

MARCH/APRIL 2024

COMING INTO MY DESTINY!

Making The Day Count. P. 8

Does God Care About Me? P. 12

Introducing Lani's Corner! P. 16

& Questions from Amare. P. 17

Creating A Vintage Look! P. 23

When Facing Opposition! P. 22

The Current Economy. P. 26

Body. Mind. & Soul. P. 29



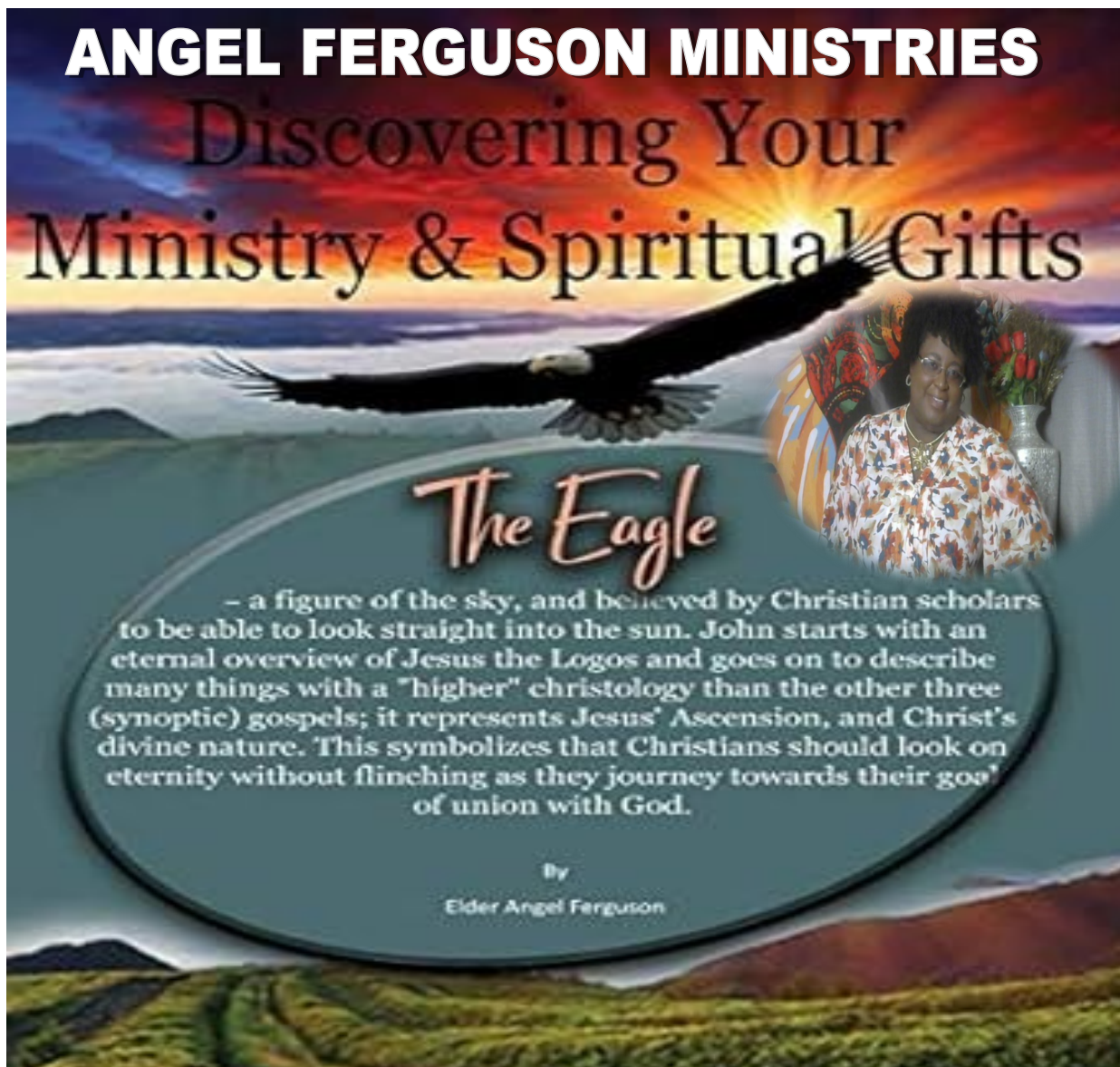
EST. 2003
Hope & Truth Magazine

MARCH/APRIL 2024

COMING INTO MY DESTINY!



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Hope & Truth Magazine



Week 1. Defining The Ministry of The Pastor

Week 2. What God Requires

Week 3. The 9- FOLD PURPOSE

Week 4. The Spiritual Position of The Pastor

Week 5. The Pastor & The Watchmen

Week 6. Delegating Officers

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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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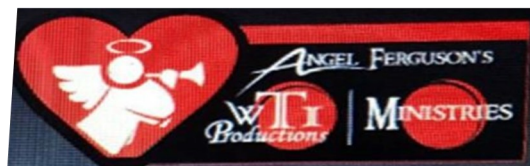


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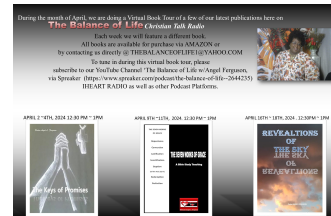
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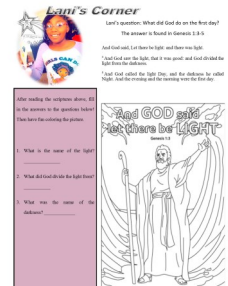
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James Ferguson III : Logos & Back Cover Designs

Angel Ferguson Ministries : Biblical Words of Encouragement

Freelance Writers

WORDS FROM THE EDITOR

Pastor Angel L. Ferguson



The glory of the Lord has filled my heart with gratitude as He continues to show Himself strong and mighty, not only in my life but in the lives of others. Every time I look around or start to become comfortable in one area or another, He brings in a shift that stretches us to become what we were ordained for from the beginning, which is of His timing! I am simply learning how to catch up to it!

Over the past few month's we have expanded our ministry presence in areas only God made possible. Through our radio program The Balance of Life, we are reaching more countries and we also launched a Saturday Morning Bible Study teaching via Podbean. It is about having a passion of learning the Law of God, using it and then teaching it that keeps this passion alive! And for this I am grateful.

I am of course grateful for each of you and so appreciative of how you have allowed us to share a few words of wisdom and knowledge with you each month. The truth is, I never know what to say of my own accord, until it is revealed by the voice of God which is the Holy Spirit. And with this, the fruit of patience does not get a chance to escape from me!

If I could leave you with this, embrace your journey! It can become as rewarding as you allow it to be, but never allow it to become a burden that causes you to complain about what you have been selected/ chosen to do for the Kingdom of Heaven, for it is true, that God loves a cheerful giver, and this is not surrounded by your finances alone but what you have purposed in your heart to give back to the Lord from He has already given to each of us that would believe in Him. Here's a key, when you need or want to become encouraged, try doing what you were ordained to do, and as you see the hand of God, your heart will become encouraged to know that yes, God is still on the Throne and He has not forgotten His promises or is He slack and in your due season, you shall reap, if you faint not!

Be blessed on Purpose. Because Y R~

Pastor Angel L. Ferguson,

Founder of Hope & Truth Magazine

ESSENTIAL MEALS!



Shredded Chicken

Shrimp

1 can of Black Beans

Cooked Rice or Pasta

Green Bell Peppers

Olive Oil

2 slices of butter

In a large skillet over medium heat, add olive oil to cover the base of the skillet. Add a layer of your desired seasoning to the olive oil, this will add seasoning to the olive oil as well as to the first thing that you place onto the olive oil.

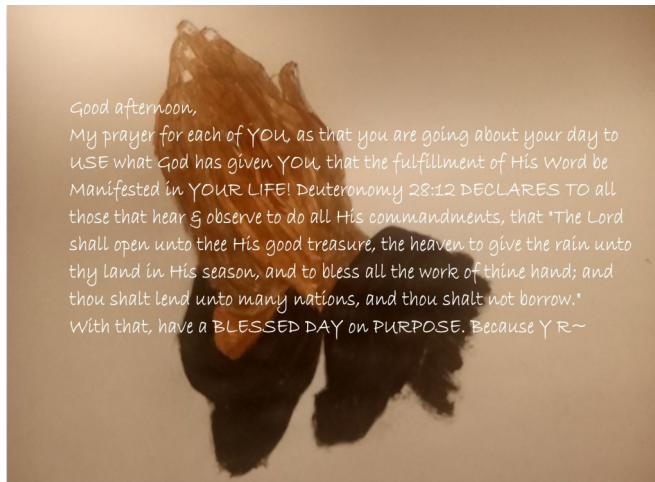
We used some shredded chicken first, allowing it to saute, next came the can of black beans, turn your heat down just a little.

After about 15 minutes, add your shrimp. We added the bell peppers last to keep them from being soggy during the cooking process.

Allow the ingredients to simmer, then add the 2 slices of butter. This will thicken the sauce made by the olive oil. Serve over rice.

Total cook time less than 30 mins, especially if you already have some cooked rice in the fridge!

Making The Day Count!



MINISTRY SUPPORTIVE!
MINISTRY SUPPORTIVE!



Exactly what we do with our days matters to God, as well as how are we using the time we have been given. If we were to consider the promise that God would bless the work of our hands, we would use the time more wisely. Surely, He is not going to babysit or walk us step by step throughout the day, we must move by faith that as we use what He gave us, that it will be blessed, not because we have done anything so perfect, because of His Name's Sake!

When we put our faith and belief system in the right place, and then move in obedience to the Word, then we should have an expectation that His Word shall do what it has said.

The question to ponder is if we should take the Word of God at full face value. And the answer is YES! If we were to explore the written text of Deuteronomy 28:12, it discusses a few key words & phrases, the main one being THE WORK OF THINE HAND. This is an indication of making use of what has been given into thine hand, and where did it come from; it came from God. Not only that but at the beginning of the chapter, it does say that if thou shalt hearken diligently unto the voice of the Lord thy God, to observe and to do all his commandments, which he commands, this would be just one of the many benefits.

Cont'd on page 9

Making the day count cont'd

And then we are met with a greater question, which is how are we use what he gave us? The answer is that we are led by the Holy Spirit. After our own faith and obedience, we are to share the gospel of Jesus Christ through the demonstration of the Fruit of The Spirit. And so, it is how we do the work and the intent behind what we do that matters.

In fact, the larger part of this chapter is dealing with the work that we do with what God has given us, it is expressed from the grounds to the cattle to the storehouse, etc. all of these things have a purpose, and they function to produce, which is what work is, a function that is meant to produce. Our reality now becomes that we know to work with what we have been given, once again, He will lead us, but we must get up day by day and do something. The definition of work is **activity involving mental or physical effort done in order to achieve a purpose or result: "he was tired after a day's work."**

One definition gives an example of a person or object not working properly, and when we do not observe God's ways through faith and obedience, concerning what He gave us, then our gifts will not work properly. Which brings us to the scripture text of Romans 8:28; "And we know that all things work together for good to them that love God, to them who are the called according to his purpose". And we show our love through our obedience. It is our faith that pleases him (Hebrews 11:6). So, what shall we say then, that it is our faith that pleases him, but it is our obedience and observation of his commandments that causes the blessings to be released!

And by putting the Word to Work in our lives will help guide us in what we do daily! This is helping to shape my day! When the thought comes that I have nothing to do or that I don't feel like doing anything, then I must ask myself, how do I expect the work to be blessed unless I put it to work! It is not going to get blessed unless I do something with it.

In closing, we must decide what kind of return are looking to receive for the work that we do! I think I want to remove the limitation from God and say, bless me according to your Will! Because if I limit it to financial blessings than his Will of reaching the lost has fallen short. It should become our desire to want the fullness of what God has planned for each of us, you see I am learning in this journey, at one time I put a limit on what I thought should be the perfect return, now I want the fullness of what He has in store for me as I do according to His Commands. Now, that's something to consider as we go about doing the work, He did not put a limitation on the blessing or make it specific, He said you shall be blessed, that means the windows of heaven are open to pour you out a blessing that there shall not be room enough to receive! And that means limitless on the what you shall receive!



Hope & Truth Magazine is a premier Christian Magazine that offers it's reading audience a wide variety of experiences! Each issue is filled with Biblical teachings that are relevant to every aspect of our everyday lives. Our committed focus is on the spiritual maturity of each Christian Believer from New Converts to the well established, because the Word of True Faith is for all of those that would believe in Christ Jesus.

We are family focused, as well in offering tools that will assist with our work in ministry & in business!



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DOES GOD CARE ABOUT ME?

Many have asked the question; Does God care about me? and the profound answer is yes. It was after having an open vision of a mother sitting down with her two adult sons that brought on this subject. The mother was a strong faithful woman of God, she had continued her service for the kingdom of God after her first encounter with the Savior some 30 plus years prior. And now, two of her 3 sons were questioning her faith. They were questioning whether the God she had spoken of so often was real, and if HE, really cared about them. Now, within this open vision, I saw these young men making a reference to Jeremiah 29:11, they were implying that if God had plans for them, with a good and expected end, then why were they facing the things that they were facing. How could God say that He cared about them, they wanted proof. Then I saw myself offering a helping hand by sharing in the scriptures why God had made such a statement.

Most people often jump to the 11th verse of Jeremiah 29, skipping over the most important reason for that statement, this was a part of a letter to the children of Israel, those that had been captives and were now in the hands of the Babylonians, it was a letter of encouragement, not to lose hope, but to know that God did not forsake them nor did He forget them, that at an appointed time, He would send for them to return to their own land that He had given to them centuries earlier.

This then led us to look at this in a broader stance through other scripture references that speak of God's care for those that would trust in him, giving His Promises the benefit of the doubt.


Therefore, we took a look at several passages in the book of Psalm's such as 27:10; 37:5; 40:17; 55:22 and Matthew 6:25-34; 10:29-31; 11:28-30 as well as Phil. 4:6. We are given some instructions in advance to cast all those things that want to inject fear into our lives, to give them over to God, one because He did not give us that type of spirit, the spirit that was given to us was of love, power and of a sound mind. Those things that want us to be in stress and causing us to become anxious and nervous of losing everything did not come from God, and HE knows how to deal with such things. Our duty is to cast such thoughts down and to recall upon what God has spoken. We are to look to Him, because He asked us too, He said that in the day of trouble, we could call upon Him and that He would answer us.

Then many have asked the question as to whether God cares about the state of the earth. If He can see the condition of the world, and the actions of evil doers. And the answer to this is yes. There is a set time for God's judgement. And one thing we should all consider is that we weren't always on the Lord's side. At one time we were counted among those that were evil doers, and one day we accepted the drawing of the Holy Spirit and became a new creature in Christ Jesus.

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Which takes us to why the spirit of fear comes and why many are tricked, or shall we say convinced that God does not care. 1 Peter 5:8, lets us know that this is a test of the enemy, if we fall for doubting if God cares for us, then it will diminish any other areas of our faith. The enemy wants the believer to believe that God is selfish and does not care about our earthly suffering, which is so far from the truth. If God did not care about our earthly suffering than HE would not have put His Promises out there in advance for us to look to when faced with a crisis, neither would Jesus have taught about how our needs are met. And to take our justification even further, God created what man needed before he created man! Man was given the job to give a name to the things that had been provided, and it is the same thing today, an invention is made, its purpose established before it is given a name, in other words, the need has been established before it is presented; why because God already knows what we have need of and thus provides it before we ask or realize that we need it.

Finally, be strong in your relationship with Christ, continue to trust His wisdom towards you. Things may not turn out the way we expect for them to, but in the end of a thing, we will find that it was for our good!



Prayer is our way of communicating with God. It is His way of revealing His Will for our lives and so it is an essential part of our daily lives and should be done without fail. Within these pages, Pastor Angel Ferguson is sharing some personal experiences that have drawn her to pray. There are also several scripture references that will benefit every one that would dare to believe that God is God Alone and that through His Son, Jesus Christ, we might have eternal life.

Available for purchase via Amazon for \$ 12.00 per copy.

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- **Paperback** : 67 pages

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right sound
Is the position of humility!*

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FOR THE NEXT GENERATION!

Every generation will have a mountain of questions. These questions will arise from the experiences that they encounter, whether direct or indirectly. Some of those questions will bring us joy and then some will not.

Recently two of my grandchildren asked me a question and therefore it also became the birth of a New Segment that we will now feature each month of our publications. The eldest, asked a trivia question; “What did God do on the first day” and the youngest asked; “How do you spell Jesus Christ”!, and we turned these questions into a Bible Study appropriate to their ages. Whether we realize this or not, the next generation is watching us and they are listening as well and with that listening and watching comes a few or shall we say many questions. Through this avenue, I thought it was a way of answering their questions as well as a way of letting them know that their questions are important to me and that I am here to answer them. Believe me they are more excited about having a space in the magazine as I am.

As sharing this with my mother, Pastor Valerie Wilson of Charity Lighthouse of Faith Inc., she reminded me that we never know how God is going to give us an opportunity to share the Gospel, and this is our way! And the truth is that it does not have to become complicated; we don't have to run from their questions, we just have to ask the Holy Spirit how to give them an answer that is age appropriate.

Through this, I am reminded of two important passages of scripture, the first being of the importance of embracing little children, Jesus spoke passionately about this, that the little children should not be forbidden to come to Him, that those who did forbid the little children, He would forbid. And then there is the application of being able to teach at all levels. Not everyone that we come in contact with is going to be on the same level, and so we must learn to adjust to meet the needs of those that are ready to learn. One thing that God said to Jeremiah the Prophet concerning his ministry, if you walk with the footmen and they weary thee, how can thou run with the horseman. In other words, have balance and learn what pace to use while in this journey!

We pray that you enjoy this new segment of Hope & Truth Magazine. And if you have any Bible Study lessons that you would like to present to our youth, please email them to AFERGUSONMINISTRIESGMAIL.COM, we will pray about it and present it to our team. Please keep in mind that this will cover ages of 6 to 13. BE BLESSED!

Lani's Corner



Lani's question: What did God do on the first day?

The answer is found in Genesis 1:3-5

And God said, Let there be light: and there was light.

⁴ And God saw the light, that it was good: and God divided the light from the darkness.

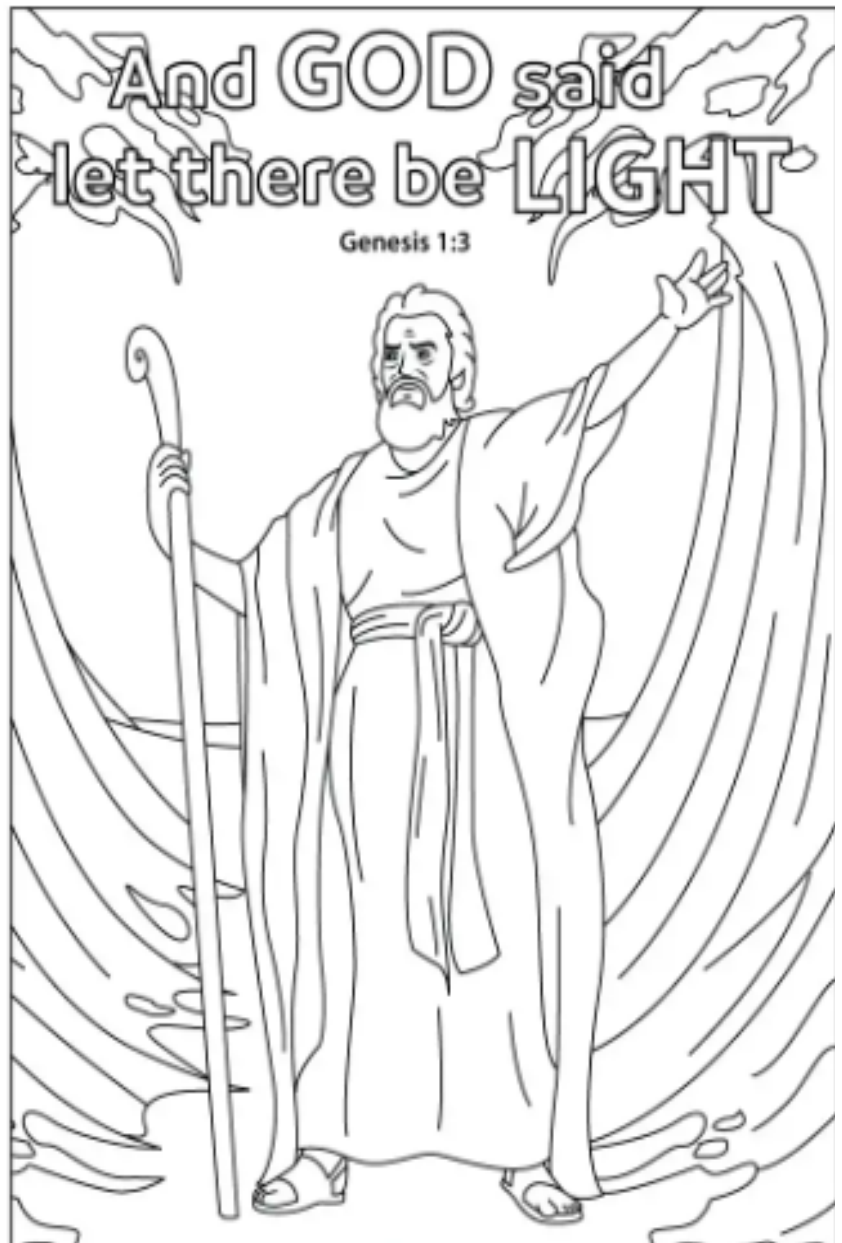
⁵ And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

After reading the scriptures above, fill in the answers to the questions below!
Then have fun coloring the picture.

1. What is the name of the light?

2. What did God divide the light from?

3. What was the name of the darkness? _____



As parents and grandparents, it is important that we teach the next generation that Jesus loves them too, just as He loves the adults!

Can you help Amare find the words to the song “Jesus Loves Me” in the word search below?



JESUS LOVE ME

N	O	E	S	F	O	E	O	F	O	E	R	B	B	E
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O	I	O	E	B	E	F	E	S	E	N	O	H	L	E
R	H	U	O	I	E	G	T	L	O	T	E	T	O	E
N	W	S	T	R	O	F	O	L	F	O	H	E	V	S
L	I	K	A	M	O	N	H	I	Y	R	T	I	E	O
S	T	E	S	I	G	S	S	E	O	H	L	L	S	U
W	E	A	K	T	B	L	H	H	S	E	T	T	T	B
I	O	N	T	K	I	T	E	L	S	L	O	E	R	S
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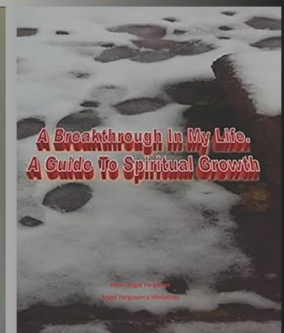
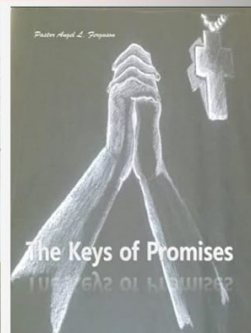
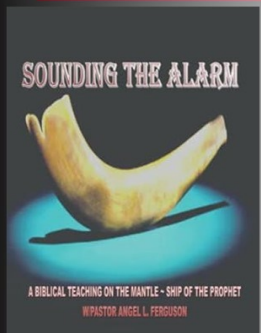
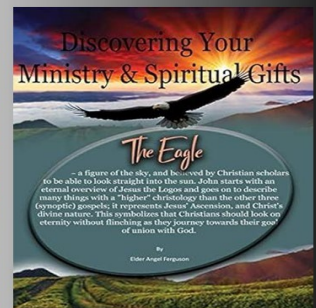
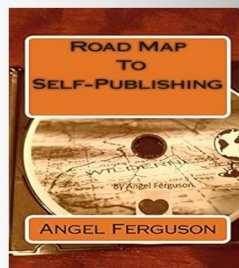
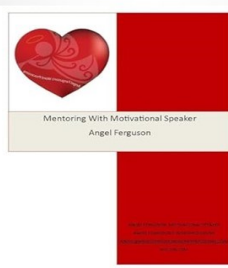
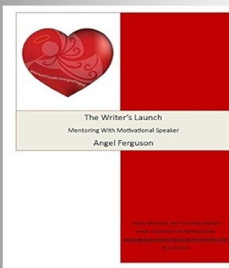
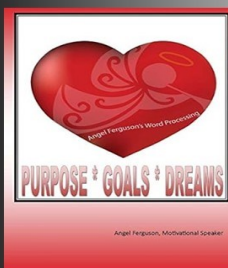
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- Growth in Spiritual Maturity
- Growth in the Knowledge of Christ
- Growth in your Ministry's Leadership Roles
- Understand of the Five-Fold Ministry Teachings
- Training in the Ministry of the Prophet

What You Will Gain!



Homemade Orange & Peach Tea

What to do with that bag of oranges that you were gifted by your neighbor? Well, we made our bag into a batch of orange and peach tea!

After washing the oranges, we cut them in half and squeeze the juice into a large pot., tossing each half. Next we filled the pot to the rim with water.

In this first batch, we had some perfect peach tea bags that were dropped into the water, this gave us the peach flavoring as well as the caramel color.

Also with this tea, we added our sweetening agent in the beginning, so that is ready to drink on demand whether hot or cold!

Allow the tea to simmer for 30 minutes, allowing it to cool then pour into a carafe or mason jars for future usage.



FROM START
TO FINISH!
& THE BREWED
TEA CAME OUT
AMAZING!



Have a favorite tea that you would like to share with us?

We invite you to send in your photos and recipe to share !

Please send in all entries to
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LET'S GET CRAFTY. FOR BUSINESS IDEAS

Thinking of starting or expanding a décor novelty store? There are countless items that you can offer that are customized and are one of a kind for your store brand alone.

We love sharing our LET'S GET CRAFTY column, because is our time of being in the lab, by trying different things. We recently created some custom décor eggs. Not just because of the season but because we simply love beautiful décor. And it was very cost effective. If you are looking for specific molds, the best time to do it is around the seasonal holidays. We found a large silicon egg mold that had 6 egg shaped halves for \$ 4.97, purchased a box of Plaster of Paris for \$ 4.98 and made a half dozen of marbled eggs that are good for any year-round home/office décor.

INSTRUCTIONS

In a plastic bowl, we poured in the Plaster of Paris, (the amount you pour in will depend on the project.) we like to use the powder mixture.

Next slowly add in room temperature water, stir the combination until it is well blended into a smooth paste. Then pour into the mold.

Since the eggs are in a half shape, once they have completely molded, pop them out of the mold, pair them up to match another half, then place a layer of the mixed Plaster of Paris on one half, then place two matching halves together. The next thing we did was add a layer of the mixture around the joining parts as a sealer. And this was the creation of our whole egg! (seen on the next page).

Now the painting technique is one of our favorites which is marbling, which is taking a combination of colors, creating a swirl pattern then dipping your item to capture the design, and sometimes we just create the marbling directly in the item.

Add these beautiful items in your online or brick and mortar store. And your pricing will vary, according to similar sizes and designs. Items such as this will make your home/office or business, décor unique and one that your returning consumers will continue to stay in contact with because there will always be a new surprise awaiting them!

Eggs are featured on the following page.....



WHEN FACING OPPOSITION

When it comes to facing obstacles what would you say is your method of dealing with it? The more this journey of ministry and vision is traveled, I am learning that most of the time when faced with any type of opposition, it felt personal and therefore my reactions were personal. Which is not a sign of spiritual maturity. Now whether anyone else will admit it or not, this is a place that many have been in.

If we are going to truly live this journey out as God intended than, we should grab a hold of the advice given to the children of Israel as they were on their way to the promised land.

Now what is truly amazing is that for a season, this passage of scripture had my attention; Exodus 23:20~33, and the Holy Spirit has drawn me back to this place. When this passage of scripture was first fresh in my spirit, it was to remind me that God had paved the way before me and to of course remain faithful to the Holy Spirit. But this time around, it was brought to me as a tool of defense to add to my weapons of Spiritual Warfare. Whenever the thought comes that we are alone on this journey, here is a reminder that, we have been given an Angel of guardianship.

And there is yet another passage of scripture that will help us when facing opposition which is Exodus 14:19~20. Here God is letting us know that He is with us even when surrounded by the enemy while we are on this journey.

SCRIPTURES TO PREPARE FOR THE OPPOSITION

ROMANS 8:31

EXODUS 23:20~33

EXODUS 14:19~20

The truth of the matter is this, there is always going to be an opposition against our journey for the Will of God. The opposition is not necessary against us per say, it is against the Will of God. What we experience is the attack from the enemy. Those attacks are meant to derail us, hinder us, stop us, discourage us, etc. but what has been revealed to me is if I keep in the forefront of my mind that there is already an opposition, and to expect an attack, then when it comes it is not such a surprise. And since I have foreknowledge that it is going to come, it is up to me to make sure that I am spiritually prepared.

The key is to get prepared for what is surely coming our way. The way to get prepared is by having the Word to prepare us. The Holy Spirit prepares through the Word. It advises us in advance. This is a part of having our faith in place. If we are being led by the Holy Spirit, then he will warn us of those coming attacks. Being in a place that is girded is very important.

Cont'd on page 25



CREATING A VINTAGE LOOK!

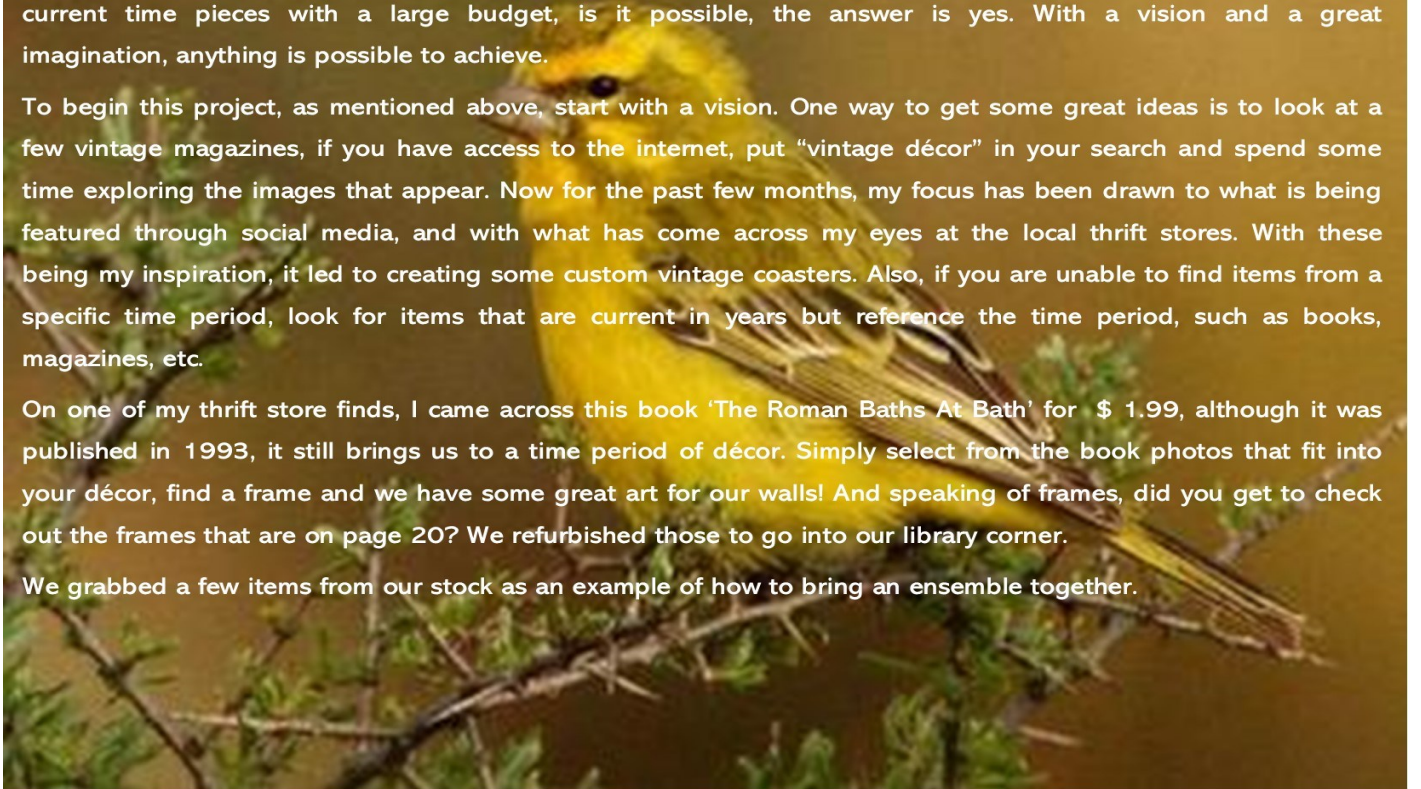


Creating a vintage décor look in your space consists of rich colors and patterns. The patterns have no need to match, it is the color scheme that matters, there should be of course a visual focal point to the décor. Here's something interesting, vintage does not necessarily mean old, the word vintage is referred to a period of time or being typical of a time period. But what if you would like to create your own vintage look that has both past and current time pieces with a large budget, is it possible, the answer is yes. With a vision and a great imagination, anything is possible to achieve.

To begin this project, as mentioned above, start with a vision. One way to get some great ideas is to look at a few vintage magazines, if you have access to the internet, put "vintage décor" in your search and spend some time exploring the images that appear. Now for the past few months, my focus has been drawn to what is being featured through social media, and with what has come across my eyes at the local thrift stores. With these being my inspiration, it led to creating some custom vintage coasters. Also, if you are unable to find items from a specific time period, look for items that are current in years but reference the time period, such as books, magazines, etc.

On one of my thrift store finds, I came across this book 'The Roman Baths At Bath' for \$ 1.99, although it was published in 1993, it still brings us to a time period of décor. Simply select from the book photos that fit into your décor, find a frame and we have some great art for our walls! And speaking of frames, did you get to check out the frames that are on page 20? We refurbished those to go into our library corner.

We grabbed a few items from our stock as an example of how to bring an ensemble together.



ACCESSORIZE!

Play around with different colors & shaped coasters to sit around the room! Also look for items with textures & patterns. Everything around this room should become appealing to the eyes! Use frames, vintage box cases, (the one featured had a clock inside)



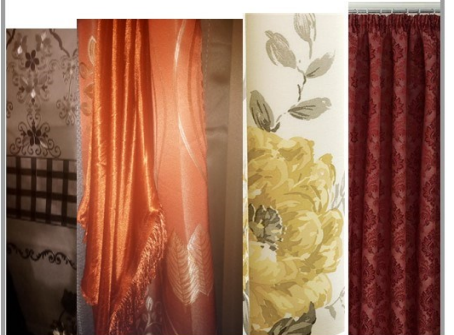
Decide on your color palates!

The key is to blend the colors, you can have a signature color that blends with a variety of others as well as in different shades.



USE FABRICS & WALL PAPER COVERINGS!

Be unique with wall coverings and don't forget to add those extra rare touches around the room !



With this type of mindset comes maturity! For example, when the army goes out to a battle, they have a game plan in place, they have their defense set up in place, because they know that the attack will come. This a principle that the Body of Christ should apply to our lives.

But do we believe what the Word of God says about the adversary and what he wants to do? And we must believe the whole Word, not just portions of it. Yes, the attack is going to come but it will not prosper if we are prepared. I think this is my season of another level of maturity!

God tells us in advance that there is going to be some opposition to our assignments. And if we were to pay attention to how He spoke to those that came before us through the written Word, we will see the severity of that opposition. For example, when Jeremiah the Prophet was being commissioned as a Prophet to the nations; he received these words as encouragement and a warning of the opposition in which he would face; (Jeremiah 1:8; 18~19) “Be not afraid of their faces; for I am with thee to deliver thee, saith the Lord”; in verse 18 it says; “For behold I have made thee this day a defenced city, and an iron pillar, and brazen walls against the whole land, against the kings of Judah, against the princes thereof, against the priests thereof and against the people of the land. And they shall fight against thee; but they shall not prevail against thee; for I am with thee, saith the Lord, to deliver thee.

Jeremiah had some very hard times in his ministry, and there were times that he wanted to give up.

He said things out of his frustration because the people were against him when the word he was instructed to speak was for their good. But God saw this timing in advance as well, and the prophet received a correction, reconciliation and encouragement that would give him the strength to continue. Jeremiah 15:19~21; “Therefore thus saith the Lord, “If thou return, then will I bring thee again, and thou shalt stand before me: and if thou take forth the precious from the vile, thou shalt be as my mouth: let them return unto thee; but return not unto them. And I will make thee unto this people a fenced brazen wall: and they shall not prevail against thee, for I am with thee to save thee and to deliver thee, saith the Lord. And I will deliver thee out of the hand of the wicked, and I will redeem thee out of the hand of the terrible”.

And there are so many other examples of how God forewarned those that He had invited to go on an assignment; we have Joshua. He would become the successor of Moses to lead the children of Israel over the Jordon and into the Promised Land. But before they started in this portion of the Promise, Joshua was encouraged to be strong and of good courage, that as God was with Moses, He would be with him as well, (Joshua 1st chapter).



Looking to spruce up your home décor'?

We found these frames from the thrift store @ \$ 2.00 each.

After cleaning them, we added some painting textures then

added some rose petals instead of a photo.

These are great conversation starters

as well as make your accent pieces unique!

Hope & Truth Magazine

The Current ECONOMY!

As we look at the news reports each day, it is of no surprise that the economy is rising! The cost of everything is going up. But are we paying attention and preparing for what is surely to come during what is known as the FOURTH QUARTER?

Many of us use our debit or credit cards to make purchases, but sometimes, especially now, it might be best to use cash. With a credit/debit purchase, the merchant's card processing fees are passed to the consumer, which carries a flat fee of 0.03% plus 10 cent per transaction. Now that may not seem like a lot but consider how often you use your credit or debit cards each month. These fees are included in your overall purchases. But when using cash on certain purchases, you receive your change back, which you can save for future use.

In a recent article, it has been revealed that the Dollar Tree will raise its prices again to a max of \$ 7.00 within its stores. Now, there are some great usable items from the franchise, with this news coming out, it would become a wise idea to kind of stock up on certain items now before the price inflation. The store will now introduce a tier pricing ranging from \$ 1.50, \$ 3.00, \$ 5.00 but not to exceed \$ 7.00. according to an article, last June it was noted that the cap would be \$ 5.00, at this time many of its stores introduced the \$ 5.00 isle. So, it is possible the next time you frequent not just this store but others, pay attention to the price increases and grab an extra of what you would normally purchase and add it to your overflow section.

Now that's a topic that many are not discussing, because things are really tight in a lot of budgets, and that is why we share articles on saving our loose change, because it comes in very handy. If it is possible, the household does not have to lack the essential things if we reposition our purchasing power. For some items especially hygiene and personal care items, should be purchased in bulk, so that when our funds are low or an unexpected purchase arises, we can carry on in taking care of our personal needs.

Another suggestion is that two same sized households could get together and make a bulk purchase of certain items that will benefit both, splitting the cost of course. And then there is the subject of dining out. Whether we realize this or not, fast food chains are strategically positioned in lower income neighborhoods in hopes of gaining those already tight finances.

Conclusion of Facing Opposition from page 19

These examples were written for all who would believe that God is and on His only begotten Son, Jesus Christ. These words are meant to encourage our faith as we apply it to ourselves, knowing that with God, there is no respect of persons and that just as He was with them, we will be with us. He will even give us our own words and directions in advance to use against the spirit sent to oppose His Will.

TYPES OF OPPOSTIONS:
IN OUR FINACES
RESISTENCE/REBELLION
DISCOURAGEMENT
FRUSTRATION
IN OUR HEALTH
LONELINESS

Conclusion of The Current Economy

Not only that, but it's also not a great benefit for our overall health. It is ok to treat yourself as well as your family from time to time, but as we consider where the economy is going, cutting back is a step in the right direction in many areas. Preserve those leftovers for the days that time or money becomes short or perhaps use them as lunch for the next day, but don't toss them. This will help with spending lunch money while at work 5 days a week. I can attest to this because this was my life while working in the corporate world, it put a strain on my budget. And this was back in 2016 before working full time for myself, so imagining the cost now, makes me cringe!

Many of us enjoy shopping as well as the next person, but these days, I am looking for a good sale! It does not matter if it is out of season, because it will come back around the following year!

The point is to find ways to save! No, we can't take it with us, we just want to become good stewards over what God has blessed us with. It is a time of being content! It is not the time to spend unwisely just because it's there, we saw a huge shortage during the time of the 2020 Pandemic, and I believe that we will see those times again. The thing to do is to prepare for those times!

Morning Inspirations....

***“I love them that
love me; and those
that seek me early
shall find me”.***
Proverbs 8:17

***An invitation from the
Wisdom of God***

***To seek Guidance
before the encounter.***

***For a Revelation before
going to the doctor.***

***For Wisdom on how
& when to apply His
Word.***

***For Guidance on how
& what to pray for
concerning our
loved one’s***

***For Strength to carry on
during your
assignments.***

***The key is to get ahead
of it before it occurs!***

BODY MIND & SOUL

BODY MIND & SOUL

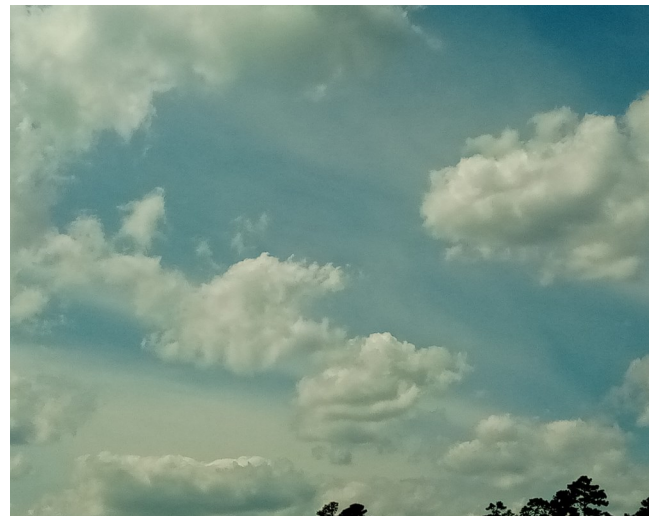
We are in a time of a lot of judgement when it comes to one's personal care of themselves. We are judged if we don't spend a little extra time of making ourselves presentable before stepping up to the podium of life. and we are judged if we do take the time. So where do we look for a balance? The answer is that we don't! as long as how we take care of ourselves does not become pride of the heart or is set above honoring God, then what one does is no concern of anyone else! And the truth is that we do not have the right to make another person feel guilty about their personal care preferences.

There was a time of experiencing someone attempting to shame me for the habit of coordinating my jewelry! It would have been ok if it was done in a personal way but this was done in front of one of our supervisors and it came out of no where or so I thought. But apparently this person was waiting for the chance to give their opinion. Did it stop me? of course not, I only encouraged her to do the same if it was something of interest to her. Through this experience, I try to keep preferences of others to myself. I don't comment on hair extensions, it's not my preference, I don't think we should tell others how or what to do with their hair or their clothing, because it's their choice.

How one may choose to take of themselves is their right.

It is important that we guard our mental peace, not allowing anyone or anything to control it.

And we do this by the choices we make. We control the narrative of whom or what has access to our time, and the more mature I become in age, this is becoming more and more important to me, and the truth is that I no longer feel guilty about it. I am ok, with limiting how much access others have to my time and space and in return I respect theirs! You see how that has balance to it? Because I am my Body. Mind & Peace~



One of the dishes that I have been asked to make quite often is chicken noodle soup!

My mother calls it "healing soup"

This time, I changed my process just a little and the results were amazing.

Ingredients:

*After washing a family sized packed of **chicken drumsticks**, I pre-seasoned, placed them in a storage bag and allowed them to rest and marinate in the fridge for about 3 hours. I also, pre-seasoned from bottle water and allowed to sit for the same amount of time. The water was used because I did not have any chicken broth, so I made my own. (Previously I would just pre-season my water)*

4 bags of frozen vegetables

Extra Virgin Olive Oil

Complete Seasoning

Sazon Seasoning

Fettucce Noodles (no more than 2 handfuls)

*** when it comes to adding your seasoning, I measure by eye and taste!**

Directions:

Next was to cook the chicken. After allowing it come to that first boil, I removed that filmy froth that floats to the top when boiling chicken. As the chicken begins to fully cook, I then remove the meat from the bones, cutting it into bite sized pieces.

Once this has been complete, then the vegetables are added. In this case, we used 4 bags of the large broccoli, Colliflower and carrot mix. Turning down the heat, allow this to simmer for about 20 minutes, we want to keep our veggies from becoming mushy. The timing will be different if you are using fresh veggies verses the frozen ones.

Now the second thing that I did differently was to use a fettucce pasta instead of egg noodles. The outcome was great, the pasta remained firm even after the leftovers were placed the fridge and warmed the next day! Break the noodles in small or medium sizes, drop into the pot and allow to simmer on low heat for until the noodles are done. And we have SOUP!



Have an event coming up or just want to add some elegance to your next meal? Check out our Stuffed Bell Pepper recipe.

Ingredients:

We used a package of the broccoli cheese Vermicelli rice with shrimp. (select the package according to the number of people you are going to serve)

There is no specific color when it comes to the bell peppers, so the choice is up to you. You can make it fun and do a variety. And once again, the number will be determined by how many you are going to serve.

Shrimp We used some salad sized shrimp so that we could have a large portion within the dish. Having a larger shrimp will take up space. After cleaning the shrimp, set them aside. Because once the rice is cooked completely, then stir in the shrimp.

Directions:

Now there are two options when cutting your bell peppers, one way is to cut the core out and the other way is to slice down the middle which will make a boat like container.

Preheat your oven to 360.

Make to remove the seeds from the bell peppers and wash them thoroughly. As a coating, we did a light rub of vegetable oil to the outer part of the bell peppers. This will allow them to have a tender cooking texture. Make sure that your rice has plenty of moisture. This will help in the baking process.

In a simmering pot, we added water, and some vegetable oil, allow it to come to a boil. Then add the package of the rice mixture. Allow the rice to cook according to the instructions on the package.

Now although this is a rice with cheese in it already, we added some Colby jack cheese to the mixture after the shrimp were cooked.

In a baking dish, add a shallow portion of water, this will allow the bell peppers to steam but stay firm.

Place the bell peppers in the watered baking dish, spoon in your rice mixture. And to top it off, we added some Swiss cheese across the top !

Place the baking dish into the oven and allow to bake for about 20 to 30 minutes, this will depend on the size of the bell peppers and the amount of the filling.

At about 25 in the oven, I added a few slices of butter to the top just for added moisture. Place in the oven for 5 minutes, remove and serve!



And here's our rendition of stuffed bell peppers. Feel free to add another type of meat to this dish, the more meat you add to it, it can become the main dish or as a side dish. And yes, the bell peppers are very tender and can be eaten! Enjoy!





We came back for a REPEAT! Because there was some of the shrimp mixture left over, we added some ground beef tried a yellow bell pepper and yes....STILL AMAZING!

Have a recipe that you would like to share with us and could make it in our next feature? Send in your favorites @ AFERGUSONMINISTRIES@GMAIL.COM.

Please include a photo, ingredients & the directions and we'll notify you by mail if your entry has been selected!

MOVING IN SILENCE

One thing is for sure and very true, we as believer's are under the New Covenant with God through Jesus Christ. And what it is equally true is that our faith in God is an everlasting covenant.

If we were to take the lessons from our forefather Abraham, we shall see a valuable lesson, it is so valuable that it is mentioned in the book of Hebrews the 11th chapter. Abraham had a unique faith as well as many others, the one thing that has caught my attention is his ability to do less talking when directed to move when instructed by God in Genesis the 12th chapter.

Many of us, in our own times have shared details of God's instructions or discussed them in length, I guess with hopes that someone will help us in making up our minds to agree with what God said or not.

There is a truth that sometimes, silence is golden. We should do less speaking and do more moving! This became apparent to me as I learned that when speaking of certain things pertaining to what God had said to me in private, I was giving the enemy the tools to use against my progress.

If we were to consider 1 Corinthians 10:3-6 as well as Ephesians, 6:1-18, then we will learn to guard our conversations more solemnly! Because our words carry weight, and they are spoken out into the atmosphere, then it must be understood that just as our assigned heavenly Angel's are waiting to carry and act upon our words, then so are those demonic spirits that have been assigned to us!

Our heavenly Angel's are assigned to us to act on our behalf, the demonic eunuchs are sent to hinder those words. A great example written for our counsel from the Holy Scriptures is the encounter that Daniel had in the 10th chapter.

Daniel is told by his Arch Angel Gabriel, that from the first day that he set his heart to understand, and to chasten himself before the Lord, that his words were heard, BUT the prince of the kingdom of Persia, from the atmosphere, fought against him to hinder God's response! Gabriel himself received help from one of the chief Arch Angels Michael. Michael has been mentioned to be the Angel assigned to Israel.

We even have the great written account of Nehemiah's experience of protecting what he was assigned to do! Take a look at Nehemiah the 2nd chapter. It was noted twice that Nehemiah held in his heart the things that were spoken to him by God. This is wise counsel for all believers, especially those that will at one time, or another have to go and do a work for the Kingdom of God, whether it is speak a message or to build a ministry or a business, we should follow such great examples.

The truth is that although we have ministering Angels in charge over us, so we do not need to disclose our purpose for going or doing what it is that we are doing, because they are sent by God, right! So, why tell them what our plans are; they already know it, but Satan does not know those plans; he only knows that you have shifted from your normal routine. He only knows that instead of spending a lot of time on the phone, you are reading the word of God or that instead of spending a lot of time on social media that you are in prayer or that you have not been eating your favorite food,

Cont'd on page 35



Check out this custom décor tray that we made for less than \$ 10.00

Components:

1 brownie pan (already have in my inventory \$ 10.99)



1 piece of plastic wrap to line the brownie pan

3 cups of Paris of Plaster \$ 4.95 per box

Start with a cup of water, use as needed to blend w/the plaster

Handful of dried roses

2 decorative drawer knobs (\$ 1.25 each)



1 spoon for blending

1 bowl for mixing

In the bowl, add the plaster ten the water. Mix until well blended and smooth. Line the pan with the plastic, make sure that there is enough to fall over the edges, this will allow an easier removal. Pour the mixture onto the lined pan, making sure that it is distributed evenly in the pan. While the mixture is still wet, place the knobs at your desired position, making sure that the leg of the knob is fully inserted so that it will not become easily moved. Next add your flower or you can add some color to the mixture or paint it after it has completely dried. Make sure to kind of push the flowers into the mixture. Allow the tray to dry and sit untouched for about 30 minuets. Remove from the pan.

Place your tray where it fits best in your home!

Moving in Silence Cont'd

he does not know why! When we allow the Holy Spirit to lead us, then the enemy cannot trace our steps, because the Holy Spirit does not lead us according to our flesh. The Holy Spirit does not boast, it appears, it draws, it guides, it leads, and it reveals, but it is the vessel that makes the physical movements, it is how we move that's important.

We should use caution when speaking. This is in no way meant to say anything funny, but the scripture instructs us to Walk by Faith and not by sight. We are to agree with what has been spoken by God. But that does not include our mission! We are to release details as instructed, after we have received the details, gained an understanding, and then released to share. And then we must know by instructions what we are to share and with whom. For example, in the passage of the Old Testament, God rebuked the false Prophets for speaking out of turn, He was giving us a warning that we should consult Him as to the; what, when how and to whom we should speak, especially when it came to His Will.

When we speak our God intentions into the atmosphere, then what we are really doing is asking the enemy to "hinder me from doing.....this"! and therefore should take some accountability in the hinderance factor. So, what are you saying here? Is there a implication that I could be the blame for a hinderance? In some cases, YES!

If we would recall during the journey of the children of Israel, they made an alliance with strangers, without consulting God. They shared things with those strangers, they made a covenant; they spoke without seeking.

This is a lesson for all believers. And, yes, it does hit the messenger first, and what a lesson it is! It is a hard lesson, but because God loves us, He will bring us to those things that are meant to mature us so that we can stop making the same fatal mistakes!

~LIVE WELL IN THIS JOURNEY!



The Balance of Life

Christian Talk Radio



W/Pastor Angel Ferguson

<https://www.spreaker.com/show/the-balance-of-life>

Tuesday ~Thursday 12:30 pm ~ 1pm



Exactly what are Spiritual Strongholds?

How are they identified?

What does the Bible say about
strongholds?

Ways that we are warned of a
stronghold around us?

Am I carrier of a stronghold?

Can I be delivered of a stronghold?

From March 6th ~14th, 2024,
we covered a series Spiritual Strongholds.
The full broadcast of each of the sessions can be
found via our YouTube Channel.

The Balance of Life w/ Angel Ferguson

Specific area that we are looking at are:

The Spirit of Manipulation

The Spirit of Control

The Spirit of Sabotage

The Spirit of Guilt

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The Letters of John, The Apostle

We recently did a study/teaching of the Apostles, taking a look at each of the original 12 in their perspective places. And as our focus came to John, there was a greater appreciation for his ministry as an Apostolic Teacher. Yes, Peter and Paul has this ability as well but John is often overlooked, especially when it comes to the 3 Epistles. These 3 short letters are powerful and full of authority, as they were meant to be, because they reflect the Will & Command of God Almighty.

In the process of reviewing these letters, the reality of the scribe Ezra came to life. In order to teach others, than one must have become a student of understanding and of applications. How else would John have known to distinguish between real and false doctrines?

Which brings on a even greater observation, as pertaining to our spiritual gifts or shall we say Ministry Gifts. We are meant to operate in the areas that we have obtained a knowledge of as well as grown up spiritually. John had once been immature when it came to the ways of God, but over time he grew up in all things, which gave him the ability to recognize what was right and what was not.

And then this is true evidence of the scripture being fulfilled, as we are instructed to “make full proof of our ministry”. And with his time with Jesus, John had learned and understood the true meaning of salvation, so when the issue did arise about true salvation really meant, he was able to refute the false teachings that had been spread among the church’s that he had been given spiritual apostolic authority over. He, John had witnessed the true meaning and purpose of Christ, face to face, although during the time as a disciple he did not fully understand, his eyes were eventually enlightened to the truth. And that is were those who have been selected/chosen to fulfill one of the Ministry Gifts should have a desire to arrive; where teaching is done after our eyes have been enlightened to the truth, after there has been a real revelation of something and not before. How can one explain and expect others to receive and act upon the knowledge released when the instructor/teacher has not had the experience first?

As we look at the list of the Ministry Gifts, we find the Apostle is listed first and the Teacher is listed last. Though the foundation has been laid, a atmosphere that welcomes continuous teaching is important. As each of these ministry gifts are important, the weight of the Apostle and Teacher are vital, as in making sure that the foundation has been properly laid and that the teaching of that true foundation is taught and that false teachings are being corrected.

Can we take a look at 2 John, and the things that John was faced with addressing? I believe that these things are a continuing issue among people, the question is who will go when being selected to go, so that the right way of God is being taught!

Cont’d on the next page.

In this letter, John is address a local church leader, the members as well as a sister church in which he has a spiritual authority affiliation with as an Apostle/Teacher, it is concerning allowing false ministers/teachers to speak to the congregation. Did you know that it is the Sheppard's responsibility to guard the people from false teachers/ministers? Well, here it is in scripture (2 John) although the letter is short, it is direct. John makes it clear that if anyone is ministering/teaching anything other than the doctrine of Christ, they are not of God, and he that abideth in the doctrine of Christ have both Christ and the Father; in other words there is no separation of the two. One can not have Christ with the Father, and no one can clam to have the Father while trying to exclude the Son.

The instructions given is that if any should come to a true believer with such false teaching, that they should not be welcomed/allowed to speak to the congregations! And to do so, would show support of such false teachings. So, what are you saying to us of today Apostle John? Those that have been appointed by God, should become more aware of their affiliations. If there is evidence of false teaching then one can not say; I will just give them a chance, in these days, we are out of such chances. Lives are at stake, Christ is soon to come. What if the day that the false teacher is permitted to speak to the congregation, is the one day that one who is weak in their faith turns astray, and it is also the day that the Lord should call them home, there is an accountability factor here, and it will surely come to the feet of the leader that has been chosen as the Sheppard.

And must we go any further in scripture as we are instructed and encouraged to know those that labor among us? This is where the spiritual gift of discernment come in. it is a key component when sitting at the realm of spiritual leadership. I mean what happened to the times of getting to know someone before turning them loose within the ministry. Now a days, there is such a thirsty spirit for people that they are released into the ministry before becoming comfortable in the pews.

There is something troubling in the world today of individuals marketing themselves to come and give a ministry a word. What happened to being sent/sent for? How can one project that they have a word for a house? How does anyone know in advance that God would give them a word for that house, where there is no affiliation, no invitation, etc.? There was recent experience of someone coming to a service and approached the Pastor afterwards and said; " You should have me over sometimes to preach"! This has become common. Even when Paul desired to go into two areas to share the Gospel, it was the Holy Spirit that forbid him to go to those places because he was needed elsewhere (Acts 16:6-12). Now, God does not change, He is the same yesterday, today and forevermore, so let us use wisdom when it comes to who ministers/teaches to those that have been placed under our watch. Ask the pertinent questions, "Lord did you send them"? "Lord are they the one to do this job, service, etc.?" "Lord, is this my assignment"? When we have this type of mindset, it will cut (at least a portion) of the false doctrine being spread amongst the Body of Christ!~

ANOTHER TEA OF THE MONTH!

Strawberry/Peach!

We took some frozen strawberries and 3 cans of peaches in heavy syrup. Placed in a large pot. Fill the pot with water. Add some regular black tea bags. The number of tea bags will determine how strong you want your tea. The first time we made the peach and orange tea, as mentioned on page 10, we used the perfect peach tea bags, with this batch we used canned peaches. At this pot while the pot is on the stove, add your desired sweetener. Now we kept our fruit as it was poured into these cute jars for easy access because it brought such a essence to the tea!



During the month of April, we are doing a Virtual Book Tour of a few of our latest publications here on **The Balance of Life Christian Talk Radio**

The Balance of Life Christian Talk Radio

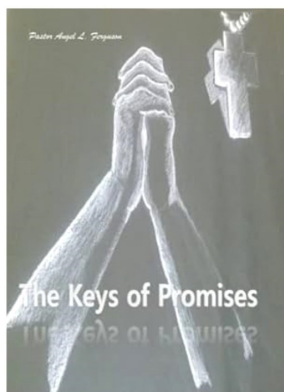
Each week we will feature a different book.

All books are available for purchase via AMAZON or by contacting us directly @ THEBALANCEOFLIFE1@YAHOO.COM

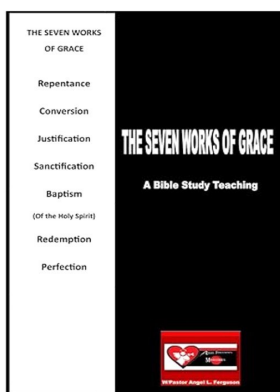
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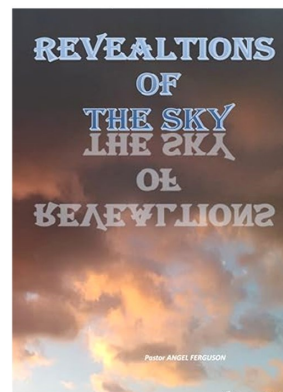
APRIL 2 ~4TH, 2024 12:30 PM ~ 1PM



APRIL 9TH ~11TH, 2024. 12:30 PM ~ 1PM



APRIL 16TH ~ 18TH, 2024 . 12:30PM ~ 1PM



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The Balance of Life Christian Talk Radio

LOOK OUT FOR THE CONCLUSION OF OUR VIRTUAL BOOK TOUR AS WE DISCUSS " BEING DRAWIN TO PRAYER" BEGINNING APRIL 23~25 & 30TH, 2024 VIA OUR LIVE RADIO BROADCAST 12:30 PM ~ 1PM



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Communication is the key to God producing His Will in our lives. And we learn of His Will through our prayers. How is this so? It is when He responds that His expressed Will can be revealed.

Prayer is our guide, in it we receive instructions, warning and reassurance. Why not start or strengthen your pray or journey today ?

If we are going to have a relationship with Christ, it has to consist of prayer. When we read the written Word of God, it is evident that this was His way of communicating. How He responds is His choice, it could be in a dream, it could be in a vision, it is always in the Word, but through prayer, the conversation begins!

*Pastor Angel Ferguson

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.

A special thanks to James Ferguson III for creating the logo for Angel Ferguson Ministries as well as the back cover design for Hope & Truth Magazine.

Our gratitude extends to the companies that distribute Hope & Truth Magazine across the US as well as abroad.

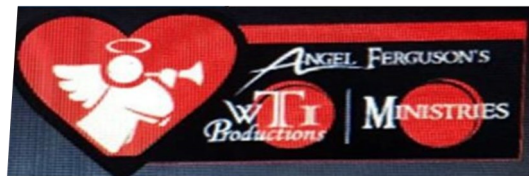
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There are several ways in which you can connect with us, please visit our website www.angelferguson-ministries.com , or via social media. Our email address is afergusonministries@gmail.com.

Yours in Christ,
Hope & Truth Magazine



A HUGE THANK YOU TO OUR COVENANT PARTNERS IN PRAYER!

Pastor Jessie McCoy

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MARCH/APRIL
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