

Everlasting Health Watch

Living Essentials

*In this soft drink era,
"plain old water"
is the building block
to great health*

Water is essential to life; nothing functions in your system without it. It aids in respiration, glandular secretions, temperature regulation, blood circulation, digestion. Water gives flexibility to muscles, tendons and bones. The brain operates on a mixture of air, blood, sugar, and water. Even your skin needs it. Lack of plain water is often linked to obesity, diabetes, hypertension, and arteriosclerosis; death can occur when only 20% of the body's water supply is lost.

A great portion of your body weight (50% - 70%) is attributed to this essential liquid. For example, if you weigh 150 pounds, then 105 pounds of that weight could be water. Yet, only about one percent of the liquids we consume is plain water, and most of this is lost through natural functions. 180-quarts of liquid are passed through the kidneys daily and about six cups are secreted through the bladder. Approximately two cups are used to lubricate the skin. Our breathing expends about one cup throughout the day.

So pass on the soft drinks and follow a few simple suggestions to obtain proper water intake;

1. Upon waking in the morning, drink 1 to 2 glasses of warm water. (It will not create a shock to the stomach.) Persons who drink 1 or 2 glasses of warm water every morning have fewer colds. This may sound awful, but eventually, it will grow on you. *(Next Page)*

Water is essential for the human body to live. Without this element the body perishes in a few days. As water is to the body, Jesus Christ is to the soul. Without Jesus in your life you perish. Jesus Christ is the key element, (the foundation) to everlasting life. Many people believe in God (their god) but this is just wasted time, prayer, and belief if you do not put your trust, faith, and reliance on Jesus. Drink of His cup and walk with the Father (Jehovah, The Most High, I AM, The Almighty, Yahweh.)

Essential to Life

Psalm 23

*He leads me beside the still and
restful waters. (amp)*

Jesus Christ is essential to reaching God's Kingdom and everlasting life. [Rev. 7:17] Through him you receive redemption, grace, and salvation and he (Jesus Christ, the Messiah) is the only way to the Father (Jehovah God) and everlasting life. *[Eph 1:7-10]*

Jesus replied, this is the work (service) that God asks of you: that you believe in the one whom he has sent [that you cleave to, trust in, rely on, and have faith in his messenger]. John 6:29 amp

As your human body needs natural water to live (survive), you need (must have) faith in Jesus to live on eternally. *And receive from him anything we ask, because we obey his commands and do what pleases him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. I John 3: 22-23*

As your human body require a certain amount of natural water daily, the lack of this nourishment can lead to sickness and death. Your lack of faith in Christ Jesus to provide your need (whatever they may be) can lead to everlasting death (the torment of hell.)

Jesus said to them, If God were your Father, you would love me and respect me and welcome me gladly, (Next Page)

**Everlasting
Life
Publication**

Living Essentials: Continued

2.Thirty minutes before each meal or an hour or two after each meal Is a good time to drink a glass of water. Note: Drinking water during a meal may slow digestion.

Eating balanced meals will yield about four cups of water. Oxidation of food will give the body another cup. You cannot depend on thirst to always let you know your body needs a refill.

Establish good water drinking habits. Remember a good rule of thumb: drink at least six glasses of plain water daily and encourage your children to do so as well.

by Dr. Richard M. Williams is a health educator and author.

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Essential to Life: Continued

for I proceed (came forth) from God [out of His presence]. I did not even come on my own authority or of my own accord; but he sent me. Why do you misunderstand what I say? It is because you are unable to hear what I am saying [you cannot bear to listen to my message; your ears are shut to my teaching.] You are of your father, the devil, and it is your will to practice the lusts and gratify the desires [which are characteristic of your father]. He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. When he speaks a falsehood, he speaks what is natural to him, for he is a liar and the father of lies and of all that is false. But because I speak the truth, you do not believe me. Who of you convicts me of wrongdoing or finds me guilty of sin? Then if I speak truth, why do you not believe me [trust me, rely on , and adhere to me]? Whoever is of God listens to God. [those who belong to God hears the words of God.] This is the reason that you do not listen [to those words, to me]: because you do not belong to God and are not of God or in harmony with Him. John 8: 42-47 amp

Some people try to please God through their works and deeds to the public. By donating their time and effort to the church and charitable organizations.

Jesus answered, "most assuredly, I say to you , unless one is born of water and the spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the spirit is spirit. Do not marvel that I said to you, you must be born again. John 3:5-7 nkjv

The life you are leading now is all in vain (for absolutely nothing) If you haven't surrendered yourself totally to Christ Jesus. You must drink from His cup (spiritual salvation) and follow as he commands.

Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it. Matt. 7: 13-14 nkjv

Continued Page 3

Essential to Life: Continued

It is only through your repentance and your forgiveness that you can make It into the kingdom of God (everlasting life.) as you ask for forgiveness, you must also look into your heart and forgive.

Bearing with one another, and forgiving one another, If anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection.

Col 3: 13-14

You must love the Lord your God with all your heart, with all your soul, and with all your mind, and with all your strength. So how can you love God like this and not love your brother, sister or neighbor, when it is God who created all. When coming to God love and forgiveness are key essential elements to living.

Above all things have intense and unfailing love for one another, for love covers a multitude of sins. I Pet. 4:8 amp

It's essential to living and everlasting life, that you draw closer to God each day. Follow these simple, but essential steps:

1) Start your morning, upon waking up with prayer. There's no excuse for not praying. You can pray with others or you can pray alone. You can pray aloud or you can pray in your mind. *Pray without ceasing, I Thes. 5:17 nkjv.* God knows your heart and your thoughts. *The Lord knows the thoughts of man. Psalm 94:11*

Prayer is one of the fastest ways to get closer to God. Pray in spirit and in truth. Pour your thoughts, emotions and feelings out to God. Talk to Him as he is your Father (and friend.) Ask your questions, talk about your problems Give it all up to God. Wait, look, and search for your answers. They may not come at that exact moment. Someone may tell you your answer, It may be revealed in your daily reading of the Bible. God will answer you, open your spirit up to Him.

Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. James 5:16 nkjv; [Rom. 8:26; John 17: 20-26]

2) Read the Holy Bible daily. Start a program to read through it in a year or two years. Examine and study scripture daily. You must drink this food for the spirit. You must learn ***self control*** and the ways of this world witch are not of God. *Jesus answer and said to her “ whoever drinks of this will thirst again, but whoever drinks of the water that I shall give him will never thirst.. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” John 4:13-14 nkjv*

This is the way to the truth and life. *(John 14:6-7; I Cor. 3:6-7)*

Now if you stay (in Christ) on a balanced and consistent plan of these essential elements of the Word (that flowing water) with prayer (in spirit and in truth). Add to that love and forgiveness , and now you have the building blocks for a righteous life here on earth.

These essential elements to living now, will lead you to everlasting life in your future.

Remember share these habits of living essentials with your family, why would you want to keep all this living water for yourself. *But as for me and my household, we will serve the Lord. Joshua 24:15*

We are assured and know that [God being a partner in their labor] all things work together and are [fitting into a plan]. For good to and for those who love God and are called according to [His] design and purpose. For those whom he foreknew [of whom he was aware and loved beforehand]. He also destined from the beginning [foreordaining them] to be molded into the image of His Son [and share inwardly His likeness], that he might become the first born among many brethen. And those whom he called, he also called ; and those whom he also justified (acquitted, made righteous putting them into right standing with Himself.) and those whom he justified, he also glorified [raising them to a heavenly dignity and condition or state of being]. What then shall we say to [all] this? If God is for us, who [can be] against us? [who can be our foe, If God is on our side]

Rom 8: 28-31 amp

Take this cup of living essentials and drink of it. It will refresh your spirit. *(Continued Page 4)*

It will quench that thirst you're searching for.
It will fill that void in your life. Life does start here on earth, only to get you to that eternal (everlasting) place in heaven.

For God so greatly loved and dearly prized the world that He [even] gave up His only begotten (unique) son, so that whoever believes in (trusts in, clings to, relies on) Him shall not perish (come to destruction, be lost) but have eternal (everlasting) life. For God did not send the son into the world in order to judge (to reject, to condemn, to pass sentence on) the world, but that the world might find salvation and be made safe and sound through Him. He who believes in Him [who clings to, trust in, relies on him] is not judged [he who trust in him never comes up for judgment; for him there is no rejection, no condemnation he incurs no damnation]; but he who does not believe is judged already [he has already been convicted and has already received his sentence] because he has not believed in and trusted in the name of the only begotten son of God. John 3:16-18 amp

Amen!!!

Psalm 23

(For the Work Place) by Internet

The Lord is my real boss, and I shall not want.
He gives me peace, when chaos is all around me.
He gently reminds me to pray and do all things without murmuring and complaining.

He reminds me that He is my source and not my job.
He restores my sanity everyday and guides my decisions that I might honor Him in all that I do.

Even though I face absurd amounts of e-mails, system crashes, unrealistic deadlines, budget cutbacks, gossiping co-workers, discriminating supervisors and an aging body that doesn't cooperate every morning, I still will not stop-- for He is with me! His presence, His peace, and His power will see me through.

He raises me up, even when they fail to promote me.
He claims me as His own, even when the company threatens to let me go. His Faithfulness and love is better than any bonus check

His retirement plan beats any 401k there is!
When it's all said and done, I'll be working for Him a whole lot longer and for that, I BLESS HIS NAME!!!!!!

Discipleship Part IV

Jesus Christ

1 Timothy 3:16 And without controversy great is the mystery of godliness: God was manifest in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory.

The Bible teaches that the true and living God once came into this world and lived here as a man. This means that among all the people who have lived in the world, there is only one person who is not merely a man but God as well.

He is the Lord Jesus Christ! Jesus was different from all other men in many ways.

His birth was supernatural.

He lived a sinless life.

He said he was God.

He showed us what God is like.

He did works which no man can do.

Let us consider these things.

Jesus Birth Was Supernatural

We begin living our lives when we are born, but the Lord Jesus is different. His life had no beginning at all, for he is God. But there was a time when he became a man and lived in this world. Hundreds of years before Christ were born into the world; God spoke to the prophet Isaiah and told him that one day a miracle child would be born.

Isaiah 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace.

We see from that this miracle child would be called "The mighty God". He would be God coming into the world as a man to be our savior. God gave us a special sign concerning the coming of the savior. God said that his birth would be different from that of any other person. He would be born of a virgin; that is he would be born of a pure, unmarried woman. *Isaiah 7:14*

The word "Immanuel" means "God with us".

Again we see that this child would be no ordinary child he would be God coming to be with us. For over 700 years, God's people watched and waited for the savior whom God had promised. Then one day an angel appeared to a virgin named Mary. She was afraid, but the angel said. *Luke 1:30-31*

Jesus was born of a virgin, just as the prophet had said. An angel appeared to Shepard's in nearby fields to tell them the good news.

Luke 2:10-11

The Bible does not tell us much about the childhood of Jesus.

Luke 2:40-52

When Jesus was thirty years of age he began his ministry. He walked from village to village, teaching and preaching God's truth. Jesus was the poorest of men.

He never had any money or property. He never had a home of his own. *Luke 9:58*

*** Jesus lived a sinless life**

Jesus Christ is different from any person who ever lived on the earth in that he was sinless. Even his enemies were never able to point to any sin in his life. Jesus was a human like you and me, and he was tempted in the same ways in which we are tempted, but he never sinned. *Hebrews 4:15*

*** Jesus said that he was God**

One of the remarkable things about Jesus Christ is that he claimed to be God. *John 10:30*

If we read the lives of those who founded the various religions of the world, we will find that none of these men ever claimed to be God. If we look throughout history, we will discover that only one person ever seriously claimed to be God. That person is Jesus Christ. *John 14:9-11, 12-14.*

*** Jesus showed us what God was like**

The Lord Jesus came to the world to tell us and show us what God is like. We do not have to imagine what God is like, for he has revealed himself to us in his son. *Hebrews 1:3-4,*

John 1:18 This verse says, "No man has ever seen God, but when Jesus came, he showed us what God is like". Jesus came to tell us and show us that God loves sinners and wants to save them from their sins.

John 8:3-11 These religious leaders in this story did not care about this woman accused of adultery. They were only seeking to get Jesus in trouble. If Jesus said, "do not stone her", He would be going against the laws of Moses. If he said "put her to death", he would be in trouble with the roman government. Jesus said "he who is without sin among you let him throw a stone at her.

First." Those who heard him were convicted by their conscience and left one by one, beginning with the oldest. Finally there was no one but Jesus and the woman. Jesus said to her, "woman where are your accusers? Has no one condemned you?" she replied "no one, Lord". Jesus said "neither do I condemn you: go and sin no more. We need never be afraid to come to Jesus he loved little children and took them into his arms. He forgave the woman taken in adultery. He is "the friend of sinners", and he invites us to come to him. *John 6:37-40*

*** Jesus did work which no man can do**

The Lord Jesus not only claimed to be God but he showed that he was God by his mighty works. *Luke 7: 22*

*** Jesus had power over the wind and waves**

Jesus spoke to the wind and the sea, saying "peace, be still." The wind and waves became calm. *Matthew 8:23-27*

*** Jesus had power over evil spirits**

Evil spirit is servants of Satan. Often times they enter people and cause them to do terrible things.

The evil spirit recognized Jesus as the son of God. When he commanded, they obeyed him. When People saw this, they marveled. *Luke 4 33-36, Matthew 8: 28-32*

*** Jesus had power over all sickness & disease**

He restored sight to the blind, He caused the deaf to hear, he made the lame to walk again, and he healed all manner of diseases. *Luke 4:40-41, 8: 43-48*

*** Jesus had power over death itself**

He raised three people from the dead that we know of from the Bible. That number could be larger. *Luke 7: 12-16*

"Young man, I say to you, a rise!" As soon as Jesus spoke those words, the young man came to life again. He sat up and begins to speak. Jesus gave him back to his mother.

*** Jesus is "God manifest in the flesh"**

Jesus did mighty works no man can do. They prove that he is God! *John 14:11*

Jesus has been called "The Godman". This is very good name for him, because He is truly God and He is truly man. *1 Timothy 3:16*

*** Jesus told us what happens after death**

Because Jesus Christ is God, every word which he spoke is true. His words are the words of God. Because He is God, he could tell us things that we could never know other wise. Jesus taught us what happens after death. The body dies, but the spirit lives on. We do not come back to this life in some other form. We will always be our self but one day, our body will be raised from the dead and reunited with our spirit and we will live forever in either heaven or hell. *John 5:25*

The Lord said that He Himself will be the great judge in that day. *John 5:22-23*

Jesus taught us that Heaven is a real place He called it "My Father's House". Heaven is God's home and it is the home of those who serve and obey Him. *John 14:2-3*

Jesus said that He is the way to heaven and the way to God. He is the only way. *John 14:6*

Jesus also taught that hell is a real place. In fact, he spoke more about Hell then he did about Heaven. Hell is the eternal world of the rebellious and disobedient. *Mark 9:43-44*

• Jesus told us to believe in Him

As we study the words and teachings of the Lord Jesus, we discover that there is one central thing that He emphasized over and over. It is this:

That We Believe in Him!

*John 14:1 Let not your heart be troubled:
ye believe in God, believe also in me.*

We are to believe in Jesus as God because He is God. It is by believing in Him that we receive everlasting Life. *John 6:47-48*

We are to believe in Jesus as the one who was lifted up on the cross to die for our sins. *John 3:14-15 Num.21:9*

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Over and over again, Jesus insisted that we believe in him that He is the savior, that He is God. Concerning the coming of the Holy Spirit.
John 14:15-17 Jesus ask the father to send him Holy Spirit.
John 16:7-9

This is the most serious sin we can commit not to believe in Jesus. The Lord Jesus said to the Jews of His day. *John 8: 23-24*

The same thing is true of us also. Our eternal destiny depends on whether or not we believe in the Lord Jesus.

*The Father loveth the Son,
and hath given all things into his hand.
He that believeth on the Son hath everlasting life:
and he that believeth not the Son shall not see life;
but the wrath of God abideth on him.
John 3:35-36*

Obey God

No Matter What It Costs You

Today's Scripture Reading: Acts 1; 1 Corinthians 15:6
Key Verse: Acts 1:4

Being assembled together with them, He commanded them not to depart from Jerusalem, but to wait for the Promise of the Father, "which," He said, "you have heard from Me."

After the resurrection, Jesus appeared to five hundred people, yet there were only 120 in the Upper Room on the day of Pentecost. Why did the number decrease when it should have increased? Why did He appear to only five hundred, and where were the other 380 people on the day of Pentecost?

Jesus told them, "Do not depart from Jerusalem." Those were His orders. "Do not depart, but wait for the promise of God the Father." It is probable that many of the five hundred people listening to His command did not live in Jerusalem. They would have to sacrifice to obey Him. Once He disappeared from their sight, they were left to obey on faith alone.

If somebody pushes you to go out and march when God told you to wait, do not budge. Do not get anxious to do anything. As long as God says wait, then wait. On the other hand, if God says, "March!" and your naturally conservative counselors say, "Wait," just obey God.

Did God tell you to do something that you have not done? Are you thinking about taking action on something you know you should wait for? In every situation, obey God no matter what it costs. None of us can afford to step outside His will and favor, and no one can bless us like He can!

Today's Prayer:

Lord Jesus, I have made mistakes and committed sins in the past. Today is a new day, and I choose to wait where You say wait. I will charge in when You say "Charge in and take the land." In all things, lead me in the way everlasting, the path of Your perfect will. As for me and my house, we will follow.

Lesson 4

By Minister Debbie Price

Jacob and Rachel: Labor of Love (Genesis 29-31)

Introduction: Last week, we left our story with everything going downhill. Jacob and his mother conspired to have Jacob receive the birthright through deception. This so angers the older brother, Esau, that Jacob flees from his home to avoid being murdered by Esau for defrauding him of the birthright. Jacob's cover story for his flight is that he is going to find a wife. Let's dive into our study and see what Jacob finds!

1. Jacob Arrives

1. Genesis 29 records that Jacob runs to the area in which his mother's family lives and he finds a young beauty named Rachel. Rachel is the daughter of his uncle Laban (Jacob's mother's brother). Let's pick up the story by reading [Genesis 29:10-13](#). Why do you think Jacob weeps when he meets Rachel? Does this make him appear to be "husband material?" (Jacob has a lot of stress over his fraud, the threat to his life, leaving home and hoping to be able to find his relatives. He has now found his relatives and their warm greeting is a huge relief.)

2. Read [Genesis 29:14-15](#). Based on Laban's statement, what kind of man would you judge him to be? (He sounds very fair and honest. He will not take advantage of a relative.)

A. Look closer. Is it appropriate to treat your nephew like an ordinary servant?

3. Read [Genesis 29:16-18](#). How long did it take for Jacob to fall in love with Rachel? (A month!)

A. Why did Jacob fall for Rachel? (She had a great body and a beautiful face.)

1. Why do you think the Bible mentions this?

2. Is this an appropriate basis on which to fall in love?

B. What do you think of the "deal" which Jacob offered Laban?

1. Read [Genesis 31:14-15](#). What did Rachel and Leah think of the "deal?"
2. Read [Genesis 29:19](#). What did Laban think of the "deal?"
3. What is unusual about this marriage? (Jacob arranged it, not his parents.)

2. The Marriages

1. Read [Genesis 29:20-25](#). What about this reminds you of Jacob's past life? (He fooled his father by substituting himself for his sibling. Laban now fools him by substituting a sibling.)

A. Were Leah and Rachel part of this fraud?

2. Read [Genesis 29:26](#). What do you think of Laban's legal defense?

A. What would you have said in response if you were Jacob? (I've been here seven years and you never disclosed your "custom" to me or mentioned that it made our contract impossible.)

3. Read [Genesis 29:27-29](#). What kind of wedding feast is given to Rachel? (It seems she got none.)

4. Consider the impact of Laban's fraud:

1. On Rachel;
2. On Leah; and,
3. On Jacob.

5. What is God's view of all of this? (Read [Leviticus 18:18](#).)

A. What does this text suggest is the problem? (Rivalry!)

6. What kind of a guy is Laban? (He thinks only of himself.)

7. A. Can you put together a justification for Laban's actions? (Arranged marriages were probably normal. Jacob plans to marry for love, but Laban decides to "arrange" a marriage for him. He is going to give Jacob what he wants,

but he will squeeze a little more work out of him (because Leah is worth it). If daughters are like possessions, you cannot be too concerned about their feelings.)

B. What does this teach us about the relative merit of arranged marriages? (Contrary to expectations, parents can be as "bone-headed" as children in choosing a mate. The best marriages are those in which the parents and the children are praying for God's leading in finding a spouse.)

7. What would have happened if Jacob had not chosen Rachel based on her looks and her body? What would have happened if Jacob had just accepted Laban's decision and he had not married Rachel?

3. Married Life with Rival Wives

1. Read [Genesis 29:30-35](#). What kind of attitude does Leah have about her situation?

A. What has God done that Jacob should have done? (God is trying to make the situation more just. To help Leah to be loved.)

2. Read [Genesis 30:1-2](#). Beautiful body, beautiful face, what kind of personality does Rachel possess?

3. Read [Genesis 30:3-6](#). Do you think God vindicated Rachel? (Rachel vindicated Rachel.)

A. What should she have done? (Review [Genesis 28:13-14](#); [Genesis 25:21](#); [Genesis 16:1-2](#). Both Jacob and Rachel are forgetting history. God made promises to Jacob about his descendants. Jacob should have followed the good example of his father and mother rather than the poor example of Abraham and Sarah.)

2. Read [Genesis 30:14-18](#). Mandrakes, which look like little yellow apples, were considered to be a fertility drug. What does this little story reveal about the relationship between the two women?

A. Had God rewarded Leah? (We need to be careful what we attribute to God.)

3. Read [Genesis 30:22-24](#). Is Rachel satisfied? (She wants more sons.)

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4. Work Life

1. Read [Genesis 30:25-28](#). Is Jacob ready to quit? (His 14 years of service are at an end.)

A. Why does Laban want Jacob to stay? Is he concerned about losing his daughters and their children?

B. Does Laban sound generous? (Yes: "Name your wages and I will pay them!")

2. Read [Genesis 30:29-34](#). Describe the "deal" for Jacob's wages and tell me what you think about it? (Several commentaries say that oriental sheep were normally white and the goats normally black or brown. Jacob was asking for the few rejects.)

3. Read [Genesis 30:35-36](#). What does "Mr. Honesty" do to ensure that Jacob gets the wages promised to him? (Laban removes all of the animals that should belong to Jacob and he separates them from the rest of the flock tended by Jacob so that when they reproduce, they will be owned by Laban.)

A. In [Genesis 30:27](#) we learned that Laban believed he had been blessed because of the presence of Jacob. How do you think he justified this most recent fraud?

4. Read [Genesis 30:37-43](#). Do you agree with [Genesis 30:43](#)? Did Jacob become wealthy because of his ingenious plan to show the flocks pieces of wood which looked something like the offspring they should have? (Pregnant women: be sure to look only at handsome men and beautiful women!)

A. What is wrong with Jacob's plan? (He has a scheme instead of trusting God.)

5. Let's skip ahead for a moment. Read [Genesis 31:10-12](#). What does this reveal was God's part in this plan? (God revealed to Jacob his "business plan.")

A. Is there a lesson in this for us?

6. Jacob finally leaves Laban to return home. Let's look at the pledge that Laban asks Jacob to make. Read [Genesis 31:48-50](#). What does this teach us about Laban - that he is a caring father? (The Bible reveals only that Laban was the abuser of his daughters.

He caused the "extra" wife and that act set in motion all sorts of strife. The Bible does not reveal that Jacob abused his wives. Accusing someone else of your sins and weaknesses is nothing new.)

7. 7. Friend, sometimes marriage is not perfect because of factors which are out of our control - such as Laban's fraud on Jacob. Sometimes, the problems in a marriage reflect mistakes in judgment that we made in the beginning. Jacob was deceived just like he deceived his father regarding the birthright. Whatever the source of the problem in our marriage, we need to become partners with God to minimize the problem. Will you make that your goal?

Next Month: Moses and Zipporah: Relating with Relations.

Duct Tape or a Nail

A man dies and goes to heaven. Of course, St. Peter meets him at the Pearly Gates. St. Peter says, "Here's how it works. You need 100 points to make it into heaven. You tell me all the good things you've done, and I give you a certain number of points for each item, depending on how good it was. When you reach 100 points, you get in."

"Okay," the man says, "I was married to the same woman for 50 years and never cheated on her, even in my heart." "That's wonderful," says St. Peter, "that's worth three points!"

"Three points?" he says. "Well, I attended church all my life and supported its ministry with my tithe and service." "Terrific!" says St. Peter. "That's certainly worth a point."

"One point?!?" "I started a soup kitchen in my city and worked in a shelter for homeless veterans." "Fantastic, that's good for two more points," he says.

"Two points?!?" "Exasperated, the man cries. "At this rate the only way I'll get into heaven is by the grace of God."

"Bingo, 100 points! Come on in!"

We often try to fix problems with WD-40 and duct tape.

God did it with a nail.

AMEN

Comprehensive Bible Study
Used for Sunday Morning Bible School
Month of April 2008
The Captain Conquers

April 6, 2008

Acknowledge Your Sin

Lesson Focus: Acknowledging sin restores fellowship with God and others.

‘God came as the Word of Life’

1 John 1:1-4

‘God Is Light’

1 John 1:5-7

‘God’s Forgiveness and Our Obedience’

1 John 1:8 - 2:2

Burning It Up

Some of us had the privilege of attending Christian camp growing up. No matter what camp I attended, the final session seemed to always include a huge bonfire. Each person was given a stick, which symbolized his or her sin that we were to name., and throw into the fire. It brought to reality how God deals with our sin. As we confess our sin to Him, He burns up our information. It is no more in His sight, hindering our relationship with him.

Key Verse:

If we claim to be without sin, we deceive ourselves and the truth is not in us. 1 John 1:8

DAILY BIBLE READINGS

Mon. Romans 12:1-8 Be Not Conformed to This World.

Tues. 1 John 2:3-11 The True Light Is Shining.

Wed. 1 John 2:12-17 Do Not Love the World.

Thurs. 1 John 2:18-29 Remain in the Son.

Fri. James 4:1-10 Do Not Be a Friend to the World.

Sat. 2 Timothy 3:1-9 Terrible Times Are Ahead.

Sun. 2 Timothy 3:10-17 Remember What You Have Been Taught.

April 13, 2008

Love Is Light

Lesson Focus: Live in God’s light, not in the darkness of the world.

‘Imitating Christ’

1 John 2:3-6

‘Walk in the Light’

1 John 2:7-11

‘Do Not Love the Darkness’

1 John 2:15-17

Living the Life

As a child I dreamed of owning a fur coat and a fancy car. I worked hard to get through college with my coat and car constantly on my mind. After college, I became a Christian, but my dreams were the same. A few months after my college graduation, I took a temporary job working in an orphanage and began to see hurting children and families who needed the love of Jesus Christ. I argued with God: “There are people in expensive homes that need Jesus.” But God made it plain to me He called other to that ministry. My desires were self-centered, not God-centered.

Key Verse: Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. 1 John 2:15

DAILY BIBLE READINGS

Mon. Mark 12:28-34, Love Your Neighbor As Yourself.

Tues. Luke 6:27-36, Love Your Enemies Too.

Wed. Romans 5:1-5, God Has Poured His Love into Our Hearts.

Thurs. 1John 3:1-6, We Are Children of God.

Fri. 1 John 3:7-10, Do What Is Right.

Sat. 1 John 3:11-20, Lay Down Your Life for Your Brothers.

Sun. 1 Corinthians 13, The Greatest Thing Is Love.

April 20, 2008

Reflecting His Love

Lesson Focus: We reflect God’s love by loving others.

‘The Father’s Great Love for Us’

1 John 3:1-3

‘The Response of Obedience’

1 John 3:4-5,9-10

‘The Response of Loving One Another’

1 John 3:11-18

Choosing to Love

God loves us. He has made us His children and wants us to reflect the love. He has for us.

(CONTINUED PAGE 10)

When we love as He Loves, we show that we belong to Him. And other take notice.

Each day we have opportunities to demonstrate God's love. Each time an opportunities to demonstrate God's love. Each time an opportunity presents itself, we have a choice to make. The decision to love, however, is not always easy to make. We must focus on the love God has demonstrated to us. In remembering His love, we find the courage and strength, despite our emotions, to act in loving ways toward others.

Key Verse:

This is the message you heard from the beginning: We should love one another.
1 John 3:11

DAILY BIBLE READING

Mon. 1 Kings 3:1-15 Ask for a Discerning Heart.

Tues. 1 Kings 3:16-28 God Will Give Us His Wisdom.

Wed. Matthew 7: 1-12 Judge Wisely.

Thurs. Matthew 7:15-20 Watch Out for False Prophets.

Fri. Hebrews 5:11-14 Distinguish Good from Evil.

Sat. 1 John 3:21-4:6 Learn to Recognize the Spirit of God.

Sun. James 1:2-8 Ask for Wisdom.

April 27, 2008

Keeping a True View

Lesson Focus: God helps us distinguish between true and false worldviews.

'Preparation for Testing the Spirits'

1 John 3:21-24

'Procedure for Testing the Spirits'

1 John 4:1-6

Speak Up for the Truth

North American culture prides itself in its diversity, in its many and varied worldviews. Yet, ironically, it often despises the true worldview, precisely because that worldview claims to be the only way to God. Consequently it can be difficult to speak up for Christ and the Christian worldview. Yet as Christians we must speak up, for we may be the only ones some people ever hear speaking up for truth in

a world full of error.

Key Verse: We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit of truth and the spirit of falsehood. 1 John 4:6

DAILY BIBLE READINGS

Mon. John 3:16-21 God Gave His Son for Us.

Tues. John 22-36 Belief in the Son Brings Eternal Life.

Wed. Romans 8:1-11, Jesus Christ Sets Us Free.

Thurs. Romans 8:28-39 Nothing Can Separate Us from the Love of God.

Fri. 2 Corinthians 5:11-21, Christ's Love Compels Us to Love Others.

Sat. 1 John 4:7-21, Loves Comes from God.

Sun. 1 Timothy 1:12-20, Jesus Came into the World for Us.

God Said NO!

By Internet

I asked God to take away my habit.

God said, No.

It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole.

God said, No.

His spirit is whole, his body is only temporary.

I asked God to grant me patience.

God said, No.

Patience is a byproduct of tribulations; it isn't granted, it is learned.

I asked God to give me happiness.

God said, No.

I give you blessings; Happiness is up to you.

I asked God to spare me pain.

God said, No.

Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.

God said, No.

You must grow on your own, but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life.

God said, No.

I will give you life, so that you may enjoy all things.

I asked God to help me LOVE others, as much as He loves me.

God said...Ahhhh, finally you have the idea.

Resurrection Cookies

1 cup whole pecans
1 teaspoon vinegar
3 egg whites
Pinch of salt
1 cup granulated sugar
Zip-lock plastic bag
Wooden spoon
Tape
Bible

Preheat oven to 300 degrees F. Place pecans in zip-lock bag and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested he was beaten by the Roman soldiers. Read John 19:1-3. Let each child smell the vinegar. Put 1 tsp. vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross he was given vinegar to drink. Read John 19:28-30.

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11. Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27.

So far, the ingredients are not very appetizing. Add 1 cup sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalms 34:8 and John 3:16.

Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and John 3:1-3. Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60.

Put the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matt. 27:65-66.

GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22.

On Resurrection morning, open the oven and

give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Resurrection day Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1-9.

HE HAS RISEN!

Educational Information

The 'Certificate of Completion or Attendance' that is being offered in lieu of high school diplomas, is a part of Bush's 'No Child Left Behind'. This is how it works:

It is for students who are unable to pass both the Language Arts and Math portions of the 10th grade I STEP. Students must take the same 10th grade test over in the 11th and 12th grades until they pass both portions. If they are unable to pass the 10th grade test by the 12th grade then they have two options:

1. Drop out and go to a GED program or,
2. Accept a 'Certificate of Completion' - it is NOT a diploma. Once a student accepts it, they cannot ever get a diploma or a GED. A Certificate of Completion means that a student can never (as long as they live):

1. Go to the armed services
2. Go to college
3. Go to trade school
4. Go to journeyman's school
5. Go to beauty school
6. Go to culinary arts school
7. Get a federal loan in their lifetime

This is the portion of NO CHILD LEFT BEHIND (2001) that Bush slipped in during the 2004 revision of the NCLB bill. It has not been publicized. At a high school in Indiana, in 2005, there were 87 seniors in the graduation class. Five got diplomas and 82 got 'Certificates of Completion'.

This is being referred to as the 'Paper Plantation'. It is better for students to drop out and get into a GED program so they may seek other forms of education, later in life, if they desire to do so. All 50 states have 'Certificates of Completion or Attendance'.

Please pass this information along to EVERYONE you know who has school age children. Clergy, please preach it from the pulpits. Our people MUST know this information. Thank you & stay blessed.

By Internet. I will verify, I just thought this was important and should get out. Overseer Henry /chs

THE BELL

I KNOW WHO I AM

I am God's child (John 1:12)
I am Christ's friend (John 15:15)
I am united with the Lord(1 Cor. 6:17)
I am bought with a price(1 Cor. 6:19-20)
I am a saint (set apart for God). (Eph. 1:1)
I am a personal witness of Christ. (Acts 1:8)
I am the salt & light of the earth (Matt.5:13-14)
I am a member of the body of Christ(1 Cor 12:27)
I am free forever from condemnation (Rom. 8: 1-2)
I am a citizen of Heaven. I am significant (Phil.3:20)
I am free from any charge against me (Rom. 8:31 -34)
I am a minister of reconciliation for God(2 Cor.5:17-21)
I have access to God through the Holy Spirit (Eph. 2:18)
I am seated with Christ in the heavenly realms (Eph. 2:6)
I cannot be separated from the love of God(Rom.8:35-39)
I am established, anointed, sealed by God (2 Cor.1:21-22)
I am assured all things work together for good (Rom. 8: 28)
I have been chosen and appointed to bear fruit (John 15:16)
I may approach God with freedom and confidence (Eph. 3: 12)
I can do all things through Christ who strengthens me (Phil. 4:13)
I am the branch of the true vine, a channel of His life (John 15: 1-5)
I am God's temple (1 Cor. 3: 16). I am complete in Christ (Col. 2: 10)
I am hidden with Christ in God (Col. 3:3). I have been justified (Romans 5:1)
I am God's co-worker (1 Cor.. 3:9; 2 Cor 6:1). I am God's workmanship(Eph. 2:10)
I am confident that the good works God has begun in me will be perfected. (Phil 1: 5)
I have been redeemed and forgiven(Col.1:14).I have been adopted as God's child(Eph 1:5)
I belong to God
Do you know
who you are!?

Have you heard about this case? Great answer from the judge! By Internet

In Florida, an atheist became incensed over the preparation of Easter and Passover holidays. He decided to contact his lawyer about the discrimination inflicted on atheists by the constant celebrations afforded to Christians and Jews with all their holidays while atheists had no holiday to celebrate.

The case was brought before a judge. After listening to the long passionate presentation by the lawyer, the Judge banged his gavel and declared, 'Case dismissed!'

The lawyer immediately stood and objected to the ruling and said, 'Your honor, how can you possibly dismiss this case? The Christians have Christmas, Easter and many other observances. Jews have Passover, Yom Kippur and Hanukkah...yet my client and all other atheists have no such holiday!'

The judge leaned forward in his chair and simply said, 'Obviously your client is too confused to even know about, much less celebrate his own atheists' holiday!'

The lawyer pompously said, 'Your Honor, we are unaware of any such holiday for atheists. Just when might that holiday be, your Honor?'

The judge said, 'Well it comes every year on exactly the same date---April 1st! Since our calendar sets April 1st as 'April Fools Day,' consider that Psalm 14:1 states, 'The fool says in his heart, there is no God.' Thus, in my opinion, if your client says there is no God, then by scripture, he is a fool, and April 1st is his holiday! Now have a good day and get out of my courtroom!!

Way to go, Judge! AMEN !!!!!

April

1. △Mt 25:1-3 △Num 30-31 △Job 1
2. △Mt 25:31-46 △Num32-34 △Job 2
3. △Mt 26:1-25 △Num 35-36 △Job 3
4. △Mt 26:26-46 △Deut 1-2 △Job 4
5. △Mt 26:47-75 △Deut 3-4 △Job 5
6. △Mt 27:1-31 △Deut 5-6 △Job 6
7. △Mt 27:32-66 △Deut 7-8 △Job 7
8. △Mt 28 △Deut 9-10 △Job 8
9. △Acts 1 △Deut 11-12 △Job 9
10. △Acts 2:1-13△Deut 13-14 △Job 10
11. △Acts 2:14-47 △Deut 15-16 △Job 11
12. △Acts 3 △Deut 17-18△ Job 12
13. △Acts 4:1-22 △Deut 19-20 △Job 13
14. △Acts 4:23-37 △Deut 21-22 △Job 14
15. △Acts 5:1-16 △Deut 23-24 △Job 15
16. △Acts 5:17-42 △Deut 25-27 △Job 16
17. △Acts 6 △Deut 28 △Job 17
18. △Acts7:1-22 △Deut 29-30 △Job 18
19. △Acts 7: 23-8:1a △Deut 31-32 △Job 19
20. △Acts 8:1b-25 △Deut 33-34 △Job 20
21. △Acts 8:26-40 △Josh 1-2 △Job 21
22. △Acts 9:1-25 △Josh 3:1-5:1 △Job 22
23. △Acts9:26-43 △Josh 5:2-6:27 △Job 23
24. △Acts 10:1-33 △Josh 7-8 △Job 24
25. △Acts 10:34-48 △Josh 9-10 △Job 25
26. △Acts 11:1-18 △Josh 11-12 △Job 26
27. △Acts 11: 19-30 △Josh 13-14 △Job 27
28. △Acts 12 △Josh 15-17 △Job 28
29. △Acts 13:1-35 △Josh 18-19 △Job 29
30. △Acts 13:26-52 △Josh 20-21 △Job 30

May

1. △Acts 14 △Josh 22 △Job 31
2. △Acts 15:1-21 △Josh 23-24 △Job 32
3. △Acts 15:22-41 △Judg 1 △Job 33
4. △Acts 16:1-15 △Judg 2-3 △Job 34
5. △Acts 16:16-40 △Judg 4-5 △Job 35
6. △Acts 17:1-15 △Judg 6 △Job 36
7. △Acts 17:16-34 △Judg7-8 △Job 37
8. △Acts 18 △Judg 9 △Job 38
9. △Acts 19:1-20 △Judg 10:1-11:33 △Job 39
10. △Acts 19: 21-41 △Judg 11:34-12:15
△Job 40
11. △Acts 20:1-16 △Judg 13 △Job 41
12. △Acts 20:17-38 △Judg 14-15 △Job 42
13. △Acts 21:1-36 △Judg 16 △Ps 42
14. △Acts 21:37-22:29 △Judge 17-18 △Ps 43
15. △Acts 22:30-23:22 △Judg 19 △Ps 44

THE BUS RIDE

By internet

Several years ago, a preacher from out-of-state accepted a call to a church in Houston , Texas . Some weeks after he arrived, he had an occasion to ride the bus from his home to the downtown area. When he sat down, he discovered that the driver had accidentally given him a quarter too much change.

As he considered what to do, he thought to himself, 'You'd better give the quarter back. It would be wrong to keep it.' Then he thought, 'Oh, forget it, it's only a quarter.

Who would worry about this little amount?

Anyway, the bus company gets too much fare; they will never miss it.

Accept it as a gift from God and keep quiet.'

When his stop came, he paused momentarily at the door, then he handed the quarter to the driver and said, 'Here, you gave me too much change.' The driver, with a smile, replied, 'Aren' t you the new preacher in town?

I have been thinking a lot lately about going somewhere to worship.

I just wanted to see what you would do if I gave you too much change.

I'll see you at church on Sunday.'

When the preacher stepped off of the bus, he literally grabbed the nearest light pole, held on, and said, 'Oh God, I almost sold your Son for a quarter.'

Our lives are the only Bible some people will ever read.

This is a really scary example of how much people watch us as Christians and will put us to the test! Always be on guard – and remember – You carry the name of Christ on your shoulders when you call yourself 'Christian.'

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny.

God bless you;

I hope you are having a wonderful day!

The Will of God will never take you to where the Grace of God will not PROTECT you... Stay FAITHFUL and Be GRATEFUL

Coming study on your thought becoming your words, becoming your actions, becoming your habits, becoming your character, becoming your destiny, by Overseer Henry/ chs

***Three things in life that,
Once gone, never come back -***

1. Time
2. Words
3. Opportunity

Three things in life that can destroy a person -

1. Anger
2. Pride
3. Unforgiveness

Three things in life that you should never lose-

1. Hope
2. Peace
3. Honesty

Three things in life that are most valuable -

1. Love
2. Family & Friends
3. Kindness

Three things in life that are never certain -

1. Fortune
2. Success
3. Dreams

Three things that make a person -

1. Commitment
2. Sincerity
3. Hard work

Three things that are truly constant -

Father - Son - Holy Spirit

I ask the Lord to bless you, as I pray for you today; to guide you and protect you, as you go along your way.

God's love is always with you,
God's promises are true.
And when you give God all your cares,
You know God will see you through.
God to Bless -

God Bless

Birthdates and Events of:

APRIL

- 5th BD: Hassan (Romeo) Thomas #
12th BD: Felicia Mason
17th BD: Mother Elder Minnie Charleston
18th BD: Deaconess Alice Dunbar
BD: Deshonette Jackson *
19th BD: Jon Townson
20th Passover
21st BD: Daron Watkins
23rd BD: Shanta Jackson *
26th Usher Anniversary @AhhP, Paterson
7:30pm
27th Ahhp @ Victory Temple, Paterson,
43 Anniversary
29th BD: Bro. Michael DeVore
30th BD: Bro. James Harley

April 17th, Thurs; 18th Fri; 19th, Sat;

A Revival

*Do Not let the Spirit of
the Lord Passover You*

Featuring

Pastor Brian Nazareth of

Set-Free Ministries, Atlanta Ga.

Sponsored by Overseer William Henry

At the AhhP, Paterson, NJ

7:00pm Nightly

973-706-2633 call info.

MAY

- 1st BD: Pierre Paris Mason *
2nd BD: Clifton Brooks
5th Cinco De Mayo
BD: Deaconess Wanda Townsend
BD: Rishie Jackson
11th Mothers Day
BD: Kadir Wright *
14th BD: Malik Nath *
18th BD: Sis. Regina Townsend
BD: Tayshanicka Harrison*
19th BD: Sis. Kimala Simmons
26th Memorial Day
29th Anniversary, Earl & Lynndaysia Perry

NAIL IN THE FENCE

By Internet

Make sure you read all the way down to the last sentence. (Most importantly the last sentence)

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence..

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. " A verbal wound is as bad as a physical one.

Friends are very rare jewels, indeed. They make you smile and encourage you to succeed.

They lend an ear, they share words of praise and they always want to open their hearts to us.

YOU ARE MY FRIEND AND I AM HONORED!

Please forgive me if I have ever left a hole.

SERVICES

Paterson & Penns Grove

Sunday

Sunday School 10:00 am
Morning Worship Service
12:00 noon

Monday

Business Meeting
(First Monday of Month)
Paterson

Tuesday

Prayer Service, Paterson
7:00 to 8:00 pm

Wednesday

Bible Class, Paterson
8:00 pm

Thursday

Penn Groove

Community Meeting 6:00 pm
Bible Class, 7:00 pm

Saturday

Afternoon Fellowship,
Penns Grove,
Choir Rehearsal, Paterson
Call for time.

Welcome Victors!

You are always welcome at
Assembly Holy House of Prayer,
and we invite you to come back and
worship with us again.

God Bless

*Men and Women, Young and Old,
Please come and join our support groups.
Women of Zion Support Groups
A Righteous Man Group*

Assembly Holy House of Prayer

62 Arch Street

Paterson, NJ 07522

31 Penn Street

Penns Grove, NJ 08069

Founders / Senior Pastors / Apostles

Apostle Joseph T. Robinson Sr.

Prophetess Laura L. Robinson

JESUS

The Father, The Son, The Holy Ghost!



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