and when he (Manasseh) was in affliction, he besought the Lord His God, and he humbled himself greatly before the God of His Fathers."*

It's sad that king Manasseh would not humble himself when God tried to reach out to him in love and mercy, but that is the way of many of us today.

We read in 2 Chronicles 33:13 that God restored king Manasseh's kingdom and allowed him to continue as ruler of his people. The change in Manasseh's life began when he chose to humble himself before God during his affliction and captivity. Before that he chose the long hard road of rebellion.

God always reaches out to us to prevent us from falling and having to reap the benefits of destruction, but most of us think we can make it on our own without God's help. Manasseh had a spiritual heart problem and was too spiritually blind to see he could not be changed by man, but by an "all powerful and loving heavenly father" as he allowed him to have control of his life. Manasseh is an example we need to follow. We need to humble ourselves before God and give Him control. Until we voluntarily give God control of our life, we will suffer the same consequences of Manasseh—a spiritual downfall.

INVEST IN PEOPLE—BECOME A JTL FINANCIAL PARTNER

- Now is the time to take action -

Journey Through Life Ministries needs your help!

I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.
(Matthew 25:37)

☐ **Yes! I want to be a partner and commit to a monthly amount of:**

☐ **\$5.00** ☐ **\$10.00** ☐ **\$20.00** ☐ **\$30.00** ☐ **\$40.00** ☐ **\$50.00** ☐ **Other**

or: ☐ **Send a one-time gift of any amount.**

Journey Through Life Ministries
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Giving is thinking on things of others

The Answer is Always in His Word

ELDER CHARLES HEAD

"THE CONSEQUENCES OF REJECTING JESUS—OUR LIGHT?"

God loves us very much and will go to the farthest extent to save us from destruction and to show us His love. When He disciplines us it's for our best interest, because God knows what is best for us—even when we don't understand. There are times when we think we can help God out in solving the problems in our life, but it always end up in failure. When Adam and Eve chose to disobey God by eating from the forbidden tree, they in a sense were saying they could make the best decision that would affect them and all of mankind for the rest of their life without including God.

As a result of that bad decision, we are still suffering from their choice of self will and disobedience (Genesis chapters 1 & 2). Thank God the story doesn't end there, but continues. Because of God's love for us, He sent His only son to die for our sins (John 3:16). Unfortunately, many are still rejecting God's only son, but the consequences will be eternal damnation unless they change their ways. This truth and consequences is found in John 3:16-21: *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. ¹⁷ For God sent not his Son into the world to condemn the world; but that the world through him might be saved. ¹⁸ He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God. ¹⁹ And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil. ²⁰ For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproved. ²¹ But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God."*

God's love is unconditional in reaching out to us, it is not His desire for any to suffer eternal damnation, but as in the case of Adam and Eve, He will not go against our will. We choose our eternal destination by acceptance or rejection of His Son Jesus Christ, who is God's very best.

Want to have the Quarterly Newsletter mailed to your home? You can! For \$16.00 per year, a copy will be mailed to your home each quarter. Or would you like to make a donation of any amount to help in the cost of preparing, copying and distribution of this newsletter. Fill out the form below and mail to: **Journey Through Life Ministries; P.O. Box 17968; Pittsburgh, Pa 15235 or you can subscribe or make a donation.**

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Health Tips

Tips for Healthy Living

Healthy Living

Rev. *Georgetta Head*

God cares about every thing pertaining to mankind, including our health. For that reason He created fruits and vegetables along with water for us to eat and drink. Consuming these foods and drinking water serve as preventative maintenance for our bodies. We are given only one body, so why do we pollute our bodies with unhealthy fast foods and junk foods that destroys the body over time? Why don't we take care of it by eating healthy to keep our bodies fueled with good nutrition? Or drinking plenty of water to keep our bodies flushed of pollutants? Because of our hectic life styles it is a lot easier to grab prepared fast food.

However, if we take the time to plan our day and choose simple recipes, it is just as fast to cook fresh foods without preservatives and additives.

Did you know that eating one fast food cheeseburger and an order of fries is equivalent to 2-1/2 meals (1345 calories), and they have no nutritional value for the body. However eating three well-balanced meals, from the required food groups, promotes healthy bones, healthy tissues, and healthy blood cells. Healthy eating also aids in fighting off common diseases such as colds, flu, etc.

Portion control is also another problem in our culture, even when eating healthy foods. So when you feel the need to cheat and eat junk food, cut the portion in half. Instead of eating the entire cheeseburger and order of fries, eat half and share the other half with a friend. You will have satisfied your cravings and will have consumed only half of the calories (685 calories).

Last, but not least, our bodies are made to need movement and activity. Exercise is good for the body and our bodies need it. Your body will thank you for the 20—30 minutes a day of exercise!

Upcoming Events

Wednesday Night Bible Study

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

Discipleship Workshop—“Kingdom Concepts”

Journey Through Life's Teaching Facility
10529 Lindberg Drive
November 14, 2015
10:00 a.m.—3:00 p.m.
412-731-1856 to Register

Men On A Journey

Monthly Fellowship Breakfast Meeting
November 21, 2015
“All are welcome to attend”
Kings Restaurant
Harmarville, PA

Shoe Boxes for Seniors

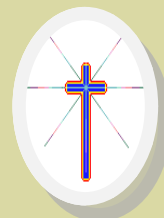
Drop off days
Every Wednesday 5:30—7:00 p.m.
10529 Lindberg Drive
Penn Hills, Pa

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?"

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.

Would you like to make a donation to one of our ministries? You can by mailing any size donation to:
Journey Through Life Ministries
P.O. Box 17968
Pittsburgh, PA 15235
Your donation is tax deductible