

# GET AHEAD OF IT!

August/September 2023

## Recipes Crafts Fashion Morning Inspirations

*Recognizing Spirits That Provoke. P. 10*

*Let's Get Crafty. P. 17*

*Leaders of the Church. P. 18.*

*How Are You Living. P. 21*

*The Mind. P. 27*

*God's Originality. P. 20.*

*The Casting Away Season. P. 30.*

*Transparency Testimony. P. 35.*

*All Is Not Lost. P. 32.*

# Hope & Truth Magazine

Est. 2003



# Custom Fall Service Collection



The season has changed! Have you found your custom home décor!

We went on a little search to find something out of the ordinary then found ourselves back in the Lab!

After seeing this technique via social media, we gave it a try!

For the Coasters, we purchased :

1 Package of Sculpey Air-Dry Modeling Clay

1. Small Bottle of Orange Paint

2. Bottle of Brown Paint

For the Serving Trays

1. Box of Plaster of Paris

2. Different sized aluminum pans

In each process, we mixed the paint in the mixing process. It is ok, to paint your items after drying but we just did it at the beginning.

With mixing the paint within the clay, it allowed a marbling texture. After rolling out the clay, cut into your desired shapes, allow the clay to air dry for 24 hours. After a time period of drying, spray with some adhesive.

When it came to the plaster, the process is beyond easy! In a bowl, mix in some of the powdered plaster, add some cold water, blend until smooth, then pour into desired molds. We used aluminum pans. Also, please keep in mind that you can control the thickness and the depth of the mold.

And now, we have a custom décor serving set that is unique and one of a kind!

**ALL FOR \$ 16.53**

Pastor Angel Ferguson is the founder of Angel Ferguson Ministries and its affiliates The Balance of Life, Radio & Television Broadcast, W.T.I. Productions, and Hope & Truth Magazine. All the material written within Hope & Truth Magazine has been written/published by Angel Ferguson. All photos and graphics were produced by Angel Ferguson Ministries.

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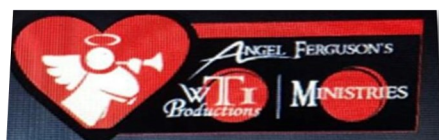
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The more we spend time in the Word of God, it has become apparent to me that what God is saying to those that will have faith and believe in Him, is that the Written Word is an opportunity for us to Get Ahead of what will become our ending if we do not trust and believe in Him and on His Son, Jesus Christ. The Word of God is our guide, yet many will fail to grasp the meaning and purpose behind the fact that this is another way in which God expressed His love for us, by giving us the Word in flesh as well as in written formation!

And that's why this ministry has become even more valuable to me, because it is our portion in His plans to share those words with you! Our theme this month, is 'Get Ahead of It', by taking a look at several passages of scripture, that is what God is saying to the Church, it's time to get ahead of things by staying in prayer, reading the Word, fasting, growing in maturity by applying the Word to our lives and then sharing it aboard.

We ask that you continue to keep us in prayer during our journey of sharing the Gospel of Jesus Christ here at Hope & Truth Magazine, as we pray for you in your journey of fulfilling the Will of God in your lives here on earth as it is in heaven.

Yours in Christ Jesus,  
Pastor Angel L. Ferguson, Founder

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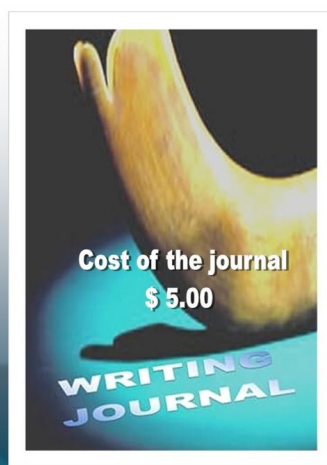
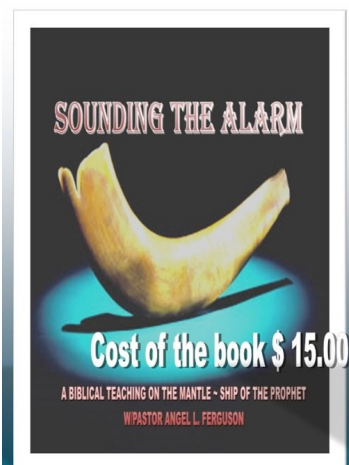
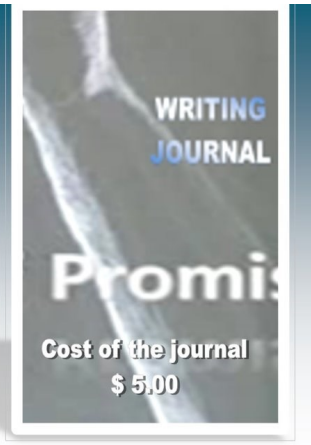
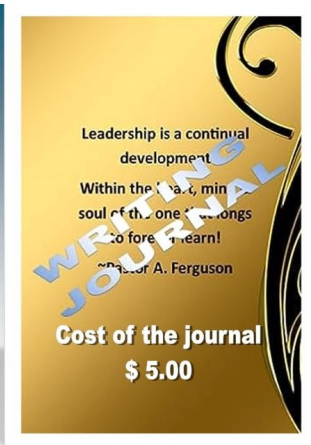
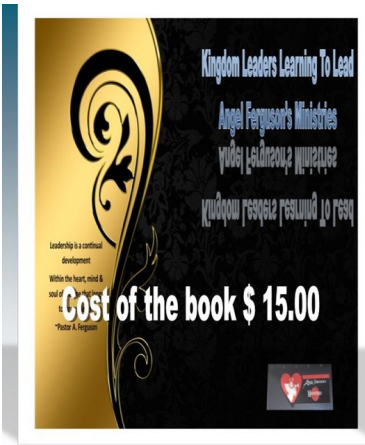


**BOOKS COMING SOON!  
CURRENTLY TEACHING**



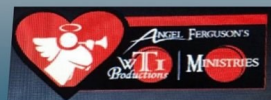
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## NEW PRODUCT ALERT!

## Companion Writing Journals



# FREE VIRTUAL WORKSHOPS!

*Starting in the month of December, we will begin to offer FREE virtual workshops from Angel Ferguson Ministries! These FREE Virtual Workshops will cover several different areas in Business Building such as Proper Planning Techniques, Marketing, Branding, & more.*

*For more details on which workshop we have planned, please stay tuned to our website [www.angelferguson-ministries.com](http://www.angelferguson-ministries.com) or our Facebook page WTI Productions. Each workshop will air from our virtual classroom! To register, please email us at [AFERGUSONMINISTRIES@GMAIL.COM](mailto:AFERGUSONMINISTRIES@GMAIL.COM)*

**Our 1ST FREE WORKSHOP WILL BE HELD**

**December 2nd, 2023 at 10 am**

**TOPIC: WHAT'S IN THE FOUNDATION!**

**DETAILS FROM OUR 20TH YEAR ANNIVERSARY CELEBRATION!**

***We spent our way of celebrating by sowing seeds!***

***We gave away books, magazines & other gifts as the Lord directed!***

***Now, that's how you celebrate 20 years in giving back to God,***

***BY GIVING BACK to God's Appointed!***



***MINISTRY SUPPORTATIVE! We appreciate our wonderful Partners N Prayer!***

***If you are interesting in partnering with us, please contact us***

***@ [afergusonministries@gmail.com](mailto:afergusonministries@gmail.com)***

***Charity Lighthouse of Faith Inc.***

***Is There A Word From The Lord, Radio Broadcast***

***Pastor Jessie McCoy***

***Impact Prayer Radio Broadcast***

***Yolovercome Ministry***

***First Love All Saints Ministries, Pastor Joseph Dadson***

***Glory Crown Ministry***

***Purposed To Pray***

***7 Pillars of Bible Institute***

***Flavor of Beauty***

***Sister's In Unity***



If you are anything like me, I am in ministry full time, everything is centered around doing ministry. And the truth is that our days run into each other, and often there is little to no time for any real personal time, especially if there are children in the home and or a spouse. And for women, we are the last on the list for that extra mile of self-care.

Recently had a dream that I was running late to get to the sanctuary to minister and went to take a shower but forgot to remove my clothing. This was a sure sign that I needed to slow down and not try to rush what needed to be done. The destination was known but my timing was off, simply because one obligation was rolling into another without the appropriate time for me to properly prepare.

This dream birthed my Mid-Week Rejuvenation,

**MID-WEEK Rejuvenation**

*You have made it to the middle of the week! Take a moment to see what you have accomplished then spend some time getting refreshed & Rejuvenation for the remainder of the week!*



*Sip some tea  
Soak in a moment of silence  
Release your anxiety  
Soak up some laughter  
Release the pressure  
Regain your composure  
And readjust your crown  
Because the calm*

*of your presence is needed as you continue to birth out and nurture  
THE NEXT GENERATION!*

which happens to be Wednesday for me. on this day, it is seen as a day of double duty, which consists of radio, teaching bible study, content for our social media platforms, and working on the magazine as well as seeing to the needs of clients and making space for those 911 prayer/counseling calls. So, therefore, this day must begin with me seeing to being refreshed mentally, spiritually, emotionally, and physically. The coffee has to be just right, the grooming time will take a little longer and as much as possible the moments of just being quiet becomes more precious. Whatever your process is, please allow the time to become effective, so that you may carry on in grace.



***SIMPLICITY AT IT'S BEST!***

***This is one of the quickest and easiest meals.***

***Thaw a bag of frozen mixed vegies***

***Use fresh or frozen fish***

***Olive oil***

***& complete seasoning.***

***We started by adding the olive oil to the saute pan, once heated add in the complete seasoning. Next we added our thawed vegies, & a little bit more of our seasoning. Allow to cook for 20 mins, then lay the fish on top. Cover the saute pan for 15 mins, this will allow the fish to steam, after checking, give it another 7 minutes, this will depend on the thickness of the fish.....and DONE!***

***ENJOY***



# Recognizing Spirits That Provoke

There is a spirit that has been sent against the Body of Christ in order to do the following:

Get us to disagree with what God has already said/has been written & what He will say.

Tempt us to disobey what God has instructed us to do.

Jesus was himself tempted during his earthly ministry and so shall we encounter the same. As we look at 2 examples from the Word of God, we must place ourselves within the Word by asking; if placed in a situation, can I do what the Word instructs. Our first example is found in **Exodus 14:13~19**; at a very pivotal point during the departure from Egypt, the people of Israel were instructed to “hold their peace, because the Lord was going to fight for them”. They were given these instructions and then was told that God was going to make the Egyptians and Pharaoh even angrier, so that they would continue to pursue after them, BUT not to fear, not to retaliate, not to say a word, not to cry, not to complain but “TO HOLD THEIR PEACE”. In other words, the stress is going to increase, but hold your peace; now in all reality, we face some of the same things today but when God sends us a word, we must hold to that word as well as become obedient to it, in order to defeat the enemy and to come out victorious. Do not allow the TEMPTER to get you to disagree with God’s word nor to get you to disobey His instructions! Victory is on your side.

Our next example has us looking at **Psalms 50:15**; “And call upon me in the day of trouble; I will deliver thee; and thou shalt glorify me”. here we a set of instructions as well as the results as demonstrated in our other example. Once again, can we do this? The answer is yes, as we are “transformed by the renewing of our minds”. The second that we acknowledge that we are under attack, in trouble, whether spiritually, physically, emotionally, mentally, this is what we should do, because it is “in the day of trouble”, this is concerning your current status. And the application is the same; do not allow the TEMPTER to get you to disagree with God’s written Word of Promise, and do not allow him to get you to disregard/ become disobedient to those instructions. Yes, you do have an advocate, no you are not alone, yes, victory does belong to you and yes, you can do ALL things through Christ Jesus that strengthens you. But we must recognize those things that have been sent to tempt us as BAIT! That’s right, it is bait, see it for what it is; resist the devil and he will flee from you.

Whenever God instructs us to do something (A THING), we will be tested to see if we will agree by faith, move in obedience or become disobedient. Satan is known to move upon the EARTH, seeking whom he can devour through temptations. As written in Job 1:6~12. He must get the Lord’s permission to tempt us, yes, we must all pass the test, no person is exempt. That’s why I call it bait. And for the person struggling with the Lord granting satan permission to test us, if we would recall what He said the people of Israel in **Deuteronomy 8:2~3**, there is an approval/proving process that all that are called by His Name to become His people shall face.

PROOF OF GODS LOVE

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

BEGOTTENSON BELIEVIN FOR GOD GODLOVES GRATEFUL HAVE  
HIM HOWDO IKNOW LOVED ME NOTPERISH NOW SHALL SO  
THATHEGAVE THATISLOVE THEWORLD WOULD

*Answer sheet on page 31*



We have put together a short list of some of the areas that the Tempter will send our way in order to get us to disagree with God's Word:

Questioning of your faith in God & His Word

Disrespect in our lives from family, in business, ministry & even from strangers.

Attempting to minimize your spiritual/ministry gifts.

If these baits are not properly recognized and dealt with, then a person might back away from God's Word, begin to lose faith, and not move when instructed. Some have even fallen into depression which could result in a spiritual death. A person that minimizes another person's calling is under the influence of one of Satan's demonic spirits of intimidation or sabotage, these spirits are sent to one from doing God's Will on Earth as it is in Heaven.

If you have been facing a series of attacks, we encourage you to go back to the last word that God gave you. Our words were (1) Understand the pressure (2) Watch your composure (3) The delay was for you. It has instructions and just as with Jesus, the tempter came after receiving this word, and I must admit, if it had not been for the warning, I would have entertained some of those baits! But to God be the glory, the Holy Spirit has been VERY PRESENT to remind me what God instructed me to do, and each day I must set myself in agreement with that Word as well as stay obedient.

If you are in need of prayer concerning these areas, we invite you to reach out to us with your prayer request of guidance, counsel, wisdom, knowledge and might.

Our email address is

[AFERGUSONMINISTRIES@GMAIL.COM](mailto:AFERGUSONMINISTRIES@GMAIL.COM)

Be blessed on purpose, because Y R~

## Our Television Ministry



For the video recorded version of this teaching visit our YouTube Channel & include the link

[https://youtu.be/tRE-XDY35-o?si=hDqzpgNPLnfC\\_63U](https://youtu.be/tRE-XDY35-o?si=hDqzpgNPLnfC_63U)



*This session deals with the Prophets that were baited into disobeying God.*

<https://www.youtube.com/live/0FCS4jOJkgk?si=k2-P50gOYOk7plMK>

*For more teaching content from The Balance of Life w/Pastor Angel, please visit our YouTube Channel @*

[@thebalanceoflifewangelferg885](#)

# FREE VIRTUAL WORKSHOPS!

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***Each workshop will air from our virtual classroom!***

***To register, please email us at***

***[AFERGUSONMINISTRIES@GMAIL.COM](mailto:AFERGUSONMINISTRIES@GMAIL.COM)***

***Our 1ST FREE WORKSHOP WILL BE HELD***

***December 2nd, 2023 at 10 am***

***TOPIC: WHAT'S IN THE FOUNDATION!***

# NUGGETS OF LEADERSHIP!

***In the midst of our radio program The Balance of Life, today as we were sharing about "Keeping Up With God", THIS nugget was released; IF WHAT I SAW IN THE SPIRIT CONCERNING THE VISION DOES NOT MATCH UP WITH THE MANIFESTATION, THEN I NEED TO GO BACK.....AND SEE WHERE I MISSED THE TIMING OF GOD! Because His Word will NOT return until Him void, BUT WILL accomplish that which He SENT IT TO DO! Keeping up with the timing of God SHOULD manifest what I saw in the spirit! For the fullness of this recording, please visit the following link.***

***<https://www.spreaker.com/episode/56872323>***

# OUR UPCOMING EVENTS

## ANGEL FERGUSON MINISTRIES

PRESENT

***NEW READING ALERT!*** On October 31, 2023 @ 7 pm, we are hosting an open panel discussion on Spiritual WARFARE & What it means in the lives of every Believer. For details on how you can join the conversation, please email us at [AFERGUSONMINISTRIES@GMAIL.COM](mailto:AFERGUSONMINISTRIES@GMAIL.COM)

*We are also going to cover:*

- . *Demonic spirits that have been holding the church hostage.*
  - . *Identifying Strongholds*
  - . *Strategic Prayer*
  - . *Applying The Word of God*

***& MORE***

We have a few surprise guest that will join us during this open discussion.

If you would like a copy of this material prior to the date, please send a request to

[AFERGUSONMINTRIES@GMAIL.COM](mailto:AFERGUSONMINTRIES@GMAIL.COM)



## BIBLE STUDY NOTES FROM DEALING WITH THE BAIT:

It is true that each day we face so many temptations from the Tempter, known as satan. During tonight's Bible Study, we are going to share a few scripture texts that were WRITTEN for our HELP! The Word of God is ONE of our Weapons of Spiritual Armor. Below is a list of what we will cover, we encourage you to go to the Word of God, Pray, Seek His Face on an understanding of the Word and allow the Holy Spirit to guide you towards any additional scriptures that will help you in your Spiritual Fight against the temptations of satan.

### **SOME PASSAGES TO STUDY & USE WHEN FACING TEMPTATIONS**

**GENERAL: ROMANS 6 & 8TH CHAPTERS**

**SPECIFIC CONCERNS:**

**IMMORTALITY: ROMANS 13:14**

**NOT TELLING THE TRUTH: JOHN 8:44; COLOSSIANS: 3:9**

**GOSSIPING: JAMES 4:11**

**DISOBEYING PARENTS: HEBREW 13:17**

**BEING DISCOURAGED: GALATIANS 6:9**

**FACING FEAR OF THE FUTURE: 2 TIMOTHY 1:7**

**DEALING WITH LUST: MATTHEW 5:28; 2 TIMOTHY 2:22**

**DESIRE FOR REVENGE: MATTHEW 6:15**

**DEALING WITH NEGLECT OF GOD'S WORD: MATTHEW 4:4**

**WORRYING OVER FINANCES: MATTHEW 6:24~34; PHILIPPIANS 4:6**



# Uncomplicated Meals!

Food does not have to be complicated especially if the intent is to enjoy it. Sometimes, we are not in the mood for a full course meal but still want the nutrition.. maybe we are short on time or just want something different!

Featured are a few our recent favorite selections:



- ◆ Grilled Glazed Pork Chops with fresh Green Grapes & Cherries.



- ◆ A Seafood Combination Rice with Cheese Ravioli.



- ◆ Grilled Steak with Zucchini, Squash & Sweet Potato.

In August we created these custom writing notepads from some material that we had laying around and gave them out as gifts during our 20 year anniversary celebration!

Our Materials:

Pre Painted pieces of card stock

Plain paper & line printed paper

An assortment of ribbon

Scissors

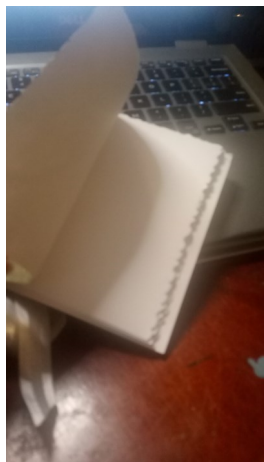
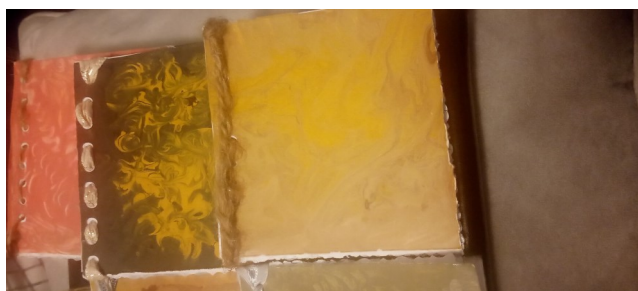
A hole puncher

Hot glue gun & sticks



# Let's Get Crafty!

# Let's Get Crafty!



We cut the plain & lined printed paper down to the size of our pre painted cardstock, (previously used for our greeting cards), we used 2 pieces of cardstock per notebook; for a front & back cover, then we used about 15 to 20 pieces of our plain or line printed paper.. After lining the pages up, we used our hold puncher to make holes in our booklet. Next we threaded the ribbon through the holes of our notebook. We used a few different methods to secure the ends of our ribbon, such as just tying a secured knot or using glue.

What crafts have you done lately? We would love to hear from you! Contact us today with a photo and instructions that you think our audience would like to try @ [AFERGUSONMINISTRIES@GMAIL.COM](mailto:AFERGUSONMINISTRIES@GMAIL.COM)

## **LEADERS OF THE CHURCH**

Leaders, exactly what are leading the people towards, is it towards God through Salvation in Christ Jesus. But there is yet another profound question, are we leading the people towards discovering the “Thoughts that God has towards them” or are constraining them to only functioning in the sanctuary only- while leaving the remainder of their livelihoods to fend for itself.

I believe that God will always have a concern for our total well-being, the flow of growth should spread through us daily, and not just during times of scheduled services. God speaks through the Holy Spirit in all areas concerning us. But are we teaching the people that God desires more of an abundance for them, and they are limited.

Some might argue and say that that is not what the ministry is for but indeed it is if we are going to quote the Word of God with clarity. For example, how would we expound on Jeremiah 29:11? Exactly what is meant by “I know the thoughts that I think towards you?” well, in order to expound on this passage of scripture that we would need to go back a few scriptures to find out why such a statement is being made, we would also need the help of the Holy Spirit for a revelation of what is really saying. I believe that the words spoken to the people that were in captivity were encouraging; here because of disobedience, they were forced to leave their known way of life; their comforts, and it appeared that they were now in a state of poverty, but that was not God’s total plan for them, he wanted more for them and in due time as would come to understand His plans, then they would one day come up out of their current situation.

It is in knowing his plans for us that will lead us to BETTER, that brings in the components of Proverbs 3:5. I also think that we can not feed just the soul and not the life because they are one. What is within my heart will come out, and prayerfully as my life is finding balance in what God is thinking concerning me, will overflow in how I serve others.

And if we could journey further, if as leaders we are truly praying for the people than we should be able to see and understand why there is a lack or gap in how we serve one another. Why can’t we perceive the low morale, or the heaviness; what are we doing! Can we hear the crying needs of the people that they are in a crisis or are we just concerned about showing up on time to listen to a sermon that does not meet them where they are?

As spiritual leaders, it is time for us to do better. And at the end of it all, after we have poured into the lives of the people, it is up to each person to follow what God thinks towards them, we just must make sure that we lead them there!



# Gourmet Meals By CHOICE!

Let us design  
your recipe cards!

Ever thought about  
creating a family legacy  
of all of those recipes  
that were either handed down  
to you  
or the one's that were crafted  
by your own to hands?  
Ask us how we can turn  
your delicious meals into a cookbook.

Contact  
**ANGEL FERGUSON MINISTRIES'**  
**PUBLISHING DIVISION**  
for more details @  
[AFERGUSONMINISTRIES@GMAIL.COM](mailto:AFERGUSONMINISTRIES@GMAIL.COM) or  
visit us @  
[WWW.ANGELFERGUSON-MINISTRIES.COM](http://WWW.ANGELFERGUSON-MINISTRIES.COM)

## SHRIMP PASTA!



### INGREDIENTS

FRESH LARGE SHRIMP \* FROZEN SEASONED BROCCOLI \* MILD SAUSAGE  
\* PASTA NOODLES \* COMPLETE SEASONING \* OLIVE OIL \* FRESH LEMON JUICE

### DIRECTIONS

REMOVE THE TAILS FROM THE SHRIMP & ADD THE COMPLETE SEASONING (TO DESIRED TASTE), THEN SQUEEZE FRESH LEMON JUICE. CUT THE SAUSAGE IN AN ANGLE & ALLOW THE FROZEN BROCCOLI TO THAW. IN A LARGE SKILLET, ADD THE OLIVE OIL TO COAT THE SKILLET. ADD SOME COMPLETE SEASONING (I LIKE TO DO THIS BECAUSE IT ADDS SEASON TO THE OIL) ADD THE SAUSAGE TO THE SKILLET & COOK AS A STIR FRY. AFTER ABOUT 15 MINUTES ADD IN THE THAWED BROCCOLI AS THIS IS COOKING PLACE A POT OF WATER ON ANOTHER BURNER. ADD OLIVE OIL TO THE WATER & ALLOW IT TO COME TO A BOIL. THEN ADD YOUR PASTA. CHECK THE TEXTURE OF THE SAUSAGE & THE BROCCOLI THE LAST THING TO ADD IN IS THE SHRIMP. AFTER ADDING THE SHRIMP, SQUEEZE MORE FRESH LEMON ALLOWING THE MIXTURE TO SIMMER UNTIL THE SHRIMP ARE FULLY COOKED. DRAIN THE LIQUID FROM THE PASTA. PLATE UP YOUR DISH & SERVE!



So, I had to eat!  
And then it came to me that I had to cook.....  
so here are the results.

Check out this quick and easy dish.  
In a heated skillet add olive oil & seasoning,  
next drop in a few mushrooms. Allow the  
mushrooms to sauté about 3 minutes, then  
toss in some fresh spinach. Allow this to sauté  
together, gently move it around so that the  
spinach remains whole. Finally add in the  
shrimp. Now there is red or white sauce,  
just that delicious seasoned olive oil that you  
started with!



### TIPS:

- #1. I soaked my shrimp in some fresh lemons, this will help to clean them as well as remove that iodine taste.
- #2. I like to add my seasoning directing to the heated olive oil, this seasons the coating for my dish!



Decided to serve this  
over pasta.  
Here's another tip,  
instead of adding salt to  
my water, the same  
seasoning that was add-  
ed to the olive oil was  
included in the water  
along with some, you  
guessed it LIVE OIL!

## CREAM OF CHICKEN, BROCCOLI & RICE SOUP

In a large pot, bring 6 to 8 large boneless chicken breast to a boil. Be sure to use chicken broth instead of water, and if that is not available, make sure to add some seasoning to the water, once the chicken has cooked, it is hard to add flavor!

Once the chicken is cooked, take out of the chicken broth and begin to cut it in chunk sized pieces, returning it back to the broth. Then add in the rice, next comes the cream of chicken soup and finally the broccoli. Allow this delicious healthy meal to simmer for about 20 to 30 minutes over a low heat, then serve!



No we didn't forget to mention to wash the thawed chicken thoroughly as well as the rice & broccoli!

## Spinach Stuffed Chicken Breast Wrapped In Bacon



### Ingredients:

4-8 Fresh chicken breast thick enough to cut a pocket or large enough to fold over (go for the thickness even if you are unable to cut a pocket)  
Softened Frozen spinach (pre season)  
Raw slices of bacon (2 slices per piece of chicken)  
1 can Mushrooms  
1 garlic clove (sliced)  
1/2 cup of water  
1 packet of mushroom soup seasoning  
Season to taste: Complete Seasoning  
Parsley  
Olive oil

### Directions:

Preheat oven to 350 degrees. Wash chicken and arrange in baking dish. Cut a pocket and add seasoning to chicken breast and stuff with the softened spinach. Next wrap the bacon around the stuffed chicken. Mix the 1/2 cup of water and the mushroom soup seasoning together and pour over the seasoned stuffed chicken breast. Top with mushrooms and sliced garlic cloves. Drizzle olive oil over the stuffed chicken as this will help the bacon to become crisp. Cover with aluminum foil and place into oven for 45 to 1 hr. Continue to check while in the oven to spoon the liquid over the stuffed chicken.

## BAKED SALMON



### INGREDIENTS

1 LARGE CUT SALMON (CUT INTO PIECES IF DESIRED)  
1 WHOLE LEMON (CUT IN HALF)  
GARLIC POWDER  
ONION POWDER  
OLIVE OIL  
ITALIAN SALAD DRESSING

### DIRECTIONS

SEASON THE SALMON WITH THE DRY INGREDIENTS FIRST, THEN SQUEEZE THE FRESH LEMON JUICE OVER THE SALMON, NEXT ADD THE ITALIAN DRESSING, THEN THE OLIVE OIL. TURN EACH PIECE OVER & REPEAT THE SEASONING PROCESS. ALLOW THE SALMON TO MARINATE/REST FOR AN HOUR. PLACE THE SALMON IN A BAKING DISH. PREHEAT THE OVEN TO 350 - COOK FOR ABOUT 20 MINS. THEN DRAIN THE LIQUID FROM THE BAKING DISH, TURN THE OVEN TO BROIL AND PLACE THE BAKING BACK INTO THE OVEN FOR 15 MINUTES. THEN SERVE!



## The Originality of **YOU!**



## God's Originality

I am the workmanship of God's originality. When he created me, his thoughts were on my abilities to work for the Kingdom of Heaven.

It was not my physical appearance but those custom specialty gifts and talents that I would need during my time upon the earth. Each one to be revealed according to their need and spiritual maturity,

## To be a part of the Body

There's something about the body that speaks of God's originality, no two bones will ever function the same, nor are any two limbs of the same size or length, yet they work together. And when we, the members of the body come together, our power of faith is greater, our knowledge is stronger and our wisdom has more clarity, because each part brings together the uniqueness that God created in all those that are willing to share their originality towards One Purpose and that is the Knowledge of God and the Kingdom of Heaven through Jesus Christ.

# The Balance of Life.

## Christian Radio Broadcast

Check out OUR latest radio broadcast episodes:

**Stretch So That You Can Fit Into YOUR NEXT!**

Deuteronomy 11

Stretched

Today's discussion w/The Balance of Life Radio @ 12:30 pm

<https://youtu.be/HGS-v7r00yc>

Spotify YouTube iHeartRadio

## HOW ARE YOU LIVING?

There are many that will underestimate this question and will only apply it to quoting the Word of God without living it fully, daily. Long ago, it became a mission to live as I write, but my measuring was against what I thought and not in line with the God's Word.

When we hear the words spoken "what did you do with my word", it is not referring to the sharing of the Gospel only, it is referencing our belief & trust in doing this things which identifies us as of the people of God. Such as, does my conversation match my ministering & teaching? Have I allowed life's circumstances cause them to be come separated, when they should be on one accord.

How are our words so strong and powerful during the times of sharing, then have little to no steam when the crowds are gone? Am I living what I said? Maybe we say things because they sound good without comprehending the depth of them.

Our lives are being watched by the Angel of the Lord that writes our names in the book of life. we are to move from being hearers of the word but doers of the work, which is to believe what the word has spoken and to do it.

Let's look at John 11:40; "Jesus saith unto her, **Saith I not unto thee, that, if thou wouldst believe, thou shouldst see the glory of God**"? so, as we believe what has been spoken, then there should be a sign from us that we are waiting with great expectation to see the glory of God, yet there is gap in what we believe and how we live. Our lives should demonstrate our belief, our actions and words should mirror one way and that is the way of the Father.

Spreaker

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The Balance of Life  
**I Surrender ALL!**

<https://www.spreaker.com/episode/56701104>

Spreaker

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The Balance of Life  
**Seek Your Healing In Life**

<https://www.spreaker.com/episode/56637875>

**Life is a rhythm  
that many have  
learned to  
dance to!**



**The Balance of Life  
w/Pastor Angel Ferguson**

**But only when  
they have discovered  
their beat~**





## **LUNCH TIME GETAWAYS!**

With all the busyness throughout the workweek, by the time the weekend comes, many are too tired or preoccupied with household chores to relax or to do any projects that have been sitting on their to do list for a while.

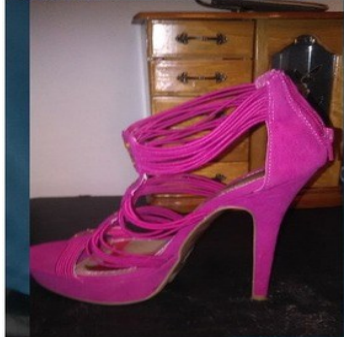
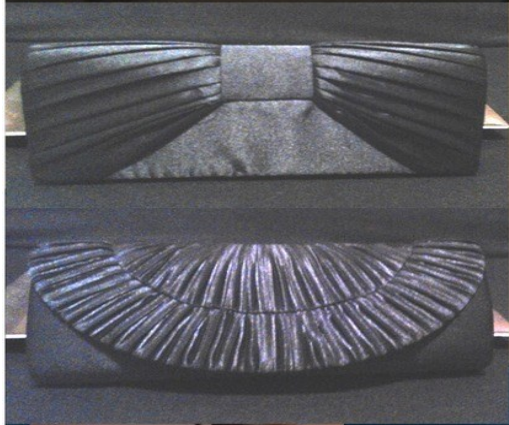
Let's start with finding a way to relax during your lunch time, this will help in lifting some of the pressure from your mind as well as in assisting you to get through the second half of the day. This may seem a little awkward, but for starters; laugh! That's right, have a good laugh; take out your phone, there are countless clean comics online that you could listen to from time to time or even your favorite show that you could tune into while you have your lunch, this is a way of redirecting your thoughts and to create a calming atmosphere for yourself, if only for 30 minutes, 45 minutes, or even an hour! And if not something that makes you laugh, how about something else that you enjoy, like gardening, decorating, crafts, fishing, etc., the point is this, find it online, unwind and return to work refreshed.

Another idea that we have experienced in the past is to take a walk while listening to some music. I personally like to paint, so doing a small canvas during that time helps me to escape into a creative zone. The key is to do something that is the opposite of your workflow, and if you work from home then there are other things that you could get achieved during that time. If you think that I am going to suggest that you do some chores during your lunch time, that is not the direction we are going in, we need more time to relax and refresh, so this is a time for a carefree zone! But if you must, look at some design ideas, catch up on some missed conversations, whatever you decide to do, make sure that you get up from your desk, away from your work and renew your MIND!

PS! If you are in a career that no longer fits you, use your lunch time to study for one that will.

*Growth is the ability  
to stop resisting CHANGE!*

*When you ask your life "what did you teach me"?  
and the reply is  
"I gave you experience in how  
to live & survive in ME!"*





## ***THE MIND!***

When it comes to dealing with an illness, how much does our mind contribute to how we recover? After a recent encounter with someone having COVID, I was informed that after the fifth day to get tested, and to become very honest, doubling up on my vitamins and other immune system builders kicked right into gear. But it was on the fifth day, that I begin to THINK SICK! And from out of nowhere came this what I called an UNUSUAL HEADACHE. Now this is in no way to discount paying attention to my body, but to make sure that I was not overthinking. I had to tell myself to calm down, to watch my breathing and other known symptoms that have been associated by COVID, and I began to pray.

Thinking rationally had to come quick! Because the truth is that each day we leave our homes, we are more than likely to enter the presence of someone that has some type of airborne contagious system, so sometimes we can pinpoint just where a cold, flu, etc., might come from. But when you receive the news, it is a whole new ball game, it forces you to think that you have been exposed and that NOW I HAVE IT TOO! At the end, pay close attention to your body, make note of what you are experiencing, and make sure that what is happening is really taking place or is it the mind that is releasing the effects of what has been written about the illness.

And this goes beyond COVID, sometimes we can read the side effects of a medication then go into imaging ourselves going through those very same symptoms.

One other thing to consider is this, when it comes to an illness, is it actual an illness or a call for attention. This is in no way to discount or to diagnose anything, but there is a thin line between our realities. If you are experiencing any type of symptoms for a period of time, please consult your physician and listen to what is being shared with you, then take it to the Lord in prayer.

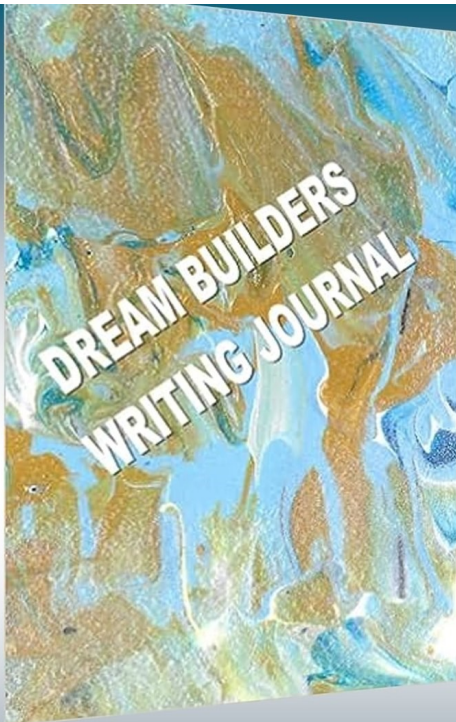
Yet this scenario takes me further, how many times have we inflated things in our minds? We can take situations and conversations beyond their actual intent, leaving us in a place of sorrow, hurt, abandonment, confusion, and the list goes on. Which as believers in Christ Jesus, should take us back to the Word; 2 Corinthians 10:5, "Casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ". This is a place that I have found myself, overthinking a thing.

## *The Mind cont'd*

How is this done you may ask? When we lay down at night or find ourselves in a place of quiet, and begin to review our day's encounters, we will go over those conversations that were had. And for the life of us, we will recall every detail, what was said, how it was spoken, who had on what, were everyone involved was, etc., and our minds will get caught on something that our spirit did not agree with and will find an offense with it, without asking the Holy Spirit to reveal the intent behind those words. And to take it further, we will rehearse those conversations and encounters with others, but with an attitude that was not there but how we perceived it.

A few months ago, the Holy Spirit instructed me to detox my mind and at times those instructions are forgotten but thank God for grace and mercy for bringing things back to our remembrance!

In closing, always use discernment, pay attention to your body, listen to the Holy Spirit, and move accordingly. So, glad that I checked myself, because that unusual headache, went away!



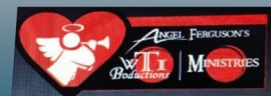
*We packed some valuable nuggets from the Word of God in our Dream Builders Writing Journal!*

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*What's Inside:  
The 3 C'S Teaching Formula  
The 3 P's Formula Scripture References  
A Business Plan Outline  
& A place for notes.*

**\$ 10.00 EACH**

# **DREAM BUILDERS Writing Journals**





# ALL NATURAL FRUIT NON-ALCOHOLIC BEVERAGES!



*Want to enjoy or serve a nice beverage at your next event or just to beat the heat? But not into alcohol? These easy real fruit blends are perfect and easy to make!*

*We combined the following in a blender:*

- 1.Can of Non-Alcoholic Frozen Strawberry Daiquiri*
- 2.Can of Frozen Non-Alcoholic Pina Colada*
- 3.Fresh Blackberries*
- 4.Fresh Pineapples*
- 5.Fresh Raspberries*
- 6.Fresh Mango*
- 7.1/2 cup of crushed ice*

*And pushed the blend button.....and there you have it! Then the creative side kicked in and I thought, why not blend the two add some fresh cherries and enjoyed this great meal of seafood rice & cheese Ravioli, while we went through the storm!*

*ENJOY! BY LIVING*



## **THE CASTING OUT SEASON!**

When I returned from a recent trip, the thoughts that hit me, was this is a “cast out season”. And I wondered just what that meant. It is more than getting rid of some clothing or things that no longer serve a purpose, it has taken me on a thorough search of some connections that I have made. Maybe the connection was supposed to be a one-time thing and was extended over a long period of time. Or perhaps the connection was because someone else was interested in it and mentioned it to me and I just went along with it, nevertheless it’s time to break those connections. There is a huge concern as to who has my attention or shall I say who has access to me.

This driving force behind going further in looking at my attachments came after having a dream that I was attending a ministry teaching and as I looked on their website, the word Cristian Religion was listed, and I looked up the word after waking up, because it was not a part of my vocabulary, (let’s just be honest). What I saw did not sit well with me; it’s meaning is that those who are general neutral followers of Christ. In other words, they do not identify with as male nor female. And then I began to wonder about those we follow on social media; we give them the authority to teach us by tuning in, and I guess what we should do is to ask the Holy Spirit to reveal to us who to tune into and when! There are times that I have been led to tune into specific ministers and then there are those periods that I am not. And from what my inbox looked like; it was all about marketing. General emails sent to thousands of people with phrases that did not know me or could meet me where I was.

It was bothering my spirit and had been for a while to this last time, I begin to hit the unsubscribe and the unfollow buttons, and it feels good. My closet is looking better, my emails are not in the thousands, and I don’t have to feel guilty about not hitting the like button for those lives.

I’m not saying that they are not hearing from God, cause only He will reveal that, what I am saying is that there is a need for me to get to the person that is speaking to where I am and not misidentify me! And this could work in two ways, if a person does not know who they are, they will adapt to whatever was spoken and therefore out of the Will of God for their lives. Then there is the side of spiritual warfare, because if a person does on fact know just who they are in Christ and the spiritual leader is trying to convince you otherwise, then there is confusion in the camp which will be seen as rebellion. Oh, God help us in this area, to seek your face concerning just who you ordained us to be before we were formed in our mother’s womb and not where man desires to place us. And if misidentified, then we have misjudgments and the wrong interpretations of the work of the people. It is best to let the Holy Spirit reveal just who a person is before we assume!

# WORK THROUGH IT!

**THIS IS FOR MANY OF US!**

*There has been a spirit of distractions, derailment & frustration that is meant to cause you to detour from where you are headed!*

*We must recognize those obstacles and challenges for WHAT THEY ARE!*

**RELAX & USE THE WORD OF GOD!**

*ISIAIAH 59 :19; Philippians 4:13; & Matthew 9:28 ~29*

**DO NOT GIVE INTO THE THOUGHTS OF**

**COMPLAINING, GIVING UP, FEELING SORRY FOR YOURSELF, OR**

**SPEAKING NEGATIVE**

**BUT WORK THROUGH IT WITH**

**REJOICING! SPEAK THE WORD OF LIFE INTO YOUR LIFE**

**& ALL THAT PERTAINS TO YOU!**

# THIS IS A PUSH THROUGH SEASON

# SO.....LET'S GO!

**& Pre-serv-er**  
**BLG-261A-61**

The Balance of Life

w/Pastor Angel L. Ferguson

MPastor Angel L. Ferguson



# ALL IS NOT LOST!

She woke up early to prepare for school. It was an important day, the day of the final exam, then no more school. It was another step towards graduation. After selecting the perfect outfit, out the door she went, the school was in walking distance, but this walk would change her life forever!

About 10 minutes into the walk, Amber passed by a field that had a half of a wall and stuck in the corner was a roll of money, she picked it up and counted the money, and it was about \$ 55.00. the first thing that Amber did was to look around for a possible owner, but there was no one there, so she put the money back and proceeded on her way. But before she could get any further, there was a swarm of police officers; and they wanted to talk to her. Apparently, there was an accusation that she had stolen the money! But after review of the area, the money was in its original spot. Eventually, they let her go, but this was not the end! As Amber reached the school, she was called into the office, somehow the news of her being stopped had reached the dean, and he had decided to expel her from school which would prevent her from taking the final exam.

Sitting outside of the dean's office was this lady, and she spoke out on behalf of Amber, reminding the dean that this was a false accusation, and how at one time he had faced a similar situation and had been given a second chance. In fact, the dean had actual video footage of that area that would prove Amber 100% innocent, but he refused to use it.

Amber left the school, feeling crushed, how could possibly happen? Not to mention that there was someone, and not anyone; he was a person in an authoritative position that could prove she was telling the truth but would not stand up in her defense. By the time she reached home, Amber had lost everything! Due to this false accusation, she lost her home and everything that she and her family had.

Not long after, they were able to locate a new place, but all their belongings were gone, as she walked through the new place, Amber heard the Holy Spirit, speak to her; call second chances". Second Chances was a program that assisted families by providing household items at no charge. Then she found herself in her son's room, hanging up his shirts, and from there going from room to room, the bedroom furniture had arrived. Hearing the voice of the Holy Spirit had led her to the right resource.

As she entered what would become her bedroom, there was this white trash bag on the floor, Amber looked inside wondering what it could be as she recalled that her possessions were gone. But what she saw took her by surprise; it was some of her things, many of it broken. As she pulled the pieces from the bag, she heard these words; “All is not lost. Put the broken pieces back together again”, these words brought tears to her eyes, they were the words of a Promise from God. This changed her once dreary outlook, just to know that God was with her through all that had recently transpired in her life was refreshing, and at that point it no longer mattered that the dean of the school decided not to share that video with the school God had provided for her in the end.

Now, the words written above are from a dream, we wanted to share it with you as a reminder that as you continue to walk with Christ, God will always make a way out of no way for you. With God, all is not lost, we may go through the symptoms and those in authority may appear to possess the keys to our next, but God has the final say! So, trust in the Lord, with all thine heart, and lean not to your own understanding, in all your ways acknowledge Him (God) and He will direct your paths. (Proverbs 3:5). In this life, we are going to lose some things because of standing on the side of Righteousness, and it may appear that the enemy is winning BUT he is NOT! God has His thoughts towards you, for a good and expectant end, we just must learn to endure Him until the end of that situation comes. He will never leave us nor forsake us, so trust Him, because ALL IS NOT LOST!

# Our Radio Ministry

**Stretch So That You Can Fit Into YOUR NEXT!**

**Deuteronomy 11**

Stretched 

**Today's discussion w/The Balance of Life Radio @ 12:30 pm**

<https://youtu.be/HGS-v7r00yc>



**God Helps Us To Mature** August 29, 2023

The Balance of Life  
Chrisitan Radio Broadcast

*It is never too late to make a change in your life*



[https://youtu.be/UDhIQipn9vw?si=yDmwI0KAP54XyY\\_x](https://youtu.be/UDhIQipn9vw?si=yDmwI0KAP54XyY_x)



**The Balance of Life Chrisitan Radio Broadcast**

**STOP!**  
Before going on that NEXT assignment, MAKE sure that you have ENOUGH OIL, which the Anointing IN YOUR LAMPS!  
Matthew 25:1-3

September 13, 2023

**The Oil To Go**



<https://youtu.be/mzM14AkarXc?si=IGXaYf8R8hWv1e3>





Create your  
signature look

Keep things fresh! Create some signature scents to add in your bag to keep things custom! Featured are some PEACH SCENTED SOAP. Simply place in a netted pouch for scent release. Or, one of my favorites are the Rose Scented Bath Salts. Your scent will differ per individual.



Add some fragrance  
to your bag!



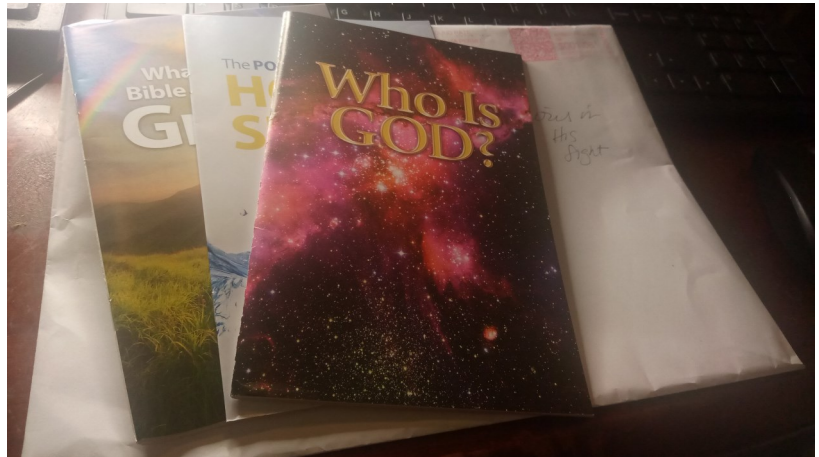
Travel light & in style



# **TRANSPARENCY TESTIMONY!**

*A few months ago, I ordered some booklets to use as teaching materials for ministry, and the time frame was 6 to 8 weeks. Well, every now and again, I would remember that they had not arrived yet and assumed that maybe the order was lost.*

*Well, since placing the order, I have gone out of town and returned and still no booklets. Well, there was this large envelope that did come, that I did not open, even wrote on the envelope yesterday! And this morning was about to throw it in the trash.....because I thought it was junk mail! BUT I decided to open it up to see what was inside.....and it was the material that I had requested!*



*I am sharing this because, OFTENTIMES we may think that WHAT we have asked for to CONTINUE in our ministry's, businesses, personal lives have been lost or that God did not get our request and will MISS THAT IT HAS ALREADY BEEN SENT & IN OUR POSESSION!*

*I CAN'T seem to escape from that WORD spoken by Elisha the Prophet where he said his servant "GO AGAIN.SEVEN TIMES" (1 Kings 18:43) I say to you fellow laborer in the Lord, GO AGAIN, LOOK AGAIN because WHAT GOD SAID IS GOING TO TAKE PLACE SHALL HAPPEN!*

*I could not pass this opportunity to sow this seed of faith in you, when I opened that envelope, my spirit leaped with joy as I was reminded that as I continue to MAKE FULL PROVE OF MY MINISTRY that God shall supply all of my needs according to His riches and glory.*

*Be blessed on purpose Because Y R~*

*Pastor Angel Ferguson*

PROOF OF GODS LOVE - ANSWERS

SHEET



BEGOTTENSON BELIEVEIN FOR GOD GODLOVES GRATEFUL HAVE  
HIM HOWDO IKNOW LOVED ME NOTPERISH NOW SHALL SO  
THATHEGAVE THATISLOVE THEWORLD WOULD

**As a way of giving back to YOU!  
We are rolling out a  
Monthly Lunch N Learn feature!  
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FACEBOOK page for the topics, dates &  
time!**

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W/ WTI PRODUCTIONS**  
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**The Possibilities are endless**

# NEW BIBLE STUDY SERIES

ANGEL FERGUSON MINISTRIES SCHOOL OF MINISTRY	
<b>Book #1</b>  The Fulfillments of Jesus Christ & The 7 Spirits of Christ	<b>Presents</b> <b>Tangible Truths</b> <b>Bible Study Series</b>
<b>Book #2</b>  Evidence of The Fruit of The Spirit	<b>The Fulfillments of Jesus Christ &amp;</b> <b>The 7 Spirits of Christ</b>
<b>Book #3</b>  The Oracles of The Holy Spirit	

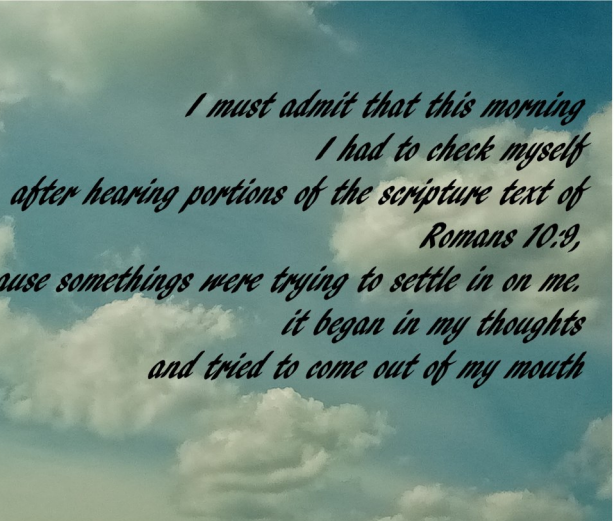
  

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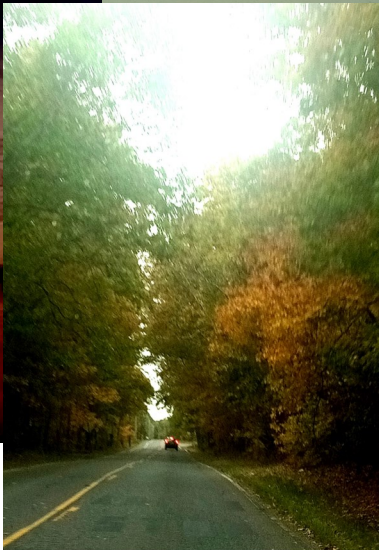
**BOOKS COMING SOON!**  
**CURRENTLY TEACHING**



*I must admit that this morning  
I had to check myself  
after hearing portions of the scripture text of  
Romans 10:9,  
because somethings were trying to settle in on me,  
it began in my thoughts  
and tried to come out of my mouth*



*It is important that check  
what we are confessing about ourselves.  
I must know how I feel about me  
and then confess it,  
even when others are unable to see it  
or want admit that it is there.*



*And when I come across those  
days  
that are not going  
as I thought they should,  
it SHALL  
never diminish how I feel about me.  
Because I know who I am  
and what God has created me to become.  
I can encourage myself in the Lord  
to rise out and above  
any obstacle  
that tries to say anything  
otherwise.*

**So today I must confess that I am FREE!  
THAT I HAVE EVERYTHING THAT I NEED  
TO SURVIVE IN THIS SEASON  
WITH SOME STORAGE SET ASIDE FOR THE  
NEXT  
I AM FULL OF JOY  
& PEACE IS MY PORTION  
LAUGHTER IS IN MY SOUL  
AND MY CONFIDENCE IS IN KNOWING  
THAT YES,  
I CAN DO ALL THAT I AM POSITIONED TO  
DO  
THROUGH CHRIST JESUS WHO HAS &  
WILL CONTINUE TO STRENGTHEN ME!**



## ACKNOWLEDGEMENTS

ON BEHALF OF Hope & Truth Magazine, we would like to extend a warm appreciation to each of you that have been a part of ministry , whether this is your first time receiving a copy or if it was 20 years ago, when we first launched.

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Yours in Christ,  
Hope & Truth Magazine

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# Angel Ferguson Ministries

AUGUST/SEPTEMBER 2023

## Hope & Truth Magazine

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