

# ***Chislev*** **THE MONTH OF DEDICATION**

**DECEMBER 2024**

**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





*LIFE IS A SEASON THAT IS ALWAYS IN STYLE~*



**TABLE OF CONTENTS**

***INCREASING MY FAITH .....P 6***

***THE MEDICINE OF INSPIRATION!.....P 12***

***ARE YOU READY FOR THE HELP!.....P 14***

***SHARING FROM OUR CLASSROOM.....P 16***

***THE PREPARATION PERIOD.....P 21***

***THE VICTORIOUS LIFE.....P 25***

***BUSINESS TIPS –N– TOOLS.....P 29***

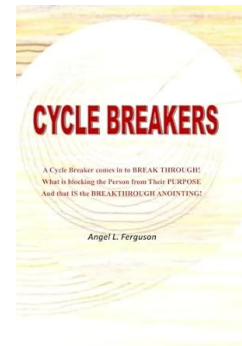
***LET’S GET CRAFTY.....P 32***

***WHEN IS IT A RIGHT TIME TO SHRED THOSE PAPERS?.....P 33***

***MY HEALTHY.....P 35***



***Recipes***



Home Décor



***Please contact us at [afergusonministries@gmail.com](mailto:afergusonministries@gmail.com) for inquiries for the following departments:  
Photography, Distribution, Marketing, Article Submissions & Advertising.***



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***FROM THE EDITOR,***



In my opinion, December is the most wonderful month of the year, mainly because it is the month of my birth, but because it is known as the ‘MONTH OF DEDICATION’!

This is the month to re-evaluate your purpose and priorities. During a recent broadcast of our radio program, The Balance of Life. Christian Talk Radio, I felt compelled to share these words; “This is the month that the enemy attacks many with the spirit of depression because of what they did not complete in the earlier months of the year.

**BUT** we do not have to accept that spirit! It’s not too late to get started, and you do not have to wait until the first of the year, there’s no need for a new year’s resolution, **YOU CAN START TODAY!**

December is the month of DEDICATION; all is not lost. Speak the Word of Faith followed by the Work of that Faith. Make your movements loud through your faith, obedience, and perseverance. The volume of your words comes through following up with what you have spoken. Let your faith and obedience speak for you. Just don’t allow your voice to become silent or your movements to come to a halt!”

With this knowledge, we are rededicating ourselves to the ministry God has appointed into our hands, as well as becoming intentional about strengthening our spiritual life! I feel that we have just started to make a noise loud enough to shake the earth through our faith and obedience. And we invite you to join us, as being on one accord in the Name of Jesus Christ, in spreading the Gospel. We are looking forward to having one voice for the Body as we are governed by only one head, as God gave to the Church, our Lord & Savior, Jesus THE CHRIST!

Words could never express just what it has meant to me to have each of you to join us on this journey of ministry as we look forward to the road ahead as we travel it by faith and not by sight!

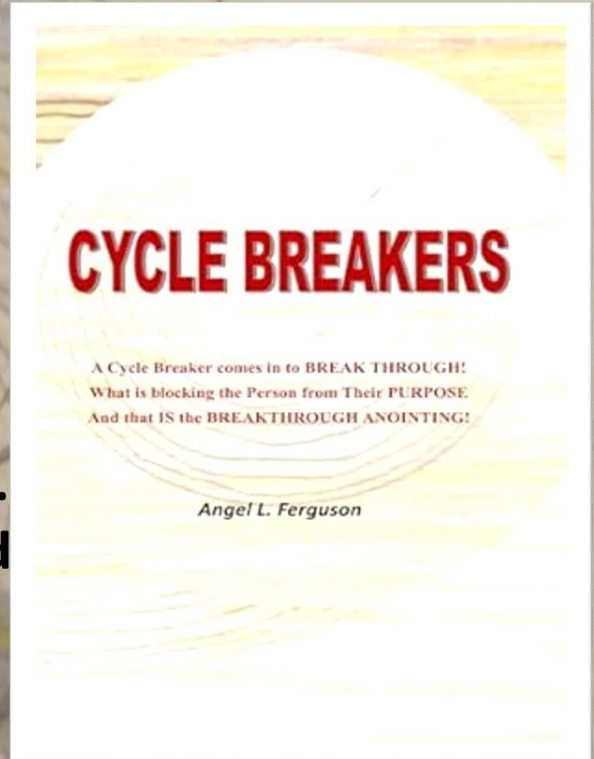
Pastor Angel Ferguson  
Founder, Editor



# December 2024 Book Promo

**Biblical teaching of individuals that God raised up to break the cycles of those that went after other god's during the time of Judah & Israel.**

**We are in these times today. Has God called and ordained YOU to become one of His Cycle Breakers!**



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# ***CYCLE BREAKERS***

***A CYCLE BREAKER COMES IN TO BREAK THROUGH THE STRONGHOLDS  
OF THE ENEMY & TO RETURN THE HEART OF THE PEOPLE BACK TO GOD!***

***~Pastor Angel L. Ferguson***



## ***INCREASING MY FAITH***

In time my faith should increase towards what I am believing God for. And the Word of God is a written testament that what I am seeking and believing Him for has already come to pass for others.

Each time I pray for something or quote the Word of God about a situation, and I see the manifestation come to pass, my faith in Him should increase!

Each time the Prophets did something as instructed by the Lord God; their faith was increased for their next assignment.

### **OLD TESTAMENT LOGIC SUPPORT:**

Abraham's faith was increased after receiving the manifestation of the first promise he received from God~ and therefore continued on the journey knowing that as he continued to follow the voice of the Lord~ what he heard would come to pass. In fact, in the beginning of many of the chapters concerning Abraham, it is noted " And Abraham journeyed".

We should make mention that each milestone of Abraham's journey became more and more difficult BUT the Promises of God kept manifesting just as God said that they would.

Here are a few Scriptural References to consider in supporting our Tangible Truth. Genesis 12; 18:16~33; 19:1~29.

Another example would be the Prophet Isaiah, he continued to deliver a message concerning the coming Messiah because his faith has increased through having experienced other visions at times as well as delivering a message to King Hezekiah about having the victory over an enemy and the restoration of healing when facing an illness that would have otherwise taken his life.

Scriptural References to consider in supporting our Tangible Truth!

The Victory over the enemy: 2 Kings 19<sup>th</sup> chapter.

Restoration & Healing 2 Kings 20<sup>th</sup> chapter.

### **NEW TESTAMENT LOGICE SUPPORT:**

The disciples said it best "What manner of man is this that even the wind and sea obey him". Matt. 8:27. The experience was done in order to bring awareness to whom they were referring to as Master/Teacher/Rabbi, as well as to increase their faith in His Spiritual Authority given unto Him by the Father.

And yet another example is that Jesus took Peter, James and John in the room with Him as referenced in Mark 5:21;37~41 to become a witness of His Resurrection Power~ this was also done to increase their faith and belief in Him. These three would go on later to fulfil the Great Commission of spreading the Gospel of Jesus Christ as well as in "Making Disciples".

A part of Jesus's Purpose on the earth was to increase the faith of the people 'in Him that had sent Him" and that He and the Father were indeed one!













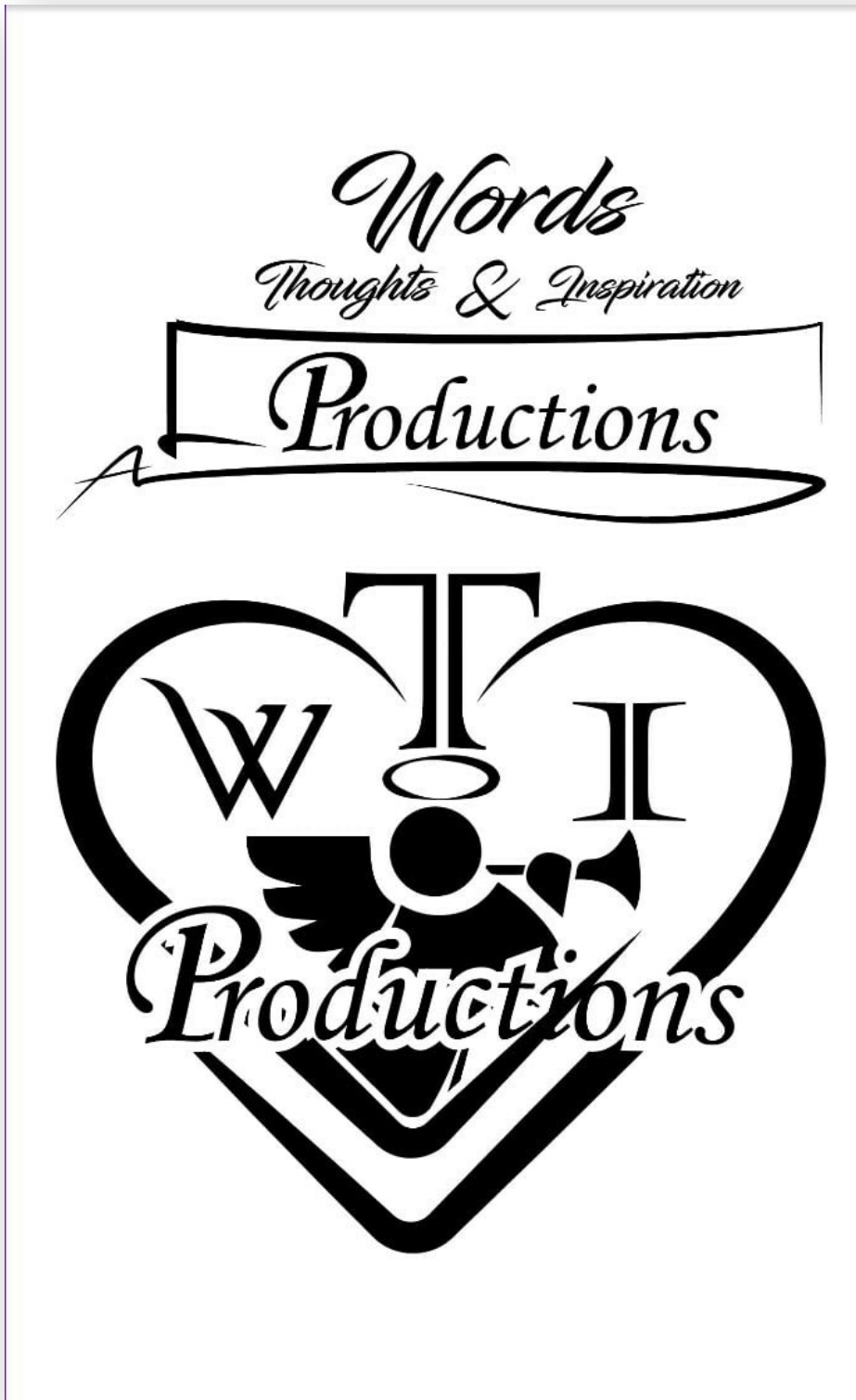






On December 1, 2017, we introduced our new logo designed for our publishing division which was created by my son Mr. James L. Ferguson III.

Talk about enjoying the theme of this month, we have been dedicated to our brand since the beginning and will continue to do so!





## ***THE MEDICINE OF INSPIRATION!***

It is never too late nor should we set a clock to set the time as to when a moment of inspiration will strike, yes, it can come at any given time. Inspiration is the evidence of something that moved one's heart and stirs the imagination.

Inspirations can come from many sources such as a favorite television program, a post with words of encouragement, a picture, or an actual scenery. And although inspiration is always around us, we must have an eye to see it and the tenacity to receive its intentions.

Did you know that one second of inspiration can change a life forever! The inspiration has a purpose and that is to awaken the gifts that are within you. When we allow the entrance of inspiration, what we are actually doing is allowing ourselves to become open for change. Within seconds, we can go from not seeing our next to realizing that there is a NEXT! The right inspiration can pull a person from years of depression or in pursuing a dream, it can help a person to continue in their journey in just the right time as well as being the push that someone may need to get the ball started.

Not only should we look out for those moments of inspiration, but we also all must learn to encourage ourselves and this starts with our mental health. Just how are we feeling about our current selves? I find that as I shift in speaking & thinking good positive words to myself, I feel better about my future outlook. Why the future when it is my current status that has me in a standstill, well, because with a hope of a future, I am pushed to move from the current state.

When we feel better mentally, we than I have found that we move and make better decisions. When we feel better, I believe that we will want better to surround us and this will prompt us to strive towards a better that does not revert backwards; hence now we are growing towards a better that becomes permanent, and when those tough times come, we can look back and see what it took to get at this point which should inspire us to go further. And you can look back and say, wow look at what a big difference that little change has made, whether it is in the home, career or in ministry, the presence of positive inspiration is needed.

As of late, my inspiration has been to produce a better product from the business, to hang up those gorgeous antique pictures I found a few months ago, and to shred that pile of junk mail! All of these things help me to feel better about the future, as it is a credit to having enough self-discipline to recognize that a pile is mounting that could possibly become something that I am attempting to hold behind which will stunt my growth. Therefore, looking at reels with homes being cleaned, or those walls filled with the type of art that I love, along with seeing others working to perfect their craft, has become what inspires me the most, knowing that if they were inspired to do such things, so can I.



*Pastor Jessie McCoy*

*Impact Prayer Radio Broadcast*

*First Love All Saints Ministries, Pastor Joseph Dadson*

*Glory Crown Ministry*

*Flavor of Beauty*

*Sister's In Unity*

# MINISTRY SUPPORTIVE!



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## **ARE YOU READY FOR THE HELP!**

As I was sweeping the floor, my mind trailed back towards a recent conversation, that brought me to the conclusion of sometimes we are just not ready to receive the help that we say that we need or want.

When we pray and ask the Lord for help, and the prayer is answered, what happens next will determine if our request was sincere.

Imagine asking someone to come and assist you with completing a task. And the help agrees and makes time in their schedule based off of your time, date and need, but when they arrive, you are facing the following: not ready for them to help you. Keep in mind that the help has limited time and will more than likely not work at your pace, because after all, you needed the help right! The help comes to get a job done. But are we asking for help prematurely.

What we do is, when the help arrives and it is determined that we can not control them, we then make a decision that, this is not the type of help we want. Now, please do not miss understand that last statement, the help actually came to help through what we express to them, often times it is to get us from under a pile of work and to create a better environment, yet we can hinder the help by not allowing them to touch what needs to be fixed.

For example, you might need your backyard's lawn mowed but before that could be done, some old wood and bricks need to be removed, but when the person starts to remove the clutter, you stop them by prohibiting them from removing the clutter, this will result in not having the lawn done, yet you want it done. Exactly how is it supposed to happen if we do not allow the help to work effectively?

Is this what we do with God? We invite Him into our lives through Christ then try to control His Presence, Work, Love, Discipline, etc.? now, in the natural when the help faces this type of control, the question will go something like this " Exactly how would you like for me to help you". When this question is asked the structure of what is expected can take on some type of realistic formation.

I also find that the best help we can have is when we make a decision to start helping ourselves to the point that we need some additional help to come and assist with the things that we can not handle. But to seek help prematurely is only the continuation of the merry go round complex, always circling the issue but never making any progress.

Another thing that was revealed during this conversation is that the person admitted that they said within themselves," I don't want you kind of help"! WOW! This is why we should have a clear understanding of what we are in need of before asking for it, and if we do not know exactly what we need, then we have the help of the Holy Spirit that knows and understands our weaknesses, He will reveal the areas that God desires to work in when it comes to our lives, and the truth is that there is no place that He does not want us to grow and do better in. and if something does come to your attention that is in need of some help, and you are not ready, pray and ask God to help you to prepare for the help.

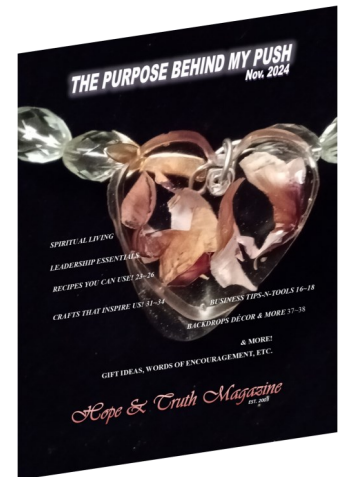
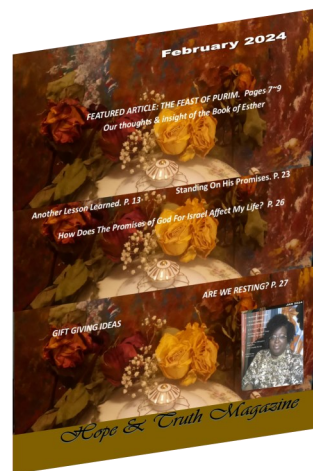
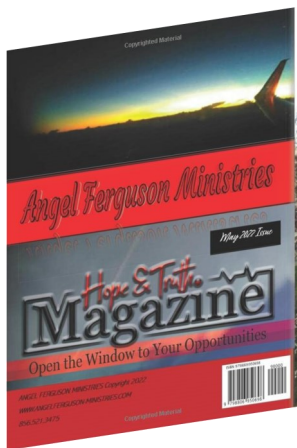


## *Are you ready for the help cont'd*

Ask Him to ease the anxiety of allowing Him or a servant to come in and touch those areas that we are hiding behind in the formation of the overgrown lawn, our unorganized businesses, the out of order ministries, etc., God wants the best for each of His creation, and He will not force anything on us, but will present what is best.

This is a lesson for me! and in many ways, am I asking for help in what I am supposed to handle on my own, yet I just need structure and guidance or is that I need to learn how to handle everything so that the proper instructions are given to those that will eventually come to help! Or is it a case of being denial that help is really needed but am not ready to accept it. Only God knows the answers to what is really in our hearts, and the great thing to realize is that God does not judge us for what we do not understand, what will happen is that it will be revealed along with what are the next steps to take.

In closing, ask yourself, am I ready for the help or am I ok with where I am? After evaluating your current status, then ask yourself this question again and add the component if you have started to help yourself!



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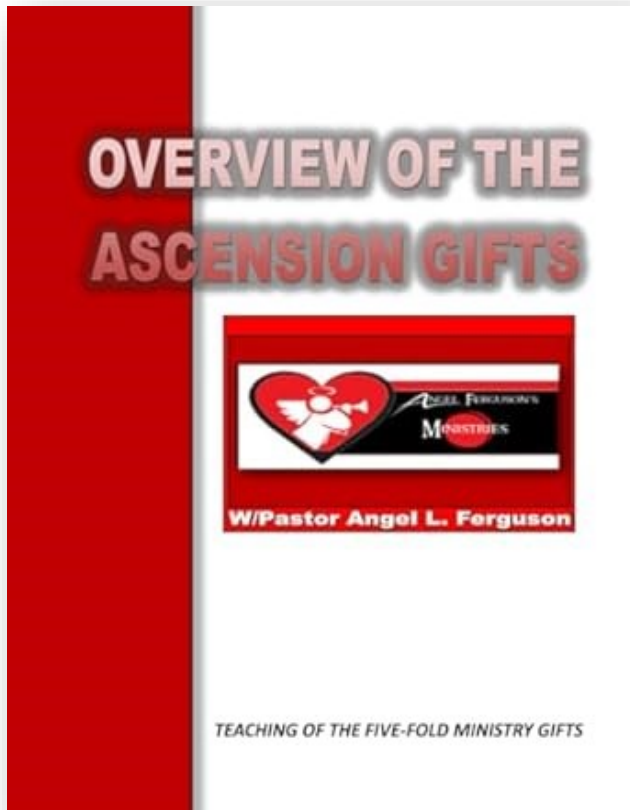
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From the Classroom of Angel Ferguson Ministries.

College of Ministry & Mentoring Programs

COURSE “THE OVERVIEW OF THE ASCENSION GIFTS”



This week we covered on a few areas concerning the Preparation of the Pastor, and the main area is in having the Spirit of Discernment.

Exactly what is Discernment? In 1 Corinthians 12:10, it means a miraculous gift of the Holy Ghost, by virtue, which the spirits of men were tried to show whether they were of God.

And we have a few examples to share from the Word of God that will support this meaning, such as:

1. During the time of Ezra, Zerubbabel the Governor, spoke to the false pretenders as it was revealed to him their real intent of wanting to help with the rebuilding of the temple. Ezra 4<sup>th</sup> chapter.
2. With the example of Nehemiah, we pointed out his ability to place individuals where they were gifted to work rather than to place people randomly. Nehemiah 3<sup>rd</sup> chapter.
3. King Hezekiah could see the spiritual condition of the people, where they were losing hope and were in fear of the threats of the enemy, although they were close to a victory, they still needed some encouragement to move forward. 2 Kings 19:1-3.
4. And we briefly discussed Moses. I have attached a chapter from our textbook 'LEADERSHIP AWARENESS OF THE PASTOR', 'THE PREPARATION PERIOD' as we pointed to the things that Moses learned during his 40 years in Midian that assisted in his discernment.
5. And finally, it is important to discern when the people are straying from the Covenant with God through Christ Jesus, which brings us to King Josiah.

For a full list of the courses we offer, please visit our website at [www.angelferguson-ministries.com](http://www.angelferguson-ministries.com) or via email [afergusonministries.com](mailto:afergusonministries.com)



# Back Dropes Decor & More

*Exploring some BOLD print ideas*





# Prints that make sense together~







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**Don't be afraid  
to mix prints**



## ***THE PREPARATION PERIOD***

The time to prepare as a leader is essential for every leadership role, especially if one desires to become an effective & positive leader.

The time of preparation comes long before the actual seating of the position; let us look at one of our great examples from the Bible, which is Moses. Moses spent 40 years in Midian and a large amount of that time was taking care of his father n laws sheep. Some might suggest that there is no comparison between people and sheep, yet I beg to differ! In many ways, they have a lot of the same needs as well as characteristics. Both, need to be feed, protected, given guidance, live, give birth, and will eventually come to a demise.

It was during this time that Moses learned what it meant to have self-discipline, self-control, having the consideration of the welfare of others rather than his own, yes, he had a wife and children, but these sheep where not people but he had to consider the care of them. Moses also learned how to have a watchful eye and an ear to hear distinctively for every sheep under his watch, he learned the different movements that would tell the story of pain, birth, hunger, death, or being distracted. With his hearing, he had to discern between the cry of one of the sheep and an imposture, that would try to distract him long enough for an attack. There are other lessons that Moses had to learn during this time, he learned how to feed a multitude, and to make sure that he had enough to go around, he had to know where he was going so that he could lead them to their destination. Just know that this was no three-day training course, 40 years is a long time, yet many may feel that it happens overnight or that someone can just place them in a position without the preparation process.

## The preparation period cont'd

Leadership awareness is about understanding the truth behind what it takes to become a leader for the kingdom of heaven. All those things that Moses learned and perhaps more, should become a part of many leadership courses, maybe giving an assignment of governing a large group, developing a strategic plan of getting them from point A to point B, done on paper of course, but we get the picture. The key factor in having a strategic plan is prayer! That's right, time is needed to get our thoughts together, and what better way than to come with your plans in prayer, and then waiting to hear the plans of God, and then placing His plans above our own because He knows what is best for us all. This will also bring us in alignment with the Word of God, where we are instructed/encouraged to "study to show ourselves approved". Well, as you can see, we have brought in another component of leadership, and it is the time to study, but in 2 areas, it is a time to study the Word and & ways of God, as well as a time to study those that you are sent to lead. Moses knew and understood the movement of the sheep. There are times that a leader should sit quiet and study through the Holy Spirit, the movement of the people, it is to know when they are not growing even though they are being fed; and are they receiving the proper nourishment that will produce growth.

Here's another lesson that we can glean from through the life of Moses during his entrance into Midian; before he was permitted by the Lord to look after the sheep of his father in law, he was first given a test, and that test came when he saw the daughters of Jethro at the well and they were being bullied by those men, here Moses stood up for people he did not know, and making sure that they met their purpose. This is ministry 101! Going to God on behalf of people that we have no past or personal relationship with, just so that they are being led to become a ready Bride of Christ.

Maybe you are just entering into your role of leadership or perhaps, you have been in it for a while, either way, the lessons are the same, learning how to govern, and when it appears that one has lost control, God will send some guidance on how to govern where you are. Now, that's another lesson! Learning to govern where you are, because the place in which one started in should change because of growth and therefore the needs of responsibility will change.

We encourage to look at the process of leadership for Moses, then ask yourself, "am I prepared for this" along with the reality that one must continue to prepare because as leaders for the kingdom of Heaven, we are to lead the people to a destination and with the hopes that we will make it there too! ~



**Woke Up with this question on my mind as we are focusing on the  
theme of the month of December which is  
'THE MONTH OF DEDICATION'**

## ***How Ya MOVING!***

***HOW ONE MOVES IS A REFLECTION OF WHERE ONE INTENDS TO ARRIVE***

***HOW ONE MOVES DETERMINES ONE'S BELIEF IN THE MOVES THEY MAKE***

***HOW ONE MOVES SPEAKS VOLUMES OF THEIR FOCUS  
AND DEDICATION AS THEY JOURNEY TOWARDS THE GOAL OF THE DESTINATION***

***HOW ONE MOVES SETS THE PACE FOR THE NEXT GENERATION***

***HOW ONE MOVES IS A REFLECTION OF HOW TO DEAL WITH CONFLICT  
AND THE MANY OBSTACLES THAT TRY TO HINDER THE PROCESS OF THE JOURNEY***

***HOW ONE MOVES REFLECTS IF ONE IS AUTHENTIC OR HAS A COPYCAT SYNDROME***

***HOW ONE MOVES TELLS THE STORY OF  
WHOSE VOICE YOU HEARD CALING YOU TO GO THAT WAY***

***SO MANY QUESTIONS BUT ONLY THE SOUL CAN ANSWER***

## ***How Ya MOVING!***

***THE MOVEMENTS WE MAKE***

***WILL TELL THE STRORY OF OUR LEVEL OF DEDICATION***

***WE INVITE YOU TO JOIN THE CONVERSATION DEC 4, 2024 @ 12:30 PM  
VIA SPREAKER RADIO***

***<https://www.spreaker.com/episode/how-ya-moving--63146725>***



*GOLDEN BROWN SALMON CROQUETTES*

1 large can of pink salmon

¼ chopped onion

3 teaspoons of golden mustard

3 teaspoons of hot sauce

2 eggs

2 teaspoons of flour

In a large mixing bowl, add all of the ingredients and stir to blend.

Have a medium to large skillet preheating on the stove with oil to cover the base of the skillet.

I encourage wearing gloves at this point, with a large spoon, scoop up some of the salmon mixture and roll it into a ball and kind of pat into a hamburger shape and thickness. Place the croquette into the hot skillet. Now, I like to keep mine turned periodically for even cooking throughout and to maintain a golden texture on each side.



## ***THE VICTORIOUS LIFE***

What does it mean to live a victorious life? the one thing for sure is that it is not what is observed by the natural eye. Life is full of lessons, and although money can solve a lot of the problems that we often face, if there nothing learned and put into effect, than the money was just to buy one's way out of or into something.

Living a victorious life is when we can turn knowledge into wisdom coupled with an understanding of how and when to apply the lessons learned, which is what we call wisdom!

Living a victorious life is when a stronghold no longer has power over the life of the individual, such as sin, guilt, shame, or manipulation. And it is through our faith in Jesus Christ that one may accept and live victoriously. Through God, we have been given a free will to decide our life, in liberty or in bondage. Within the written word of God, the ways of God will lead us too His thoughts towards us, for a good and expectant end, in other words having peace with the creator of heaven and earth. But on the contrary, when we make an alliance with the enemies of God, we will receive their judgement of no peace, being lost in our decisions, having a eternal life in the lake of fire rather than being seated in heavenly places of the new tree of life.

Having a victorious life is really connected to the mindset. How do we perceive things, can we see the opposition as an opportunity to trust God. The weight of our words is heavy, so we must become careful of how we use them. But before the words have a chance to escape our mouths, we must deal with the thoughts in our heads and the things that find a way to our hearts.

Some may think that this living a life that does not actually face the reality of things, and in my opinion and experience, it is far from that, it is what one does with the challenges of life that will execute a life of victory.

Yet as a believer in Christ Jesus, our victory is through Him. We believe in the Word of God by Faith and look for ways for God to give us counsel and guidance,

we are looking for ways for God to show himself strong and mighty, and in manifesting his covenant promises that were established before we were created or were faced with an issue.

We have put together a few scripture references that we believe will assist in bringing us to a life lived in victory!

\* Acceptance of Christ Jesus as your Lord & Savior. John 3<sup>rd</sup> chapter. Romans' 10th chapter.

\* Living a life through Jesus Christ which is the Word of God.1 Corinthians 15:57; Philipians 4:13.

\* The stronghold and bondage of sin losing its power over one's life. Isaiah 58<sup>th</sup> chapter. Galatians 5:16-26. Romans 7:23

\* Believing the Word of God by Faith. 2 Chronicles 20<sup>th</sup> chapter.

\* Trusting in the Lord. Proverbs 3<sup>rd</sup> chapter. Psalm 37

\* Having faith in God. Mark 11:2; Hebrews 11:6

\* Walking by the faith of the Word. 2 Corinthians 5:7

\* Being led by the Holy Spirit which is having the guidance and protection of God. Exodus 23:20-33.

\* Putting on the Whole Armor of God. Ephesians 6<sup>th</sup> chapter.



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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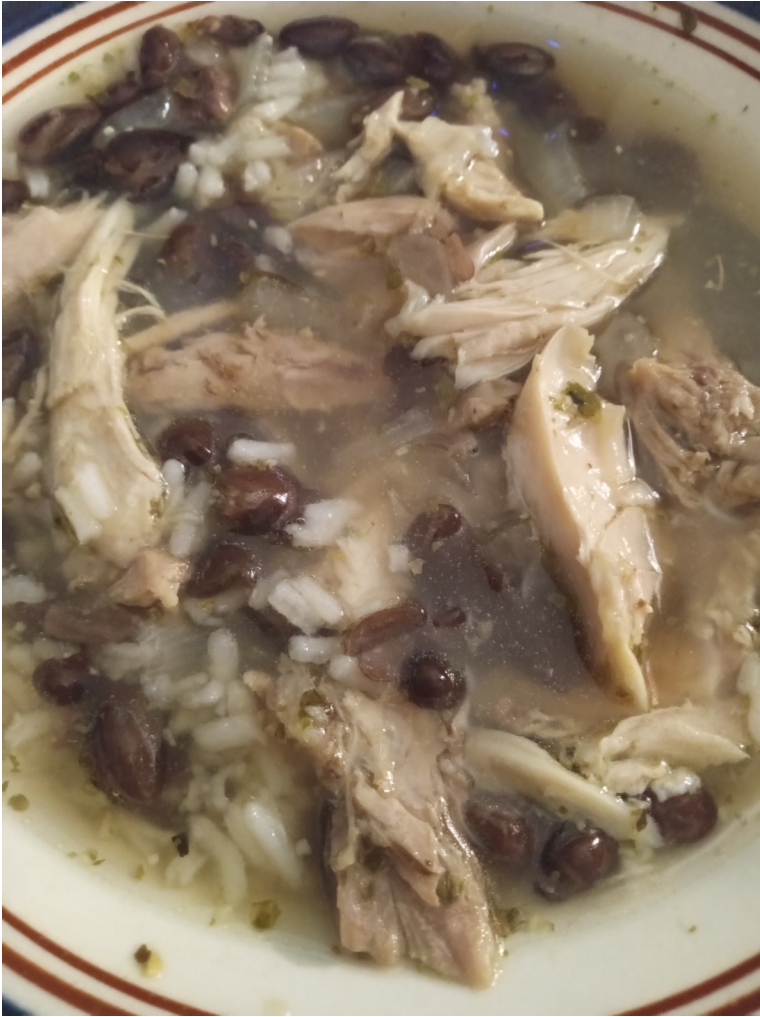
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The amount of chicken being used will depend on the number of person's being served.

#### INGREDIENTS:

Chicken

Chicken broth ( if this is not available, use water and create your own broth)

½ chopped onion

1 can of black beans ( we washed ours about 7 times to remove any residue from being in the can)

¼ cup of uncooked white rice

Use your choice of seasoning  
( we used Complete Seasoning & Black Pepper)

#### DIRECTIONS:

After thoroughly washing the chicken, add it to a large pot with either the chicken broth or water along with the chopped onions.

Add seasoning to the liquid. For the best results on retaining the flavor, chicken broth is best. If using water, don't be afraid of adding a larger amount of seasoning, because the water will dilute it.

Allow the chicken to come to a boil in the liquid until cooked. Once cooked, remove the chicken but retain the liquid, you will need it. During this time, chop the chicken into bit sized pieces and return the pieces to the pot.

After adding the chopped chicken to the broth, next add in the black beans, make sure that you are cooking at a medium to low temperature, there is no need to have this process to boil. After about 5 minutes, add in the uncooked rice, reduce the heat and allow the soup to simmer until the rice is fully cooked. And now, you have our rendition of Black Bean Chicken & Rice Soup!





# ***Business Tips -N-Tools***

This month we wanted to share some tips in helping to keep as much as your profits inhouse as possible.

As much as I love fashion and enjoy shopping, when it comes to introducing new products each month, it can become quite expensive. But a huge part of what Hope & Truth Magazine offers is the reality that if you put your faith to your dreams, they can become a reality.

Recalling a few years ago, I had a strong desire to learn how to make jewelry and while house sitting for my parents while they where in Ghana, Africa, there were no local companies that had any available classes, and the idea was abandoned, at least for a while. Now, here we are doing that very same thing. But this time, we are designing from a vision perspective and for the sole purpose of having ads in each issue of Hope & Truth Magazine.

With this method, we are trimming a lot of our out of pocket costs as well as keeping to the frame of being 100% independently operated. Through this method, we not only started designing some jewelry pieces but we started creating custom paintings for our cover designs and for other backdrop options, and if you think of what goes into a magazine, the cost can become overwhelming.

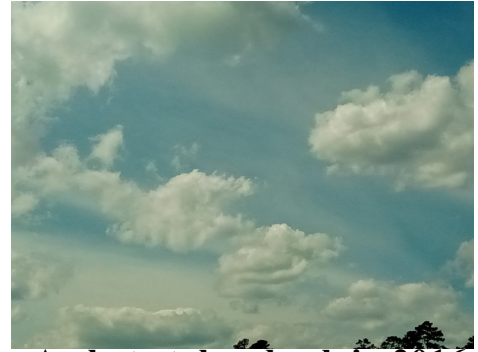
Another great reason for creating designs in house, is that it will keep your brand to its originality and not mirror all of the other businesses with the same photos, and featured products, etc.

Another reason why we opted to create certain products is so that we stay away from copyright issues. The truth is that when using another brand's products, they want a piece of the pie! And you are advertising their products for free, especially if they have not paid you to run an ad which draws the profits back to their brand. When thinking of the finances of your business, consider ways that you can save some money and still provide an amazing product for your consumers.

The key is to find ways to become unique, this is what will set your business aside from the others that are similar to yours. Take a chance on yourself and "get into the lab" and create your own signature style, once you are satisfied, then present it to your current and potential customers. And remember this, do not be afraid to be unique by doing things differently.

And last but not least, turn those creations into flyers and posters that are shared on your website, social media platforms, portfolios, brochures and round your office! This expresses your creativity as well as allows you to keep your advertising dollars to a minimum, this way you are eliminating the cost to have something designed but only paying for the space on other platforms that are not yours.

Be sure to check out our next issue for more Business Tips -N-Tools



**A photo taken back in 2016 with my cell phone that has been used in backdrops.**



**A paperweight created out of resin and yellow paint. Placed on a piece of paper for a 3-d look!**



**Canvas painting with actual fried zucchini placed on to of it**

**A life lived in Purpose  
is a life lived in love!**



**LOVE YOUR PURPOSE!**



# LET'S GET CRAFTY



## Custom Christmas Holiday Décor items

### ***The Candy Dish:***

Purchased @ \$ 1.25, have 2 to make a set

1 can of red spray paint @ 5.68

1 can of silver spray paint @ \$ 5.68

1 pkg. of poinsettia napkins @ \$ 1.25

1 multi pkg. of sponge paint brushes @ \$ 1.25

1 2 fl. oz of mod podge gloss

Fill a bucket of water . Spray the inside of the glass jar with the red spray paint, while it is drying, spray the silver paint into the water. After the inside of the jar has dried, dip the jar into the bucket of water, the silver spray paint will adhere to the outside of the jar.

Next cut out the poinsettia from the napkins, apply the mod podge onto the desired spaces on the outside of the glass jar, place the poinsettia over the mod podge, then add a layer over the poinsettia and allow it to air dry.

### ***The Coasters***

1 4pkg. Of wooden coasters

Usage of the silver spray paint

Usage of the poinsettia napkins

Place something under the four wooden coasters to protect the surface of your table. Spray each of the coasters with the silver spray paint. Once dried, apply the mod podge onto the wooden coasters, next apply a poinsettia on top of the mod podge, allow to air dry.

### ***The Tray***

1 glass square plate @ \$ 1.25

Usage of the silver spray paint

Spray the glass plate with the silver spray paint and allow it to air dry.

And now you have your own custom Christmas Holiday Décor!



## *When Is It Right Time To Shred Those Papers?*



The question often arises as to when is it the best time to shred of bills and other documents. In our experience, it all depends on what is being shredded. When it comes to those bills that we paid between January and December, should be shredded by the end of December, especially if there is an online account trial, email confirmations of the payments, along with your bank account statements that reflect to those entities.

Another thing to keep in consideration is when to shred those out dated insurance policies. As soon as the new policy becomes effective, and you have a new copy in your hands, go ahead and shred the old out dated/non-effective one. This will help in so many ways, it will decrease the clutter, and in the case of an emergency, no one has to filter through a bunch of papers that are not currently essential.

Another thing that we shred after a period of time are those countless credit card offers that our names on each page of the offer, so setting aside some time to do this is going to help in preventing identify theft, and this is whether it is for our personal usage as well as for the business. There was a time that it was proper to do some shredding quarterly and it still might be the case, it just depends on the amount of junk mail received.

Now when it comes to bank statements, it is best to keep a copy of the most recent updated statements that cover a six month period of time, many creditors require a certain amount of account history and yes you can go to your financial institution for a print out, but if the request is beyond 30 days or a statement cycle, you could incur charges that could be avoided. This is the benefit of going paperless! The statements are in your email history as well as available through the institutions online client portal.

It is never too late to start the path of working on that pile of outdated pile of papers, this is something that we do not want to leave behind for our loved ones to filter through, neither do we want to box them up in the instance of moving from one location to another!

Not only is it important to keep the clutter down to a minimum but we should consider it as a safety precaution. Often times we attempt to safe guard our information from those on the outside but we should consider if there is a huge amount of traffic that flows through a home or business, the key to live a life of order.

Every situation will vary, the end of the year is the beginning of a new season!

*Healing For Every Season*

*Mrs. Lisa Moore*

Relaunching Book Release Soon!  
\$ 15.00 per copy



Meet the Author Mrs. Lisa Moore

*"I wrote this book to share with you Kingdom Principals that worked in my life and now I am passing them on too you. Jesus said he came that we might have life and have it more in the abundance. Receive your healing, it's your God given right..... no one can take it from you, but the devil comes to take it from you if he can".*

*Mrs. Lisa Moore*

# We have extended our Virtual Classroom through 2 Podcast Platforms.



ANGEL FERGUSON MINISTRIES via Podbean Monday's @ 7pm

<https://www.podbean.com/lsw/o62ObS0purw?lsid=vjxK3uKjf6G>

FROM THE CLASSROOM via Spreaker Radio Friday's @ 11am

<https://www.spreaker.com/podcast/from-the-classroom--6087505>





As we are graced with the opportunity to grow in our years upon the earth, at some point the arrival of unprovoked aches and pains shall appear! And it seems as a coincidence that prior to a birthday, we go through the reality of aging, from aches to muscle inflation to dealing with the ups and downs of our hormones.

A recent encounter with having soreness in the right shoulder with no remembrance of sleeping the wrong way or an injury, sent me on a search as well as thinking, OMG, my body is breaking down on me!

After relaxing my mind for a moment, I came across an article that indicates that turmeric was a good source for reducing inflammation to the muscles and joints, and let's just say THERE IS A GOD! I came across some turmeric gummies, which have helped a great deal. I followed this method before considering going to the doctor, and will do so if the symptoms return. Not only did the information suggest the usage of the turmeric but that taking ibuprofen would help with the pain.

Which brings in the most important thing, this pain in the shoulder would only happen at night while laying down in the bed, even though I was not sleeping on this side, and it had been going on for well over a month, but I just ignored it, well until it got on my nerves.

How often do we make these types of health mistakes? Had I not ignored this pain, my sleep would not have been interrupted yet there is a positive side to come out of this experience, now I am examining the changes in my body more closely, I have added something good to my daily vitamin intake and last but not least, I am embracing the fact that my body is going to change without any prior approval!

Of course there are many other over the counter options such as fish oil omega3 supplements which might not be such a bad idea to incorporate in my daily intake as my year of 52 upon the earth is approaching in the next few weeks. Now, the natural method of providing our bodies what is needed is always a first choice, the only issue with this method is that when using fresh fruits and vegetables, the availability changes according to the seasons.

# My Healthy



We did a little research and came across a list of fruits and vegetables that are recommended to help in muscle inflammation such as:

Apples

Nuts: Almonds, Walnuts, Pecans

Berries

Citrus Fruits

Fiber-rich Beans

Sweet Potatoes

Avocado

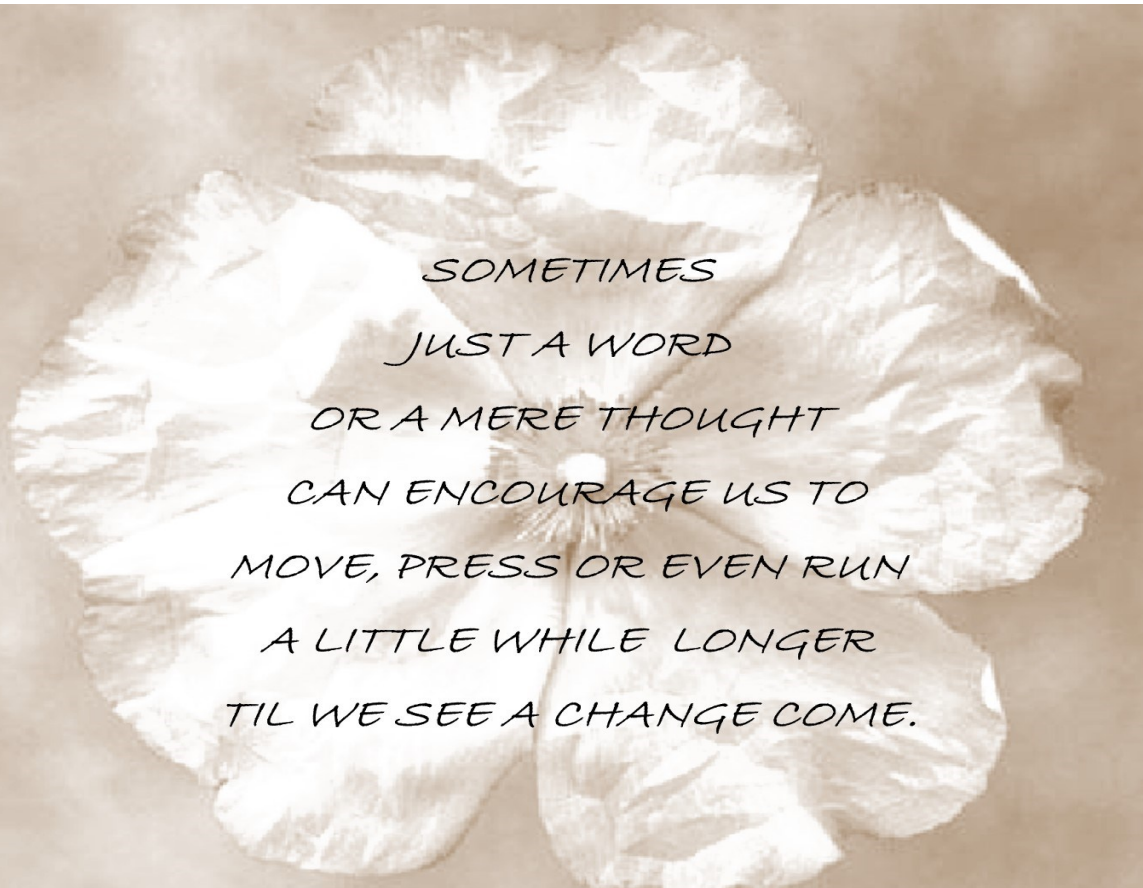
Green Leafy Vegetables: Kale, Spinach

Whole Grains

Extra Virgin Olive Oil

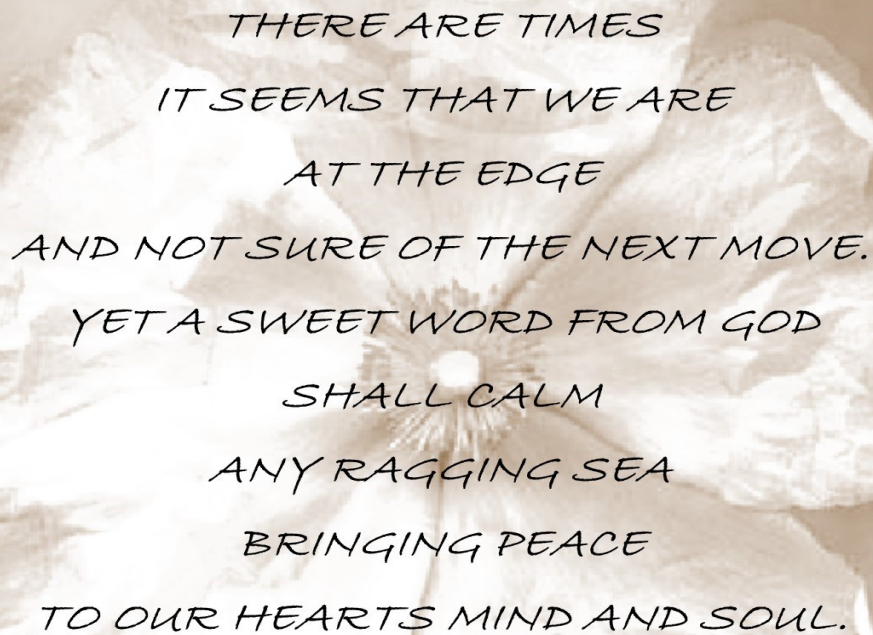
Dark chocolate

For the sake of my comfort, I am going to add more of these items to my diet.



SOMETIMES  
JUST A WORD  
OR A MERE THOUGHT  
CAN ENCOURAGE US TO  
MOVE, PRESS OR EVEN RUN  
A LITTLE WHILE LONGER  
TIL WE SEE A CHANGE COME.

**Today Is Not Tomorrow. Learning To Appreciate The Moments At Hand!**



THERE ARE TIMES  
IT SEEMS THAT WE ARE  
AT THE EDGE  
AND NOT SURE OF THE NEXT MOVE.  
YET A SWEET WORD FROM GOD  
SHALL CALM  
ANY RAGGING SEA  
BRINGING PEACE  
TO OUR HEARTS MIND AND SOUL.





Host, Pastor Angel L. Ferguson

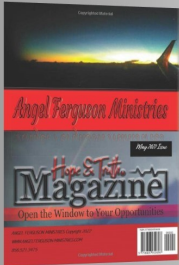
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**MISSIONARY**  
**CHURCH OF RESTORATION**  
 RESTORE THE BROKEN ONE SOUL AT A TIME

Pastors Javier & Denisse Bonilla

### ***Increasing my faith cont'd***

#### **OUR PERSONAL LOGIC SUPPORT:**

Because many things have already manifested, I should grow to learn to trust God all the more. And the truth is just as it was with all of those in the Holy Written Inspired Word, each circumstance became more and more difficult, yet God remained the same, which is nothing but faithful! The Word of God is our faithful witness from the very simple issue too the most complex.

John 6:6 provides some great insight in this knowledge. Everything that Jesus Christ did was so that those who have believed in and the Father, along with the gift of the Holy Spirit, ought to grow in our faith.

Here in this passage of scripture it states the following: "And this he said to prove him for he himself knew what he would do. He saw the multitude afar off, he already knew that a need would arise, and yet he wanted to know the faith of the disciples. God will send a test our way just to see where our faith is. Have we grown from the last experience or are we going to keep questioning his ability!"

I believe that the same question that Jesus asked his disciples, are being asked of the Body of Christ today; "Whence shall we buy bread, that these may eat"? He being THE BREAD OF LIFE knew that what he had for them cost no monetary cost, but that they would only come to believe in him. And then, the same commandment is made today; "Make the men (women included) to sit down". As we come, submitting ourselves to him, with an expectation to receive, All that is needed will be given, all we have to do is have faith!

"God already has in his heart just what he intends for each person; I believe God has what you need and knows when it is needed. And yes, he has enough to reach you, even in a multitude no one went without and yet there was enough for an overflow! The basket is tilted in your favor as your faith rises to a strength to push out a release"!

---

### ***The medicine for inspiration cont'd***

And when we are inspired to move forward and to do better, we will also inspire others around us, that's if they are ready to become inspired. Which is saying a mouthful, one must be ready. For those that have been gifted with words of encouragement, whether expressed verbally or through art, more honor should be bestowed upon you, keep doing the great work that you have been doing, as it is needed for generations to come!

We encourage you to encourage yourself to seek what will bring you some inspiration for the better life you both desire and deserve.





***The knowledge of a quiet tongue  
and a spirit of peace  
along with faith can calm any storm!***



**LIVE W/**  
**THE BALANCE OF LIFE**  
*Christian Talk Radio*



W/Pastor Angel L. Ferguson

***"THE MONTH  
OF  
DEDICATION"***

***During this last month of the year,  
we are going to focus on THE TIME OF DEDICATION!  
We are doing a countdown to the things  
that we are to Dedicate to the Lord!***

***"And rend your heart,  
and not your garments,  
and turn unto the LORD your God:  
for he is gracious  
and merciful,  
slow to anger,  
and of great kindness,  
and repenteth him of the evil."***

***Joel 2:13***

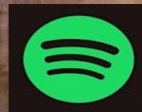
***We invite you to join us this month***

***Tues. ~ Thurs. 12:30 pm ~ 1pm via SPREAKER RADIO***

***<https://www.spreaker.com/podcast/the-balance-of-life--2644235>***

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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 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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### ***Radio Ministry***

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**<https://www.spreaker.com/podcast/the-balance-of-life--2644235>**

**FROM THE CLASSROOM PODCAST** available via Spreaker Radio Friday's 11am ~ 12pm

**<https://www.spreaker.com/podcast/from-the-classroom--6087505>**

**LIVE W/ANGEL FERGUSON MINISTRIES** available via Podbean Monday's @ 7pm

**<https://www.podbean.com/lsw/o62ObS0purw>**

There are several ways in which you can connect with us, please visit our website  
www.angelferguson-ministries.com & www.hopeandtruthmagazine.godaddysites.com , or via social media.

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

Yours in Christ,

Hope & Truth Magazine

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