

# *Journey Through Life Ministries*

Your Spiritual Newsletter

**Kingdom Living Is "Peace"**

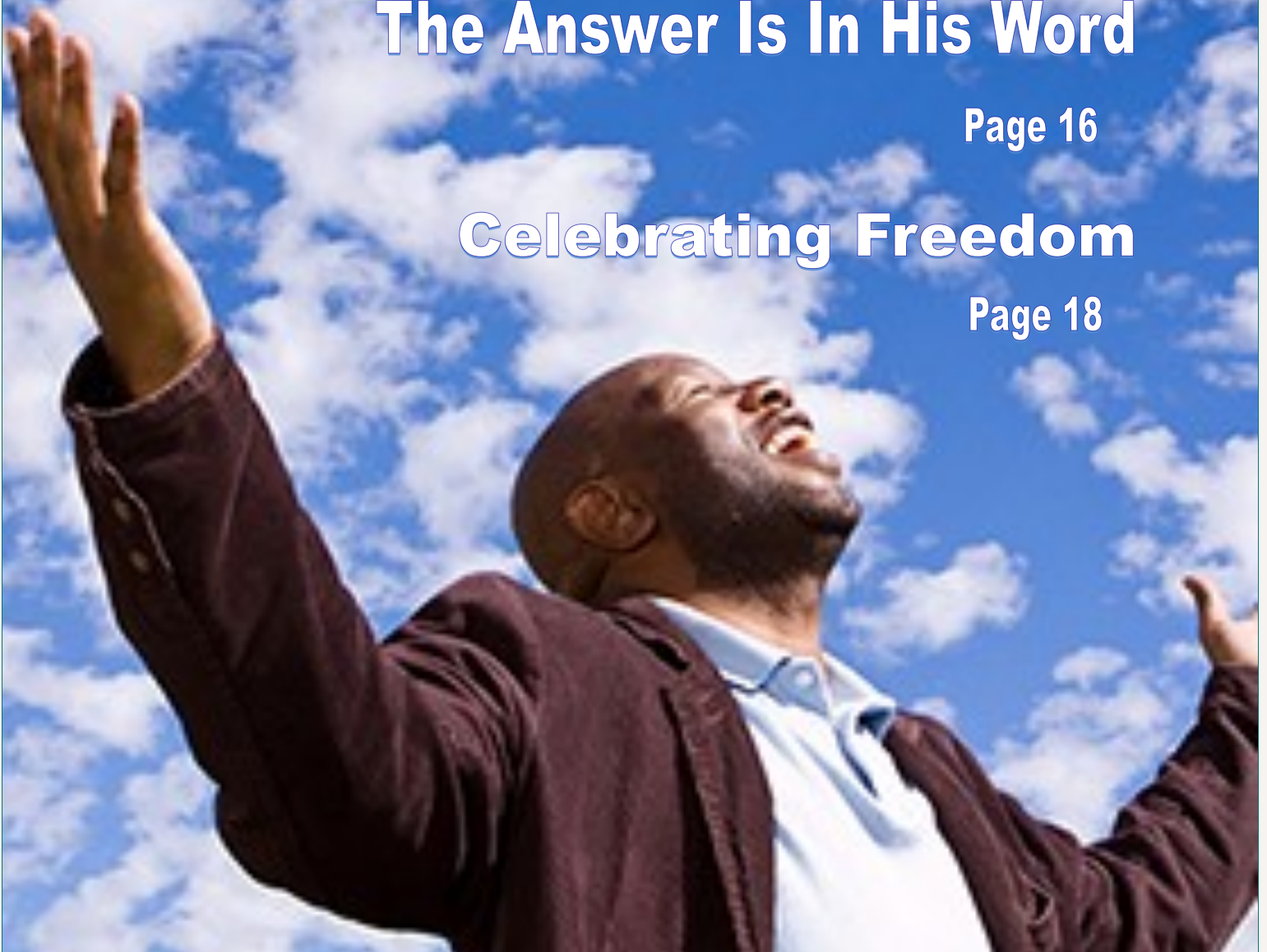
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Journey Through Life Ministries' Newsletter is a quarterly publication promoting spiritual awareness and evangelism in the communities.

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

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



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

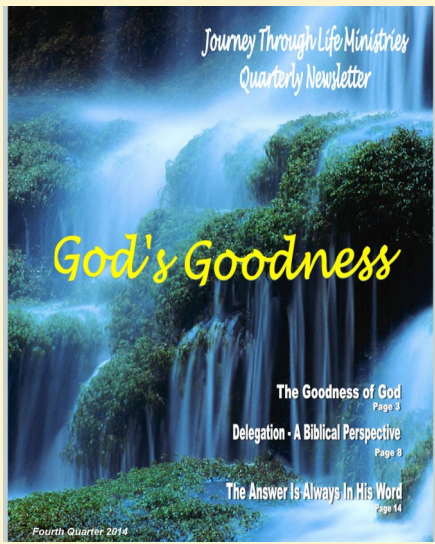
*Our goal is to fulfill the great commission Jesus commanded in Matthew 28:16-20 to "...go and make disciples of all...."*

*This is being achieved by working with churches, professional organizations, social services, and the publication of this quarterly newsletter. As an outreach ministry in the communities, we also offer to adults and youth Biblical studies through various enrichment programs, motivational teachings, and discipleship workshops. All of these programs are created to help individuals to discover the "love" of God and who they are in Christ. And, finally these programs will help individuals to learn the "freedom" they have in Christ Jesus as they become "free" spiritually enabling them to live their lives 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](mailto:journeylife@verizon.net) or visit our website [www.journeythroughlifeministries.net](http://www.journeythroughlifeministries.net) (prayer request page).

## For Back Issues



Visit our website at:

[www.journeythroughlifeministries.net/newsletters](http://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.

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Visit JTLM's Blogger site for Ministry News and Updates



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

# Kingdom Living Is "Peace"

*Rev. Georgetta Head*

*"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." (Philippians 4:7)*

*"Now the Lord of peace Himself give you peace always by all means. The Lord be with you all." (2 Thess. 3:16)*

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As we look at the world we live in, you will notice it lacks peace! Every day we hear news reports or read reports about threats of war, violent acts being committed, people young and old committing suicide, and many more ungodly acts being committed all because of sin and lack of peace. How about lack of peace regarding martial problems, job related problems, financial problems, family problems, etc., affecting many causing them to live fretful lives—full of worry and unnecessary stress.

Jessica has been a Believer for several years now, but like most Believers she still has some maturing to do! Just recently, she received notice that the company she worked for was going through financial difficulties and several jobs were up for elimination. Her position was on the list! Jessica was very worried! She called her sister asking her, "what am I going to do? I am about to be laid off from my job! I can't afford to lose my job, I have bills to pay and how am I going to pay my rent? I have been fretting over this news ever since I received the notice, I can't eat or sleep!" Her sister replied, "Have you asked God what to do?" "No," Jessica answered.

Jessica believes she is in serious trouble, not to mention, she lost her "peace" by fretting over something she apparently has no control over. She was so devastated over the news of her job that she allowed her heart to be troubled and fearful over something she had not control! What would you do? The Word of God tells Believers: *"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid"* (John 14:27). So how does a Believer come to know the "peace" Holy Spirit records the Bible?

There are two gifts of peace a Believer has access to. The first gift of peace is given to the Believer because of what Jesus Christ accomplished on the Cross, He became the perfect sacrifice! A sacrifice which included "peace!" He became everyone of the 5 sacrificial offerings that the Saints of old had to perform (with animals) for salvation and "peace with God."

For today's Believers, salvation and peace with God is obtained by confession of sin and trespasses, and believing with one's heart that Jesus Christ died on the Cross for their sins. This gives the Believer *"peace with God,"* which puts them in "right standing with God.

The second gift of peace from God is *"peace to endure"* any trial or tribulation, enabling the Believer not to be worried or to be fearful about the unsettling affairs of the world.

Prayer is an important step in building a relationship with God. Through prayer we are acknowledging our need for His wisdom for life's difficult situations.



# Kingdom Living Is "Peace"

(cont'd)

The Bible records many scriptures of promises regarding peace from God assuring us of His protection and comfort for any trial or hardship we experience in this world. God doesn't want His children to be worried or moved by things they can't control. So how does a Believer live a life of peace with himself and others?

**Relationship with God is the key!** Believers need to diligently seek to know Father God. This begins with talking to Father God through prayer and studying the Word.

**Prayer:** Holy Spirit says we can come "boldly" to the throne of God with our supplications (Hebrews 4:16) and receive mercy and grace in our time of need.

Prayer is an important step in building a relationship with God. Through prayer we are acknowledging our need for His wisdom for life's difficult situations. Prayer is one way God will reveal His will for our lives. Through prayer we are inviting Father God to intervene in our lives. When we pray and leave our burdens with Father God, the peace of God will flood our minds and souls, giving us confidence that God has it all under control.

**Studying the Word:** The Word reveals God's perfect will for our lives. The Word records all of God's promises of protection and provision for His children. The Word teaches God's sovereignty—*nothing is impossible with Him!* Studying the Word and believing it will transform our minds and restore our wounded souls.

Studying the Word teaches the love of God to His children, which is the assurance most of us need. The assurance of God's love brings peace to the wearied mind and soul.

**Hearing His Voice:** God says that "His sheep hear and know His voice." Unfortunately many miss hearing the voice of God because of distractions, fear of circumstances or fear of man. When you find yourself worried and your peace leaving you, separate yourself from all negativity and distractions. Give those burdens to the Lord and ask Him to restore your peace.

Jessica decided to take her sister's advice. She sought the Lord for help in her time of need. Her sister recommended that she read scriptures relating to her problem and scriptures on how to trust God for every area of her life. During the next few weeks, Jessica learned nothing is impossible with God and that He cares about every detail of her life.

Jessica's position was eliminated! When she went to the Unemployment Office to apply for unemployment, she was told of a new program that offered free training for those who lost their jobs due to downsizing. Jessica was excited at the prospect of being trained in a new career she would actually enjoy. Jessica suddenly realized that God was in this! God was with her all along and He was gently directing her steps according to His plan and purpose for her life. For the first time in her life, Jessica finally knew what it meant to have peace and to trust God for her life.

Jessica learned a valuable lesson and so can we. When life hits us hard, run to Father God. He has the wisdom we need for any problem or situation we face. Don't let the devil steal your peace, allow Father God to take what the devil meant for evil and turn it into good on your behalf. God knows all and has the answer for everything that life tries to throw at us. We are victorious because we belong to the Most High God!



*Rev. Georgetta Head*

# "Major and Minor Prophets"

Have you every wondered the difference between the major and minor prophets? Well you aren't alone, many have wondered, so today let's journey into the Old Testament to discover our answer! After the Book of Song of Solomon, the remaining books are named after the author of the book.

The major prophets are Isaiah, Jeremiah, Lamentations, Ezekiel, and Daniel.

The minor prophets are Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, and Malachi. The minor prophets are also often called "The Twelve."

They are termed major and minor prophets simply to divide the prophetic books found in the Old Testament, and to distinguish between the longer books of prophecy from the shorter books of prophecy. For example, the size difference between these prophetic books of the Bible are: the major prophets include 183 chapters, whereas the 12 books of the minor prophets include 67 chapters. The longest book of the major prophets is Isaiah, which includes 66 chapters, while the shortest book in the minor prophets is Obadiah, which includes just one.

The Hebrew Bible (Old Testament) arranged the major and minor prophet's book differently. For example, Lamentations was included as part of Jeremiah and the 12 minor prophets books were included as one large book called "The Twelve" or Trei Asar in Hebrew.

The major prophet's books are longer and the content is broad with global implications, and the minor prophet's writings are more narrowly focused. Both the major and minor prophets are usually among the least popular books of the Bible to read. Why? Due to the prophetic language and the constant warnings and condemnations recorded in the prophecies. But, there is valuable information that needs to be studied in the major and minor prophetic books. For example, we read of Christ's birth in Isaiah and Micah. We learn of Christ's atoning sacrifice in Isaiah. We read of Christ's return in Ezekiel, Daniel, and Zechariah. We learn of God's holiness, wrath, grace, and mercy in all of the major and minor prophets.

In the New Testament, Jesus quoted quite often from the Book of Isaiah. In Matthew 5:17 Jesus taught, "do not think that I have come to abolish the Law and the Prophets; I have not come to abolish them but to fulfill them." The Law and the Prophets included the entire collection of Old Testament books, including the major and minor prophets. Jesus placed value on the collection of Old Testament writings and His work to fulfill their teachings regarding the Messiah.

The major and minor prophet's writings also contain information regarding history from the past and present and future events. Do you want to know why the world is in such chaos, read the major and minor prophets writings and your will find your answers! (Research from: "Got Questions")

# Bible Facts

*Elder Charles S. Head*

Many dead saints came out of their graves after Jesus' resurrection.  
(Matthew 27:51-53)

Green is the first color mentioned in the Bible. (Genesis 1:30)

There is only one place in the Bible that shows Jesus sleeping; it is in the midst of a storm. (Matt. 8:23-27; Mark 4:35-41; Luke 8:22-25)

Embalming in Bible time took 40 days (Genesis 50:3)

The Valley of Hinnom was a place just south of Jerusalem where the garbage of the city was taken and burned. It was burning continually. The Greek word for this place was "Gehenna," which was used in the New Testament 12 times, and it was translated as Hell.

When the angel of the Lord sent a pestilence upon Israel, He was actually visible in the sky with a sword in His hand. (2 Sam. 24:15-17; 1 Chron. 21:14-17)

We read in the Bible that Cain spoke directly to God, however, Abel never spoke directly to God. (Genesis 4:6-15)

## Book Review

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



The Bible is a great book written about a King and His Kingdom. It reveals why the most important King ever left His Heavenly throne to redeem lost man.

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

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

# Ministry News

Rev. Georgetta Head

Designs By God



## The Love Of God

Unfathomed as the deep blue sea,  
As boundless as the sky,  
The greatness of a Father's love  
Surrounds us from on high.

Protecting us from things that harm,  
Inspiring us to praise,  
Like sunshine are His rays of love,  
That brighten all our days.

Though years may change the thoughts  
of men, experience confuse,  
The love of God remains the same,  
For those, His way would choose.

He satisfies with deepest joy,  
His matchless love is given.  
That we experience on earth  
The joy we" find in Heaven. (Ethel Miller)

## "Journey Through The Bible":

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

## Daughters of Wisdom and Virtue Meetings:

Women's meeting are held the 2nd and 4th Thursday monthly. For the past month we have been studying: "Following God—Knowing His Will." We are currently in Week 6. New attendees are welcomed and participation from previous weeks is not a prerequisite for attending. Through this series we are learning the importance of Seeking God, Surrendering to God, Submission to God and Hearing the Voice of God.

## Shoe Boxes for Seniors Outreach:

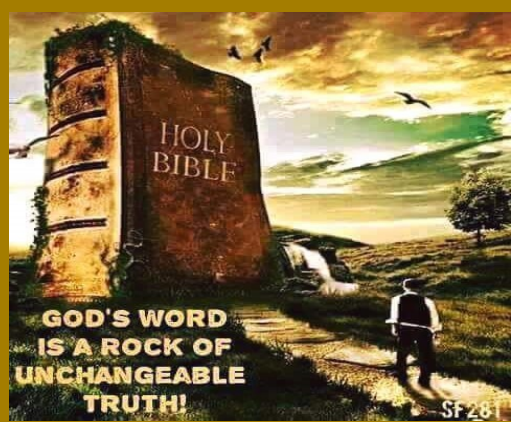
It's getting close to that time of year again - Christmas!! That means the "Shoe Boxes" for Seniors Program is once again upon us. We are in need of participants who would love to bless a Senior this Christmas season by donating a decorated shoe box filled with items that our Seniors will enjoy (see page 3 for suggested items to put in shoe boxes). Or if you prefer, you can send a cash donation of \$20.00 or more for our staff to purchase the items to put in a decorated box. Decorated boxes are needed by December 20, 2017. Cash donations are due by December 11, 2017 and can be mailed to Journey Through Life Ministries, P.O. Box 17968; Pittsburgh, Pa 15235. Thank you in advance for your generosity.

## Footsteps in The Word Workshops:

Interested in growing in your relationship with God; Desiring to understand the Bible; Interested in understanding your position as a Believer; or Interested in understanding Bible principles, statutes, commandments, and precepts—great! These workshops are for you!

To register contact Elder Charles or Rev. Georgetta Head at 412-583 -8628 or email your inquiry to [journeylife@verizon.net](mailto:journeylife@verizon.net) or visit web-site's Event page for more information:

[www.JourneyThroughLifeMinistries.net](http://www.JourneyThroughLifeMinistries.net)





*Rev. Georgetta Head*

***“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)***

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Christmas is just around the corner and many of us are already wondering how we are going to buy presents with money we haven't budgeted, or checking our credit cards for available balances to charge gifts we can't afford.

Luke 14:28 above instructs the reader not to “*build a tower*” without sitting down first to count the cost. This is wisdom from Holy Spirit! Why start a project without sufficient funds to finish? This is a waste of valuable resources!

Now let's substitute the “*build a tower*” for “*gift giving*.” First task at hand is to sit down and make a list of people you intend to purchase a gift. Second, determine how much funds you have available for purchasing gifts, such as: how much in Savings account; piggy banks, Christmas Clubs, etc. Third, with the available funds, setup a budget category for “*Gifts*” determining how much you are going to spend per person, *i.e.*, \$15.00 to be allocated per person for a gift. Once you have determined the amount to spend, do not overspend on any ones gift! Stay true to your budget. Remember, we are counting the cost with what we have available for spending, and available funds do not include using credit cards for purchasing gifts!

What should you do if zero funds are available? How about homemade baked products? Baked products make an excellent gift, or if you are a crafter, why not make a handcrafted gift! Handcrafted gifts make for great presents—they are gifts from the heart!

So you say you aren't a baker or a crafter and you are still looking for ways to buy gifts without using a charge card—why not look for ways to cut costs in your household expenses! Cell phone and cable bills tend to be extremely high ticketed items. You can get rid of cable and use an antenna for local channels and purchase an inexpensive third party device to turn your TV into a “*smart*” TV, such as Roku. Ditch the cell phone plans! There are many mobile carriers that offer unlimited service with fees starting at \$40 per month instead of \$160 per month. How about eating at home more often and eating less at those chain restaurants and fast food places—you will see great savings there.

Make the decision today to setup a budget for future gift giving and that way you will have sufficient funds when you sit down to count the cost for any gift-giving occasion, and while you are at it, why not setup a budget for all of your household expenses?

**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**

# "Look For God In Others"



One day a man saw an old lady, stranded on the side of the road, but even in the dim light of day, he could see she needed help. So he pulled up in front of her Mercedes and got out. His Pontiac was still sputtering when he approached her. Even with the smile on his face, she was worried. No one had stopped to help for the last hour or so. Was he going to hurt her? He didn't look safe; he looked poor and hungry. He could see that she was frightened, standing out there in the cold. He knew how she felt. It was that chill which only fears can put in you. He said, "I'm here to help you, ma'am. Why don't you wait in the car where it's warm? By the way, my name is Bryan Anderson."

Well, all she had was a flat tire, but for an old lady, that was bad enough. Bryan crawled under the car looking for a place to put the jack, skinning his knuckles a time or two. Soon he was able to change the tire. But he had to get dirty and his hands hurt. As he was tightening up the lug nuts, she rolled down the window and began to talk to him. She told him that she was from St. Louis and was only just passing through. She couldn't thank him enough for coming to her aid.

Bryan just smiled as he closed her trunk. The lady asked how much she owed him. Any amount would have been all right with her. She already imagined all the awful things that could have happened had he not stopped. Bryan never thought twice about being paid. This was not a job to him. This was helping someone in need, and God knows there were plenty, who had given him a hand in the past. He had lived his whole life that way, and it never occurred to him to act any other way. He told her that if she really wanted to pay him back, the next time she saw someone who needed help, she could give that person the assistance they needed, and Bryan added, "And think of me." He waited until she started her car and drove off. It had been a cold and depressing day, but he felt good as he headed for home, disappearing into the twilight.

A few miles down the road the lady saw a small cafe. She went in to grab a bite to eat, and take the chill off before she made the last leg of her trip home. It was a dingy looking restaurant. Out Side were two old gas pumps. The whole scene was unfamiliar to her. The waitress came over and brought a clean towel to wipe her wet hair. She had a sweet smile, one that even being on her feet for the whole day couldn't erase. The lady noticed the waitress was nearly eight months pregnant, but she never let the strain and aches change her attitude. The old lady wondered how someone who had so little could be so giving to a stranger. Then she remembered Bryan.

After the lady finished her meal, she paid with a hundred dollar bill. The waitress quickly went to get change for her hundred dollar bill, but the old lady had slipped right out the door. She was gone by the time the waitress came back. The waitress wondered where the lady could be. Then she noticed something written on the napkin.

There were tears in her eyes when she read what the lady wrote: "You don't owe me anything. I have been there too. Somebody once helped me out, the way I'm helping you. If you really want to pay me back, here is what you do: Do not let this chain of love end with you." Under the napkin were four more \$100 bills.

Well, there were tables to clear, sugar bowls to fill, and people to serve, but the waitress made it through another day. That night when she got home from work and climbed into bed, she was thinking about the money and what the lady had written. How could the lady have known how much she and her husband needed it? With the baby due next month, it was going to be hard....She knew how worried her husband was, and as he lay sleeping next to her, she gave him a soft kiss and whispered soft and low, "Everything's going to be all right. I love you, Bryan Anderson." (Author Unknown)

# Men On A Journey

## "Nevertheless - A Choice To Surrender"

*Elder Charles S. Head*

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

There will be times in our lives when we will have to choose to surrender our will for God's will. It can come at a time when you have all your plans made out for your day, your week or even as long as the rest of your entire life, when it comes to your long term goals. But what if God says, "I would like for you to change those plans and turn them into His "perfect will for your life?" Would you say "yes" or continue on with your plans? These are questions we should all ask ourselves.

Jesus had to come to this same crossroad of decision before He went to the Cross to die for the sins of the whole world. When Jesus had a conversation with Father God in the Garden of Gethsemane, He decided to choose God's will and not His own. Matthew 26:36-39 reads: *"Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, sit ye here, while I go and pray yonder. And He took with Him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith He unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me. And He went a little further, and fell on His face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt."* Thank the Lord that Jesus said "yes" to dying on the Cross for our sins, because the benefits are great when we accept Him and join Him in Heaven some day.

Recently I had to come to my own crossroad, as I was admitted to a hospital for an illness and my specialist was not a part of the same team. I began to complain because I wanted to be transferred to the hospital where my heart specialist was on staff. When my request didn't go through in time, I became frustrated. All the while I was praying God's will to be done. As I surrendered my will and agreed to allow the physicians at the hospital I was at to do a Stress Test and EKG, they found blockage in the back part of my heart. Meanwhile, we had people praying all over the country to believe God for healing.

The next day they performed a Coronary Angiogram on my heart. While doing the procedure, the doctor was shocked to find all arteries were completely clear of any blockage. God did a miracle on my heart. The physician performing the procedure had 30 years experience doing Coronary Angiogram and was very puzzled.

The news traveled back to all the nurses who were taking care of me, which opened doors for me to share the gospel and to pray with some of the nurses "about the touch of Jesus." The first thing I asked the Lord was to forgive me for my complaining before coming to my "nevertheless. Then I continued to thank the Lord for His healing touch and shared my story with many others so that they could rejoice with me about "the goodness of God." When you come to your next crossroad and you don't know what to do, as you are being tested by God, just surrender and say as Jesus said: "Nevertheless, not my will but your will Lord," then enjoy the benefits of His blessings.

# The Prophet To Us 16 A Child Is Born

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

CHILD BORN  
 DARKNESS  
 ESTABLISH  
 FOREVER  
 GOVERNMENT

GREAT LIGHT  
 IMMANUEL  
 ISAIAH  
 JOY  
 JUSTICE

KINGDOM  
 MIGHTY GOD  
 PEACE  
 REIGN  
 RIGHTEOUS

# "Shoe Boxes For Senior's Program"



It's getting close to that time of year again - Christmas!! That means the "Shoe Boxes" for Seniors Program is once again upon us.

We are in need of participants who would love to bless a Senior this Christmas season by donating a decorated shoe box filled with items that our Seniors will enjoy. Or if you prefer, you can send a cash donation of \$20.00 or more for our staff to purchase the items to put in a decorated box. Decorated boxes are needed by December 20, 2017.

Cash donations are due by December 11, 2017 and can be mailed to Journey Through Life Ministries, P.O. Box 17968; Pittsburgh, Pa 15235.

Thank you in advance for your generosity.

## 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.**

### Ministries' Outreaches:

**Women's Ministry    Men's Ministry    Senior's Ministry    Prison Ministry    Christian Counseling**

**Journey Through Life Ministries, thank you for helping us to reach our neighbors in need.**

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

Name: \_\_\_\_\_

Send your tax deductible gift to:

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell \_\_\_\_\_

**For teachings and workshops call: 412-583-8628**  
**or Log onto our website: [www.JourneyThroughLifeMinistries.net](http://www.JourneyThroughLifeMinistries.net)**

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



## *Footsteps In The Word Meetings & Workshops*

**Journey Through The Bible  
Bible Study—Wednesday Evenings  
7:00—8:30  
JTLM Teaching Facility  
10529 Lindberg Avenue  
Penn Hills, PA 15235  
Cost: Free**

**Daughter's of Wisdom & Virtue Fellowship  
2<sup>nd</sup> and 4th Thursday's Monthly  
7:00—9:00  
JTLM Teaching Facility  
10529 Lindberg Avenue  
Penn Hills, PA 15235  
Cost: Free**

**Men On A Journey Fellowship  
3rd Saturday Monthly  
10:00—12:00 Noon**

**JTLM Teaching Facility  
10529 Lindberg Avenue  
Penn Hills, PA 15235  
Cost: Free**

**Footsteps In The Word Youth Meeting  
3<sup>rd</sup> Thursday's Monthly  
6:30—8:00**

**JTLM Teaching Facility  
10529 Lindberg Avenue  
Penn Hills, PA 15235  
Cost: Free**



***“And it came to pass, as if it had been a light thing for him to walk in the sins of Jeroboam....that he took to wife Jezebel the daughter of EthBaal.... and went and served Baal, and worshipped him.” (1 Kings 16:31)***

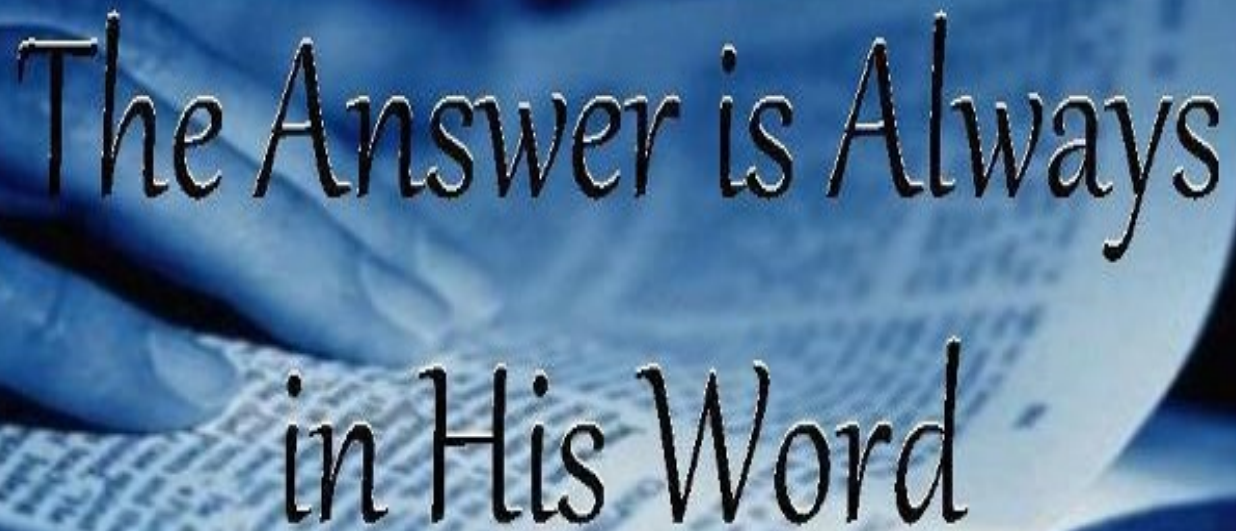
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**H**ave you ever heard someone say “that person has a Jezebel spirit?” And have you wondered how that phrase originated? Today, I would like to introduce you to the originator of the term “Jezebel spirit.”

During the times of the kings in the Bible, a woman by the name of Jezebel actually existed! She was the daughter of EthBaal, king of the Zidonians (Phoenicians) and the wife of Ahab, king of northern Israel. Holy Spirit records that Ahab was one of the worse kings to ever reign in Israel and Jezebel was a Baal worshipper (1 Kings 16:31)! The marriage between Ahab and Jezebel was a political one trying to promote friendly relations between northern Israel and the Zidonians. Jezebel encouraged Ahab to abandon Yahweh (living God) to worship Baal and Asherah instead. He followed her into this evil practice of Baal and Asherah worship which became their gods of fertility, the rain, the wind, lightning, and the seasons.

Jezebel was a master schemer, a manipulator, a murderer, a liar, loved power and loved to usurp authority from those in charge. Holy Spirit recorded in the Bible Jezebel stopped at nothing to have what she wanted! This is known as the “Jezebel spirit!” As soon as Jezebel enticed Ahab into Baal and Asherah worship she made it a national religion in northern Israel. She set up her own prophets for Baal and Asherah and killed all the prophets of God in northern Israel. When Ahab wanted his neighbor's vineyard, she plotted and had the neighbor murdered and seized his vineyard. Jezebel let nothing stop her when she wanted something!

Because of Jezebel's hideous acts, for killing God's prophets and influencing His people into Baal and Asherah idolatry, judgment was pronounced against her by God. As prophesied by the prophet Elijah, Jezebel met a gruesome death. She was thrown out of a window by members of her own court and her flesh was eaten by dogs. The “Jezebel spirit” is one that has no concern for anyone but self and will do whatever necessary to have control in the church, the workplace, in the home, etc. God wants His children to be aware of this type of evil spirit. It is a dangerous spirit which loves to destroy innocent victims through control and manipulation. If you know someone like this—pray for their deliverance, and healing for the people they wound!



# The Answer is Always in His Word

**ELDER CHARLES HEAD**

***“THEREFORE WHOSOEVER HEARETH THESE SAYINGS OF MINE, AND DOETH THEM,  
I WILL LIKEN HIM UNTO A WISE MAN, WHICH BUILT HIS HOUSE UPON A ROCK:” (MATT. 7:24)***

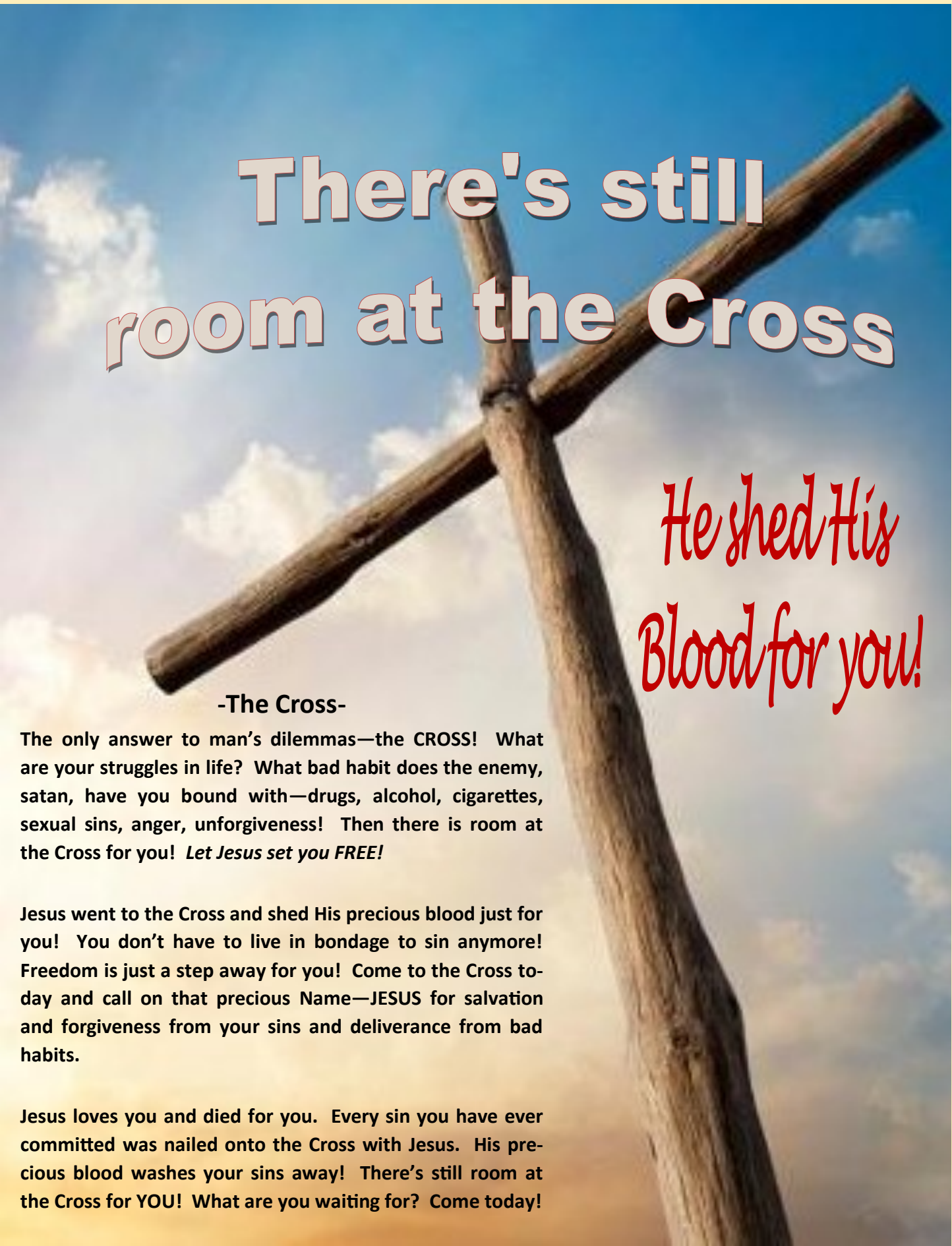
## **“What is Your House Built On?”**

Today as we look around us we will see that our world is in trouble. Everywhere there is chaos, violence, anger, rebellion and no peace, among other things. People lost respect for government and any other authority that will have them submit. In many cases, every person is doing what is right in their own eyes, thus leaving Almighty God out as the supreme authority of the universe. God has designed a plan that we can have peace within us and at the same time walk in the favor of His blessings.

When all around us is unstable and nothing has a guarantee of not collapsing, look to God's Son, “Jesus,” who is the only foundation that is steadfast and unmovable.

In Matthew 7:24-27 we read *“Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: and the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And everyone that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: and the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.”*

Contrary to what many believe or say, there is no other name whereby we can be saved and have peace within us, than “Jesus Christ.” Many have fought and died for causes, and yet they have not transformed one life into life everlasting. Why not give Jesus a chance, start building your foundation on “The Rock” that is solid and will not crumble. I have tried and proved “Him,” and my foundation is still standing strong, as it has been for many years because I had a “transformation” rather than a “false imagination!”

A rustic wooden cross made of two weathered branches, set against a bright blue sky with scattered white clouds. The cross is the central visual element, with the text overlaid on it.

# There's still room at the Cross

*He shed His  
Blood for you!*

## **-The Cross-**

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

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

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



# "Footsteps in The Word"

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

**Rev. Georgetta Head**

**"If the Son therefore shall make you free, ye shall be free indeed." (John 8:36)**

## **Celebrating Freedom**

Not too long ago, I had the opportunity to attend an NA/AA Presentation which was very informative. The Lead Speaker talked about the struggles an addict and alcoholic go through when addicted, along with the struggles they experience when going through recovery - which is their road to freedom from the bondage of drugs and alcohol.

As I sat listening to the speaker, Holy Spirit gave me a vision of the journey of struggling Believers. He contrasted the struggles of a recovering addict and alcoholic with the struggles of Believers striving in the Kingdom of God. Both groups of people are seeking "freedom!" One group from bondage of addiction and harmful behavior. The other group seeking freedom from their past and former ungodly behavior. In God's eyes there is no difference, sin is sin!

NA/AA has a 12-Step Program. The first two steps in my opinion are the most important. *Step One*—acknowledge you are an addict or alcoholic. *Step Two*—the need for your Higher Power to transform your life.

To enter into the Kingdom of God, there are also two very important steps. *Step One*—acknowledge you are a sinner. *Step Two*—accept Jesus Christ as Lord and Savior of your life, seeking His help to transform your life.

"Transformation" is key for **all** seeking freedom from any form of bondage, and only God can transform one's life. Transformation is a daily walk with God—one day at a time! Child of God, whatever has happened to you from your past life, Father God can heal you from the past and begin a new thing in you. Isaiah 43:18-19 are great scriptures of promise regarding our past life and deeds, God says: *"Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."* Are you in a season of wilderness? Surrender that season of wilderness to the Lord and let Him begin that "new" thing in you. He wants you to celebrate your freedom from the past with Him! Remember, whom the Lord sets free is free in deed! Child of God **"Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage."** (Galatians 5:1)



## Health Tips

Tips for Healthy Living

# Healthy Living

Rev. Georgetta Head

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

A reader asked for the definition of good carbs vs. bad carbs. First we need to know there are 3 main kinds of carbohydrates, which are sugars, starches, and fiber—better known as "simple" or "complex" carbs.

**Simple carbs** are composed of easy to digest, basic sugars which are an important source of energy. Some of these sugars occur naturally in fruits and milk. Processed sugars are often added to candies, baked goods, and soda.

Whether simple carbs are good or bad depends on the foods you are getting them from. For instance fruits and vegetables are a great source of essential vitamins and minerals

needed for good health. They contain "basic sugars" but they can't be compared to eating cookies or cakes. The fiber in fruits and vegetables changes the way the body processes their sugars and slows down their digestion, making them a bit more like complex carbs.

Complex carbs are found in whole grains, legumes, and starchy vegetables. They contain longer chains of sugar molecules that take more time for the body to break down and use. This gives your body an even amount of energy. Complex carbs are considered good because of the longer series of sugars that make them up, which takes the body more time to break down. Complex carbs have a

lower glycemic load, which means that you will get lower amounts of sugars released at a more consistent rate, instead of peaks and valleys to keep you going throughout the day.

Foods with complex carbs typically have more vitamins, fiber, and minerals than foods containing more simple carbs.

It's important to read labels looking for foods with whole grains and fewer sources of sugar. For instance, if the label reads "whole-wheat flour or whole oat flour," it's probably a complex carb. Limit eating simple carbs such as soda, candy, cookies, pastries, energy drinks, ice cream, etc., for a healthy eating lifestyle.

## People In The Bible

**Ezra:** His lineage can be traced back to the priestly Hebrew tribe, the Levites, with the high priest Aaron as one of his forefathers. He was a dedicated teacher who devoted himself to the study and observance of the Law. The Bible first places him in Babylon under the reign of a foreign king. He was part of the exiled Jews who remained captive in Babylon for 70 years after their sacred city of Jerusalem was destroyed and the temple was burned down.

**Felix:** Was a Roman governor of Judea. When the apostle Paul was falsely accused by the Jews of violating temple laws, he appeared before Felix to be judged. When Felix was recalled to Rome, his successor, Festus inherited custody of Paul.

**Festus:** Properly named Porcius Festus was a competent Roman governor of Judea. He inherited the case of Paul. Hearing the case along with King Herod Agrippa and Herod's sister Bernice, Festus clearly saw Paul's innocence. Although Festus would have released him, Paul invoked his right as a Roman citizen to have Caesar hear his charges.

**Gabriel:** Means "God is a warrior." Gabriel makes three dramatic appearances in the Bible: to Daniel, to interpret visions of the future; to Zechariah the aged priest to announce that his wife would give birth to John the Baptist; and to young virgin Mary to announce that she would carry the Christ Child. All three appearances are linked to the coming Messiah.

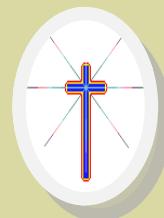


To:

**Have a prayer request?**

Log onto our website [www.JourneyThroughLifeMinistries.net/prayer.html](http://www.JourneyThroughLifeMinistries.net/prayer.html)  
Our team of intercessors pray over all requests received.

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***What Must I Do to Be Saved?***

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

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

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

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

=====  
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.