

# **ADJUSTING FOR THE GREATER!**

**JAN/FEB 2025**

**SPIRITUAL LIVING**

**RECIPES YOU CAN USE!**

**CRAFTS THAT INSPIRE US!**

**LEADERSHIP ESSENTIALS**

**BACKDROPS DÉCOR & MORE**

**BUSINESS  
TIPS-N-TOOLS**

**& MORE!  
GIFT IDEAS,**

**WORDS OF ENCOURAGEMENT, ETC**

*Hope & Truth Magazine*

EST. 2003







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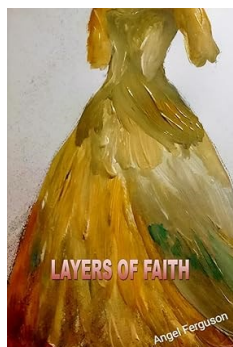
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THIS MONTH'S  
COVER



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A few words from the Editor



Everyone has a choice when it comes to their life. I am a firm believer that life is a hand and we all must decide how to play that hand. And the truth is that some of the cards we have been dealt with will appear to have no real value at all, but once studied, we will learn how to use and apply what we hold within.

This month, our theme is ADJUSTING FOR THE GREATER!! It is time to take a look at what you have and make some adjustments. It is not that we need to invent a new thing, it is that we need to perfect what we have.

New adjustments are necessary for every stage of the journey of life, and according to where you are, apply the adjustments. Now, the adjustments that we make will at times need to accommodate others, but make sure that it is a comfortable fit for you!

And here is a key, the adjustments start within the mind! Think about what the shift will produce for the greater. This adjustment will bring out the greatness of your purpose, for those that you are destined to come into contact with to benefit from the gifts that God has placed within you!

And don't just adjust to fit a second, but adjust according to seasons! This is an adjust of growth, which means this adjustment is the evidence of my elevation! So, there is no turning back! Only to do better as we have learned better.

I would like to personally thank each of you for allowing this extension of ANGEL FERGUSON'S MINISTRIES to accompany you in your life's journey of spiritual growth.

~Pastor Angel L. Ferguson  
Founder



# MATCH ME~





## **CREATING A SPA EXPERIENCE**

Don't have the extra money for a spa day! Well please do not lose any sleep over this because there is a solution. Now we have visited this topic before and it is nothing like the start of the new year or a birthday to make us aware that in many cases, we have neglected some of our personal grooming. Am I guilty of this? Absolutely.

Sometimes in the hustle and bustle of life, we tend to go the extra mile when there is a purpose. Such as, critiquing our appearance when being in front of the camera, or in meetings, some may deal with these appearances on the daily, but if you are one that works for yourself at home, then being in front of others in the physical sense is not the norm, or if we take into consideration how often we update our profile pictures, and wanting to look our best for that one photo shoot, this does not keep us on track for weekly or monthly facials or trips to the salon for those hair and nail appointments.

And then again, just maybe we have become more financially cautious and are not making as many trips for those moments at the spa. But does it mean that we should forgo those things altogether, the answer is no.

For me, it is not the presence of beauty filtered through social media that jars me to the reality that I have not moisturized my skin or had a recent pedicure but the reflection in the mirror as I wash my hands or that my hair needs a shape up as I pass through the hallway and the mirror then forces me to take a glimpse of my reality! I know, it may seem comical, but this is the truth of many.

Then again, it could very well be that those extra things just are not in the budget, yet they are attainable. One may not be able to go to the salon and allow others to do the services for us, but we can definitely treat ourselves at home.



In this life, I am learning to give myself what pleases me, and this is my responsibility as it does not belong to anyone else, and vice versa. So, the time spent to go the extra step has nothing to do with anyone but only how I value me and wanting to present the best version of myself, so that when I do pass that mirror, my first expression is not “girl, what’s wrong” but hey, ‘don’t you look good’!

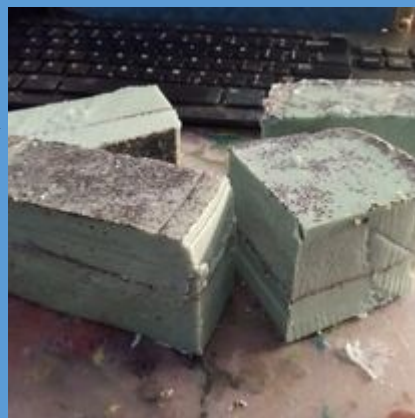
The next time that you take a trip to the store or even, place an order online, spend some time looking at the different items that you can purchase to create an at home spa experience. There are different kinds of foot exfoliators and foot scrubs, or body scrubs to keep our skin smooth and healthy. Or maybe create your own sugar scrubs with your favorite scents.

Now we are not trying to have a daily Miss America moment, maybe once a month do a major spa time but weekly upkeep.

A few items that we purchased were the FOOT MASK (1 pair per package)

We created a honey and sugar scrub for facial and body scrub.

Have a favorite scent and want it for your body wash or even bar soap? This is a easy at home project, you can either purchase your favorite scented oil and add it to an unscented liquid soap and lotion for a complete set. Another way is to purchase a soap making kit, and add your favorite scent to the melted soap and when it is molded, you have just what you wanted!

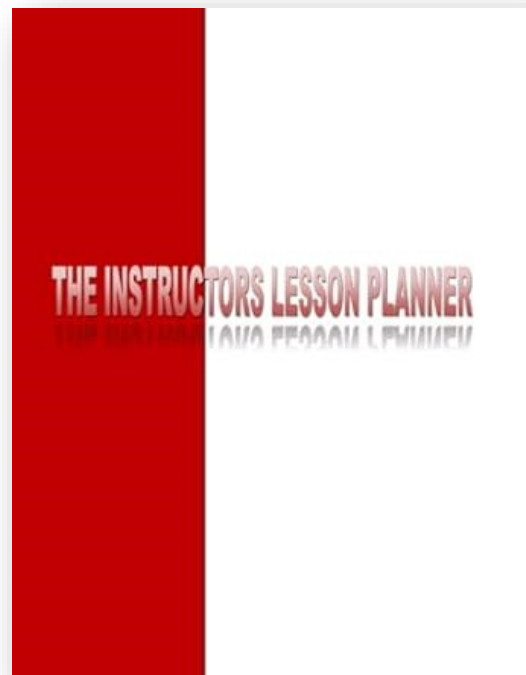
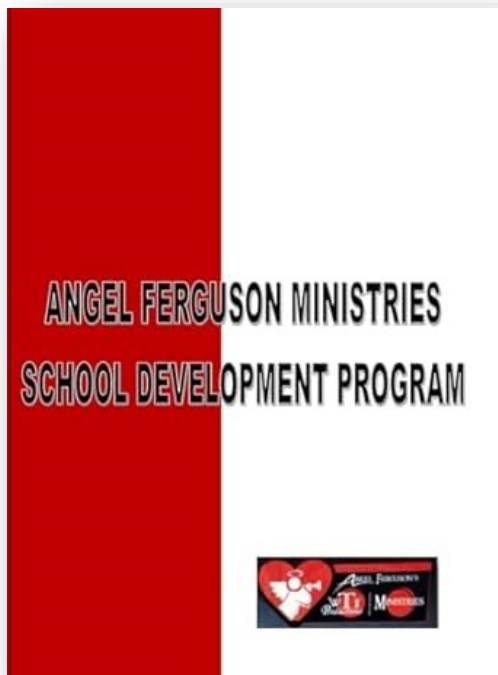


Make sure to visit your local stores and pick up those awesome back scrubbers, loofa sponges and pumice stones to up with your UPKEEP!

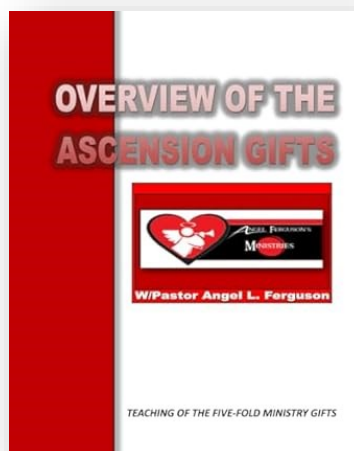
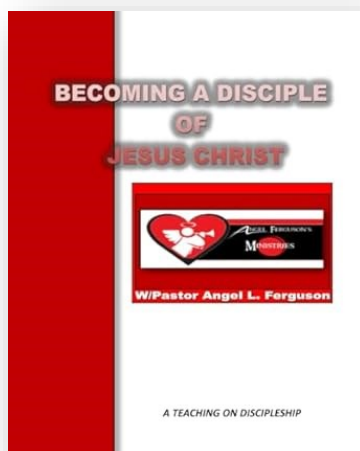


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## COVENANT PARTNERS OF ANGEL FERGUSON MINISTRIES

Have you made a decision to become one of our Covenant Partners yet? The greatest benefit of becoming a Covenant Partner with Angel Ferguson Ministries is that there is no financial obligation!

That's right, our connection is merely a platform of support. Each month we send our Covenant Partners a newsletter filled with words of encouragement for every area of your life, business tips and tools, a directory of resources & more. And as a bonus, your ministry or business will appear in each month's issue of Hope & Truth Magazine's Ministry Supportive Page.

If you are interested in registering to become a Covenant Partner with Angel Ferguson Ministries, please contact us today via email @

**AFERGUSONMINISTRIES@GMAIL.COM**

# MINISTRY SUPPORTIVE!

*Pastor Jessie McCoy*

*Impact Prayer Radio Broadcast*

*First Love All Saints Ministries, Pastor Joseph Dadson*

*Glory Crown Ministry*

*Flavor of Beauty*

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## **THE LESSONS WE LEARN ALONG THE WAY....**

Is it that my age is giving away my inner secrets or is this the year of wisdom! Throughout life at one time or another, everyone has had to deal with the reality of what gives them happiness. Some find that it is in their work or contributions of life while others feel that it is what they gain from the people in their lives. But, on this day, as I sit at my desk, being surrounded by the things that I absolutely love, it has become more alarming that my happiness has come from what I have been blessed to give myself through my service of others as well as the work that has been put into this business. My happiness is not from the gifts that are received during those special occasions or by those memorable phone calls or visits, now don't get me wrong, those things are loved and appreciated, but my true happiness comes from my being satisfied with me!

As the days progress, I am learning to give myself the best version of me. When we learn to become ourselves, and doing the things that bring a smile to our hearts, that is true happiness, and even in this we also realize that what others bring to our lives is meant to enhance what we already have. And here is the logic, if our happiness only occurred through others, what would actually happen if no one came around or called, it would then leave a person in a sad disposition, and this is why each person should spend some time getting to know and developing themselves, discover what makes you happy and then provide it for yourself.

For example, I love roses, and those that get to know me knows that I do, so every now and again I purchase them for myself, it does not mean that others have bot purchased them for me, it simply means that it is not their obligation to make me happy, because we have learned that the happiness we have in ourselves brings value when we offer a jester or token to one another. And for the sake of arguments, no I am not taking devaluing anyone, because I have just been taught that how I treat and take care of myself is the best teacher on how I expect to be treated. You see, when a person does not know what they like or what brings them joy, or have any type of standards, than others will treat you any kind of way, yes, if we do not know or hold up any kind of value, others will devalue you! And if a person decides not to see or give you any value, nothing is lost, because You have valued yourself and that is what matters the most.

Now there is a flip side to this, just as one should see the value in themselves, so should they see the value in others. Any every now and again, we always come across those that choose not to see any value in anyone but themselves, and that is their is prerogative, we just learn to grant them limited access to our value!



[WWW.JACKIELW2001.WIXSITE.COM/WEBSITE-I](http://WWW.JACKIELW2001.WIXSITE.COM/WEBSITE-I)

Founder Pastor Jackie Wilson





**We are thinking about creating a wall of frames featuring different shapes. As you can see, we added some flowers to the frames, what should we add to the satin white frame?  
Help us decide by sending in your suggestions to  
[AFERGUSONMINISTRIES@GMAIL.COM](mailto:AFERGUSONMINISTRIES@GMAIL.COM)**



# ***ONE SETTING***

## ***5 DIFFERENT ANGLES***



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# ***BUSINESS TIPS~N~TOOLS!***



Turn your prints into a business!

The idea of being set apart from others is in creating a signature look.

Did you know that you could turn your photos into stationary, canvas bags, book cover designs, postcards, prints for wall décor, as well as clothing apparel & more?

The possibilities are endless, you just have to use your imagination along with some self-motivation to get yourself started!



# ***BUSINESS TIPS~N~TOOLS!***



Everything in this photo is what we had on hand!

When developing your ideas, before going out to purchase anything,  
check to see what you have first to bring that idea to life!

Take you some photos and then list the ways that it will assist in your business venture!

***DESPISE NOT THE DAY OF SMALL BEGINNINGS!***







## **The Triumph Over Depression**

Discussing depression is never to be taken lightly, and in no way are we suggesting that there is only one way to address it or even to diagnose it. In fact, if any person is dealing with depression over a long period of time, please seek professional help.

Life is a package of many ups and downs that affect our emotions, and there are some emotions that affect us differently. Some can shake and overcome certain emotions faster than others, but the chance to do so is available to everyone, but it does take work on a daily basis. Our first thought was to name this article, “the fight to live”, but instead we decided to focus on the victory of this disease. Yes, depression is a disease that many have and will face at one time or another, and as mentioned, each person is different.

Every moment of the day, we are plagued with thoughts, thoughts of how we feel about ourselves and thoughts of how others feel about us, or how they see us. And this is where we exam the seeds that were planted in our lives from the beginning, like before we could even imagine thinking of how we see ourselves. When the words “you were a mistake” are released into the soul of a person, they are formed to believe that everyone sees them as a mistake, not just the person who released the seed. Whenever a seed is planted, it first dies in the ground but then after being watered comes too life again, then the roots start to grow, and with that being said, let us become more aware of the words that we release to others as well as to situations.

The words we hear, can actually shape the perception one has of themselves, and this is a blessing and a curse, all in one. So, then the person has to fight in a sense to come out from under the dark shadow that has been cast over them.

### *The Triumph Over Depression cont'd*

For many, this is a hard and rough road, even when they come to the knowledge of Christ, they struggle with the Word of God and His love for them and that He has created them for a purpose. After all, how can someone that has never been seen physically before knowing more about them, love them, want them, and has planned for their presence upon the earth over someone that they have seen face to face! And this is where prayer comes in, praying that all may come to experience the true love of the Father and using His Words as a weapon against anything that has been released to destroy what we have been born for. And this is a day-by-day journey.

The first steps to healing are to discover why do you feel the way that you do about yourself. The thoughts of others are not so important at this stage. Is it because of what was spoken to you and by whom? A lot of times, words are released to others by others who are victims themselves. So, then after determining where these thoughts originated from, then it is time to seek healing and deliverance from the damage that was caused. In this healing process, I believe that you will soon begin to discover the good that is within you as well as the things that you would like to change, and this process is for you and no one else. This is a way of creating a good self-esteem about yourself, notice the word is self, meaning esteem yourself.

In this journey, take some time to discover what you like, and what you don't like, and then give yourself the things you like and remove the things that no longer fit into how you esteem yourself. We are created "a new" in Christ Jesus. Another part of this journey is to deal with what you think of you, and what you say to yourself, start speaking good positive words into your life, until those negative things are removed, and this is a daily thing to do as well. Rise in the morning and speak good to yourself.



### *Conclusion of The Triumph Over Depression*

Not only should you speak good to yourself, but give yourself some good things as well, discover what makes you happy and give it yourself, as often as you can, after all this is your life and the better you feel about you, the more you can become a good contributor in society. If there is something about your appearance that you are uncomfortable with, then find what you are comfortable with and make those necessary adjustments and remember you do not or are not looking for the approval of others, just make sure that you are making adjustments to fit into your world.

If the need should arise to speak to someone about working through your thoughts, this is perfectly acceptable, try and go to an outside source, someone that is not going to pick sides or try to justify another's actions, yes we all have issues but before we can help others, we need to help ourselves.

At some point, surround yourself with uplifting groups of people, those that can see in you what you have learned to see of yourself, in other words, connect with others that will redirect those moments of self-negative thoughts and words to something positive. And keep in mind, no you are not the only person dealing with this, every person that has and will be created will at some point deal with the thoughts that try to control how they perceive themselves.

We all must go the route of learning how to build up our self-confidence for our everyday lives. Learn to protect your confidence! Do not allow anyone or anything to try and destroy it, it belongs to you! And the best way to live in this newness is to pass it on to others! That's right, remember we mentioned the seeds that are planted, now it's your turn! How will you plant? What will you plant? Let your struggle and triumph over depression determine what cycle you will repeat!

**Newest Antique find!**



**Found this lamp  
for my  
52nd birthday  
@ \$ 45.00  
and it is worth  
over 400.00!**





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# TANGIBLE TRUTHS BIBLE STUDY

## **LAYERS OF FAITH BIBLE STUDY LESSON**

### ***PART I THE RESPONSIBILITY OF MY FAITH***

#### SCRIPTURE EXPLORATIONS:

SALVATION THROUGH FAITH: EPHESIANS 2:8

PROTECTION THROUGH FAITH: 1 PETER 1:5

HEALING THROUGH FAITH: MARK 5:34

DELIVERANCE THROUGH FAITH: 2 KINGS 19

***THE LEVEL OF YOUR FAITH DEPENDS  
UPON JUST HOW MUCH YOU BELIEVE IN GOD AND HIS WORD:***

***MATTHEW 9:29 EPHESIANS 3:20***

REMEMBER IT IS ACCORDING TO YOUR OWN FAITH:

***IT IS MY RESPONSIBILITY TO CONTINUE IN THE FAITH (MY FAITH),  
NOT ONLY MUST I CONTINUE  
BUT I AM ENCOURAGED TO BECOME GROUNDED AND SETTLED IN FAITH:***

***COL. 1:23***

***2 TIM. 3:14-15***

***IT IS IMPORTANT TO TAKE CONTROL OF MY FAITH! PROV. 3<sup>RD</sup> CH.***

- BY KEEPING MYSELF REFRESHED IN THE WORD OF GOD
- ALLOW THE HOLY SPIRIT TO BRING A REVELATION WHAT I HAVE READ AS WELL AS WHAT GOD HAS SPOKEN TO ME
- BY STAYING IN PRAYER CONCERNING GOD'S DIRECT PROMISES TO ME, HAVING AN ANTICIPATION THAT THE PROMISE WILL COME TO PASS.
- BY SEEKING THE COUNSEL OF GOD AND BE CLEAR ON WHAT HE IS SAYING TO ME
- ALWAYS EXPECT A SEASON OF A HARVEST FROM YOUR SEED OF FAITH
- WE ARE LED BY FAITH

## **PART II THE DIFFERENCE BETWEEN BLIND FAITH & A FAITH TO BELIEVE**

### ***QUESTION: CAN A BELIEVER HAVE BLIND FAITH?***

THE ANSWER IS YES, WHEN A INDIVIDUAL LACKS FAITH. WE ARE TO BECOME NOT JUST HEARERS OF THE WORD BUT DOERS OF THE WORK AS WELL.

***JAMES 1:22~25***

### ***OLD TESTAMENT VIEW OF BLIND FAITH:***

***WHEN GOD SPEAKS A PROMISE ALONG WITH THE INSTRUCTIONS:***

***NUMBERS 13:1~2***

***THE REPORT OF BLIND FAITH: NUMBERS 13:26~29;31~33***

### ***EXAMPLE OF A FAITH THAT BELIEVES:***

***NUMBERS 13:20***

***NUMBERS 14:6~9***

### ***RESULTS OF BLIND FAITH:***

***NUMBERS 14:23~37***

### ***RESULTS OF A FAITH THAT BELIEVES:***

***NUMBERS 14:24;38***

### ***BLIND FAITH CAN CAUSE US TO MISS OUT ON THE PROMISES OF GOD***

### ***EXAMPLE OF BLIND FAITH CONCERNING HEALING:***

***2 KINGS 5:7;11~12***

### ***A FAITH THAT BELIEVES:***

***2 KINGS 5:3; 8; 12***

### ***WHEN BLIND FAITH HAS BEEN TURNED AROUND TO A FAITH THAT BELIEVES:***

***2 KINGS 5:14***

## **PART III WHY MY FAITH IS IMPORTANT**

AS A BELIEVER, AS I GROW IN MATURITY AND LEARN TO TRUST GOD ALL THE MORE, AS I CONTINUE IN THE KNOWLEDGE OF CHRIST, I WILL COME TO THE UNDERSTANDING THAT I MUST BECOME INTENTIONAL IN KNOWING THAT YES, GOD WILL SPEAK TO ME BY THE WORD THAT HAS ALREADY BEEN WRITTEN AND BY THE HOLY SPIRIT ALONG WITH WILLING VESSELS.

WHEN I READ THE WORD ~ I READ IT BY FAITH

WHEN I HEAR THE WORD ~ I HEAR IT BY FAITH

WHEN I RECEIVE THE WORD ~ I RECEIVE IT BY FAITH

WHEN GIVEN INSTRUCTIONS, AND DIRECTIONS ~ I RECEIVE IT BY FAITH

WHEN I MOVE BY WHAT I HEAR ~ I MOVE BY FAITH



***MY FAITH IS IMPORTANT TO MY SPIRITUAL SIGHT SO THAT I MAY KNOW AND UNDERSTAND HOW TO MOVE IN THE NATURAL.***

IS. 6:10. IS. 5:21

EZ. 12:2

MATT. 13:15

ACTS 28:27

ROMANS 11:8

***I AM FEED BY THE WORD, THIS IS HOW I AM TO SURVIVE; THEREFORE, I MUST BELIEVE IN THE WORD AND THAT IT NOURISHES AND SUSTAINS MY LIFE AND ITS WELL-BEING.***

DEUT. 8:3

MATT. 4:4

JOHN 15:1~8

***HOW TO TURN ON MY FAITH VALVES!***

ACCORDING TO JOHN 15:1~8

I AM CLEANSED

I CAN SURVIVE

I CAN REPRODUCE

ALL BY FAITH!

ACCORDING TO IS. 59:19~21

I AM DELIVERED FROM EVIL

ACCORDING TO PSALM 107:20

I AM HEALED BY THE WORD THAT HAS BEEN SENT WHEN FAITH IS BLIND-

ONE CAN NOT HEAR WHAT GOD HAS SPOKEN NOR CAN THEY IMAGINE IT COMING TO PASS.

1 PETER 1:9

ROMANS 11:8 IS A RESULT OF BLIND FAITH

BUT WHEN MY FAITH IS BLIND, I LACK BELIEVING THAT HE WILL SPEAK TO ME, THEREFORE, I AM NOT EXPECTING TO HEAR ANYTHING, NOR CAN I PERCEIVE IT, SEE IT OR IMAGINE IT!

NOT ONLY CAN ONE BECOME SPIRITUALLY BLIND BECAUSE OF A LACK OF FAITH BUT THEY WILL ALSO BECOME DEAF TO THE VOICE OF GOD.

***NEW TESTAMENT VIEW OF BLIND FAITH***

ACTS 27:10~11.

***FAITH THAT BELIEVES***

ACTS 27:21~44.

***\*\*\*DETAILS OF THE BOOK VERSION ON PAGE 32\*\*\****

Enrollment is NOW OPEN for our course  
'KINGDOM LEADERS LEARNING TO LEAD'.

The next virtual class will begin April 5, 2025 ~ May 24, 2025.

The time of each class session is @ 11 am.

All registered students will have video playback access,  
a physical or digital copy of the workbook,  
in open class discussion, homework assignments,  
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# HOW GOD SPEAKS

## BIBLE STUDY OUTLINE

### *Ways that God has spoken during the different dispensations:*

He spoke to the origin of the universe.  
He spoke to the Holy Trinity.  
He spoke with certain individuals.  
He spoke through the Angels of the Lord.  
He spoke to and through the Prophets.  
He spoke to and through Jesus Christ.  
He now speaks through the Holy Spirit.

### ***FOUNDATIONAL SCRIPTURE TEXT:***

2nd and 3rd chapters of Revelation  
John 16:12~16  
Hebrews 1:1~2

## ***HOW GOD SPEAKS***

### ***God speaking directly:***

GOD SPOKE TO THE ORIGIN OF THE UNIVERSE: GENESIS 1<sup>ST</sup> CHAPTER.  
GOD SPOKE TO THE TRINITY ABOUT CREATING MAN: GENESIS 1:26.  
God spoke to Rebekah: Genesis 25:23  
God spoke to Issac: Genesis 26:2  
God spoke directly to Job: 38th chapter.  
God spoke directly with satan: Job 1:7~14; 2:2~7; Zechariah 3:2  
God spoke directly to Moses: Exodus 3:4~22; 4th chapter.  
God spoke to Joshua: Joshua 1st chapter.  
God spoke directly to Eli: 1 Samuel 2:27~36.

***The Angel of the Lord would speak on behalf of God:***

To Hagar: Genesis 16:7~12

To Jacob when his name was changed to Israel: Genesis 31:24~29.

Israel instructed to obey the voice of the Angel of the Lord: Exodus 23:20

To Gideon: Judges 6:11~12; 14, 16~23; 7:9~1.

To Daniel: Daniel 8:15~27; 10th chapter.

To Mary, the Mother of Jesus: Luke 1:26~38.

God will speak through a dream or a vision:

God spoke with Jacob through a dream: Genesis 28:10~15.

To Jacob (Israel) in the visions by night: Genesis 46:2.

God spoke to Joseph through dreams: Genesis 37 To Peter: Acts 10:9~16.

***God spoke through the Prophets:***

Through the Prophet/Judge Deborah: Judges 4:6~7.

A man of God to Eli the Priest: 1 Samuel 1:27~36.

To Samuel as a child 1 Samuel 3:11~14.

To the Prophet Nathan for King David: 2 Samuel 7

To the Prophet Ahijah to the wife of King Jeroboam: 1 Kings 14:5; 7~17.

**\*\*\*\*DETAILS OF THE BOOK VERSION ON PAGE 33\*\*\*\***

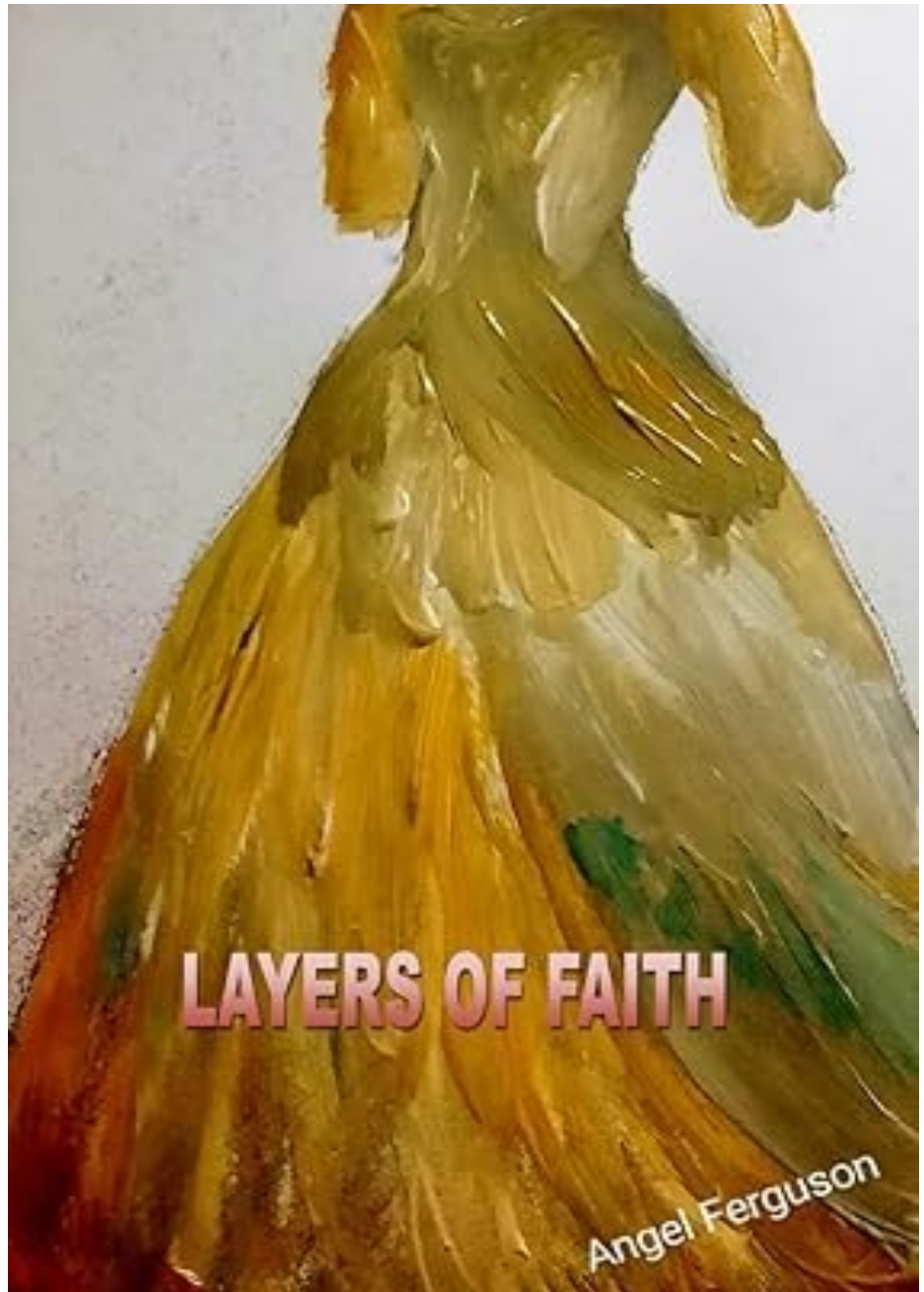


# January Book Release

AVAILABLE FOR IMMEDIATE PURCHASE VIA AMAZON FOR \$ 15.00

OR OUR WEBSITE: [WWW.ANGELFERGUSON-MINISTRIES.COM](http://WWW.ANGELFERGUSON-MINISTRIES.COM)

*During a time of preparing  
to teach a Bible Study  
series, I was led to do  
a series entitled  
**LAYERS OF FAITH**  
and once the study began,  
my eyes were enlightened to  
more than I could ever  
think or imagine.*



*Faith has many layers and the Holy Inspired Word  
is filled with so many lessons for us to gleam from.*

*There are two standards or levels of faith;*

*there are the one's that have been given Kingdom Assignments &  
the ones that are recipients of the manifestation of those assignments.*

# ***February Book Release***

***By His Direct Voice  
Through the Holy Angels  
Dreams & Visions  
By the Prophets  
By Jesus Christ***

## **HOW GOD SPEAKS**

***By the Holy Spirit***

ISBN: 9798310059726



***Pastor Angel L. Ferguson***



# THE TRUTH ABOUT FAITH SERIES

Presented by

**The Balance of Life.**

**Christian Talk Radio**

W/PASTOR ANGEL FERGUSON

*On Tuesday, February 4, 2025 We covered the narrative of Hagar and the 89 years she faced before the fulfillment of God's Promise to her concerning Ishmael*

*Genesis 16\* gives the Promise, Genesis speaks of the Promise to both Abraham & Hagar and Genesis 25: 12~ 16 speaks of that Promise being fulfilled.*

<https://www.spreaker.com/episode/the-truth-about-faith--64190260>

*And on Wednesday, February 5, 2025 we shared some insight on the years it took for Jacob to return back to his homeland after being sent away by his mother when they tricked Esau out of his birthright. Genesis 27:10~15 provides the Promise from God that he would bring him home again. Genesis 31:3 shares how the Lord said to Jacob that it was time for him to return to the lands of his fathers. And Genesis 33 shares the fulfillment of that Promise!*

<https://www.spreaker.com/episode/part-2-of-the-truth-about-faith--64209185>

*We concluded this series on Wednesday, February 6, 2025 as we dove into the meat of what faith really is; and the truth is this, faith is a process! With looking at one of the experiences of Jesus and a blind man according to Mark 8:22~26. And when we explore how God dealt with Israel, we find even more evidence that yes, faith is indeed a process. Our study took us first to Deut. 11th & 8th chapters. But we did not stop there, we went on to share some scripture references to help us as we go through this process of waiting on the physical manifestations of whatever God has promised such as: Isaiah 40:31; Psalm 27:13~14; 2 Cor. 10:3~6.*

<https://www.spreaker.com/episode/faith-has-a-process--64228886>

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## **WHEN YOU SEEK ME! YOU SHALL FIND ME!**

The meaning of the word seek is:

To resort to: go to

To go in search of look for.

To try to discover

To ask for: request

To try to acquire or gain: aim at

To make an attempt.

Attempt to find (something)

Attempt or desire to obtain or achieve (something)

When ever you have a need, you will go on a search to find the thing that will meet that need.

When Mary Magdalene and the other Mary went to the tomb, she went looking for the body of Jesus Christ, so that she could check to see if the tomb was still intact, but what she found was two Angels there to give them notice that Jesus had risen from the dead and was YET ALIVE! **Matt. 28:1~10.**

When Ahab went looking for Elijah, it was because he was expecting to have the rain released after the Prophet had declared by the word of the Lord that there would be no rain for the space of three years because of the evil of the king. God had already instructed the prophet to show himself to the king and at that time, God would cause the rain to return. **2 Kings 18:1~2:41~46**

Cornelius sent his servants to search for Peter the Apostle because the Lord had said to him that Peter would provide him with the knowledge and instructions needed to expand the knowledge of Christ to the Gentiles as well as to accept the Gift of The Holy Spirit. **Acts 10<sup>th</sup> chapter.**

Nicodemus sought Jesus by night because he wanted to let Jesus know that he believed he was from God. Upon his finding Jesus, Jesus then instructed him on how he could be born again through believing in Him, **John 3:1~21.**

BEING YOUR PRESENT HELP




*When you seek me cont'd*

Now the question becomes: EXACTLY WHAT ARE YOU IN NEED OF & WHERE HAVE YOU BEEN SEARCHING?

Because whatever you need~ You can find it in Jesus. All you have to do is seek Him for it and you shall find Him and the answer! Jesus is the Answer. How is He the answer? Because He is the Word of God. And all that we need are in the WORD!

In conclusion, here are just a few of the things that we can seek Him for, and I know that this list is not complete, but it is a place to start!

## YOU CAN SEEK HIM FOR:

A magnifying glass with a dark handle and a gold-colored frame. The lens is focused on a list of seven items, which appear to be glowing or highlighted. The background is dark and out of focus.

**BEING YOUR PROVIDER  
BEING YOUR HEALER  
BEING YOUR PROTECTION  
BEING YOUR PROTECTOR  
BEING YOUR STRENGTH  
BEING YOUR PEACE  
BEING YOUR JOY  
BEING YOUR PRESENT HELP**

# Gourmet Meals By CHOICE!

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## 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 A 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!

## 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 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.

Ever thought about  
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of all of those recipes  
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to you  
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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 added 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!



## 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!



***This recipe is so easy and takes less than  
30 minutes to make.!***

## ***Black Sea Bass Fish Nuggets w/ Cheese Rice***

***To start this meal, we prepared the CHEESE RICE first!***

***The amount of rice being cooked depends on the number being served.***

***After thoroughly washing the rice, add just enough water to cover the rice, and add some olive oil. (You can add some light seasoning to the water if you desire too, but we did not because of the amount of seasoning used on the fish nuggets)***

***Allow the rice to completely cook, then add in cheese.***

***With this dish, we added cheddar cheese but a good cheese blend will work as well. Add as much cheese as your heart desires!***



### **Black Bass Fish Nuggets:**

Using about 6 or 7 fish filets, cut up into nugget sized pieces.

Season Combination: Old Bay Seasoning, Complete Seasoning, Onion Powder, Garlic Powder. Season to desired taste.

Blend well, then coat with Louisiana Fish Fry.

Add enough oil in a frying pan to fry the nuggets ( I used enough to barely cover the nuggets)

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With this dish, we added cheddar cheese but a good cheese blend will

Allow the rice to completely cook, then add in cheese.

seasoning used on the fish nuggets)

water if you desire too, but we did not because of the amount of



# BLACK SEA BASS FISH SOUP

## INGREDIENTS

7 pieces of washed fish

1 bag of mixed vegetables

2 handfuls of freshly washed spinach

½ pot of water (enough to barely cover the fish)

Olive oil

Old Bay Seafood Season

Complete Seasoning

Garlic Powder

## DIRECTIONS

*First wash the fish and vegetables..*

*Next, go ahead and add a light seasoning to the fish.*

*Add fresh water to the pot, along with some olive oil and some complete seasoning and garlic.*

*Allow the combination to simmer for about 5 minutes, then add the fish. Remember to just allow the fish to cook, do not stir or use very little movement so that the fish remains whole. Test the flavor of the liquid to see if you need to add more seasoning.*

*As the fish begins to cook, it will kind of curve but that's ok, this is what it is supposed to do. Next add in the mixed vegetable. At this point, I included more of the olive oil.*

*Finally add in the 2 handfuls of the spinach. Now, I kind of turn everything so that some of the vegetables are at the bottom of the pot.*

*Turn the heat down to medium, cover the pot and allow the vegetables to steam!*

**ENJOY!**



**JUST 3  
INGREDIENTS!**

***CHOPPED ROSTIERIE  
CHICKEN  
ROMAN NOODLES  
& SPINACH***

***W/  
SOME  
COMPLETE SEASONING  
OLIVE OIL  
& A DASH OF HOT SAUCE***



A large white plate with a blue rim is filled with numerous golden-brown, round salmon balls. In the center of the plate, there is a smaller white plate with a blue rim containing a portion of Roman noodles (corkscrew-shaped) and five salmon balls. A silver fork is placed on the right side of the smaller plate, with its tines resting on one of the salmon balls. The background is a plain white surface.

## Homemade Salmon Balls & Roman Noodles

Give your noodle bowls a twist!





## THE FINISHED PRODUCT



## STRAWBERRY/MANDARIN ORANGE TEA

### WHERE IT STARTED!

A combination of  
frozen strawberries  
and mandarin oranges  
and peach with turmeric tea bags  
and the rest is GONE!



When we bottle this tea up, we include the  
fruit as well!

Once these flavors marinate, they are a  
burst of goodness



### ***MANGO & PEACH TEA***

*We took 2 fresh mangos and some perfect peach tea bags, allowed them to brew ,  
added in some sugar and whether hot or cold, this tea was refreshing!*

*As you can see our tea cup in the background has some of the fruit in to make this tea  
experience unforgettable.*



To God Be The Glory, I have been invited do Part 2 w/'HEALING THE HURTS'  
A Seminar for Women with Host Evangelist [Susan OHannon](#) March 22, 2025 @  
11am. If you are in the Bridgeton New Jersey or surrounding area, please make  
plans to join us for this Anointed & Powerful Encounter!

**Founders Bishop Darryl O'Hannon & Evangelist Susan O'Hannon**

**of**

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**Pastor Angel L. Ferguson**  
Is the founder of:  
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A SCHOOL OF MINISTRY,  
THE BALANCE OF LIFE, a  
Christian talk radio program,  
&  
HOPE & TRUTH MAGAZINE  
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author of many books.

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# LET'S GET CRAFTY!

## Hand beaded heart necklace!



This month we wanted to create a different design for our custom jewelry pieces, so we did some beading!

First we traced the heart shapes, then established a boarder with a larger bead.

Afterwards we added a much smaller bead in different shapes and colors to fill in the spaces.

To keep everything in place, we used some clear fabric glue.

And to top it off, we trimmed each piece with some gold paint.

The cost for this project will vary, according to the type of beads being used. We found our beads from different stores as well as used some that were in our stock. And as you can see the results are not just beautiful but amazing!





As a part of our LET'S GET CRAFTY,  
we created this beautiful ROSE  
with a combination of glass beads,  
& trimmed it in a gold paint for a beautiful finish!  
This is definitely as STATEMENT PIECE!



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## 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 this 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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All of the custom jewelry pieces featured are the creation and property of Angel Ferguson Ministries.

All of the photography has been produced by the staff of Angel Ferguson Ministries.

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www.angelferguson-ministries.com, or via social media.

Our email address is [afergusonministries@gmail.com](mailto:afergusonministries@gmail.com).

Yours in Christ,

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