

**Hold – On to Jesus,
Little Azariah!**



Deuteronomy 6:4-9
Hear, O Israel: The LORD our God is one LORD:
And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.

Little Daniel Azariah Henry came into this world three months early, being born three months pre-mature, and on a special church revival night service. Coming into this world of sin not fully developed, not knowing God and His Word.

1 Peter 2:9
But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvellous light:

Azariah coming from his mothers' womb at 1 pound 10 ounces, eleven inches long. Mother is forgotten about as doctors and nurses rush Azariah into a incubator. Tubes placed down his little throat to make him breath, intravenous lines for food, medication and drawing blood, monitors for breathing, blood pressure, heart rate, etc.

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Everlasting Life Publications

Speak Life

Ezekiel 37:1-7
 By *Pastor Brian Nazareth*

Teach your children let them know, just who they are. Train them as they go, that thru God they can go far. Yes you can, you can do anything if you try. Just try Yes you can!

But you have to believe and rely, on what you have inside you can make it through your trials, for your trial they just make you strong. Yes you can, you can do anything these are the words to singer song writer Donnie McCurkin's "Yes You Can".

I agree with Mr. McCurkin that we must encourage our children. But I've come to find that encouragement is not enough. *Hosea 4:6 "My people are destroyed for lack of knowledge:"* If you were to keep reading you would find that God wasn't talking about academia, God wasn't talking about scholastic, no God wasn't talking about worldly knowledge, God was talking about his laws. The Living Bible actually reads this way *Hosea 4:6 "My people are destroyed because they don't know me,"* No we cannot be satisfied with just encouraging our children we must empower them by instructing them. I'm reminded of how my mother and others encouraged me as a child and I'm sure that some of you have been encouraged in this same manner. I was repeatedly reminded that I could be anything I wanted to be, I could have any job that I wanted. Thanks be to God momma didn't stop there,

encouragement turned to empowerment when she told me how to accomplish this. I believe it's because of this type of encouragement and empowerment that we now have a Black man who is being seriously considered as President of these United States. I can hear it so vividly in my ear," Brian you can be anything that you want to be", but the empowerment to accomplish this is you must be two times better than your counterpart to even be considered. That may sound a little prejudice but it was a fact then and still is now that the playing field isn't even.

Continued Pg 3

The Father, The Son, and the Holy Ghost

Father's Day

Let's give thanks to our true Father in Heaven this Father's Day and Every Day!

This memorial Day to Father's should be focused on the true Father and that we try to move closer to Him in heaven and on earth. That we Pray for his protection and knowledge as we try to live out our lives her on earth as He (Jesus) did. That we praise, and worship him with Joy this day and everyday. That we live as true Christians in our daily walk and talk, and glorify Him our Father in Heaven. Shouting the Name of Jesus the Christ with every breath and heart beat. Glory Hallelujah!!!

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Doctors and nurses attending to every measurement, constantly changing levels to meet his needs.

He holds on!

As I would go to the neonatal unit to see my young son, looking down upon him. I would stick my hand into his incubator and he would hold onto my finger. He had such a tight grip and would hold on and not let go. I would read the bible to him and he would look as if he knew what I was saying or reading, still holding on.

Isaiah 41:13

For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

One day as he was holding onto my finger and I was looking down on him. I saw Jesus looking down on me. As I looked up and held onto his finger tightly with strength, and not letting go! I saw how Jesus my Father was ministering to me. How his spirit (Holy Ghost) (monitors) in me was sending messages or signals back to Him reporting my needs and how my soul is doing, and His Angels (doctors & nurses) were constantly making adjustments to the dials of life, to my needs in this world. Always working to get me over the storms in life.

I hold on!

Mark 4:37-41

I saw how my son came into the world pre-mature, as I entered into this world pre-mature not developed in the Word, not knowing God Almighty. As a young man I chose to do wrong, I stepped right into it because I didn't know God. I had accepted Jesus as a young child, but I didn't have the knowledge of God to help in my decisions. I didn't have the wisdom needed to follow God or his ways. I was not fully developed (pre-mature.)

1 Corinthians 3:19

The decisions you make in life stay with you and sometimes haunt you through life.

I chose the path of destruction as a young man. That's where so many people make mistakes thinking they can do it on their own. Following the wisdom of this world rather than the wisdom of God.

Romans 1:20-22

Keisha (the Mother) was forgotten about at Azariah's birth, left in the delivery home, as little Azariah broke into this sinful world early. Once you go into the world premature (not knowing God) your mother or father can't save you. They can lead you in the right direction, but it always comes down to your decisions in life. It always comes down to what you want to do. It always comes down to right or wrong, light or darkness, Christ or satan. As much as Jesus mother Mary loved him, she knew he had to face a horrible death. She couldn't change him on that, he came to do the fathers will and nothing was stopping that.

Psalms 78:1-4

As little Azariah came into the world premature, as his father it's my obligation to see that he doesn't go through life in a premature underdeveloped sense of God.

It's up to me, to be an example for him to follow. To guide him on the path of maturity and Christ. To build a solid foundation of practices that will lead to consistent growth in life. To help him in the development of a good and consistent prayer life. To lead him in the study, interpretation and practice of the Word (Holy Bible.) Following the Holy Spirit and trusting and relying on Him for help and guidance in this life and on into eternity. Truly learning to communicate with God.

Hebrew 11:6

When you hold onto the finger of Christ life gets so much simpler. Things of darkness you once considered you now rebuke (reject) and push out of your mind (because your not the old person but a new creature in Christ.) *Continued Pg. 11*

Life is a Gift By Internet

There was a blind girl who hated herself because she was blind. She hated everyone, except her loving boyfriend. He was always there for her. She told her boyfriend, If I could only see the world, I would marry you.

One day, someone donated a pair of eyes to her. When the bandages came off, she was able to see everything, including her boyfriend. He asked her, Now that you can see the world, will you marry me?

The girl looked at her boyfriend and saw that he was blind. The sight of his closed eyelids shocked her. She hadn't expected that. The thought of looking at them the rest of her life led her to refuse to marry him.

Her boyfriend left her in tears and days later wrote a note to her saying: Take good care of your eyes, my dear, for before they were yours, they were mine.

This is how the human brain often works when our status changes. Only a very few remember what life was like before, and who was always by their side in the most painful situations.

Life Is a Gift

Today before you say an unkind word,

Think of someone who can't speak.

Before you complain about the taste of your food,

Think of someone who has nothing to eat.

Before you complain about your husband or wife,

Think of someone who's crying out to GOD

for a companion.

Today before you complain about life,

Think of someone who went to heaven too young.

Before you complain about your children,

Think of someone who desires children but are barren.

Before you argue about your dirty house,

Think of the people who are living in the streets.

Before whining about the distance you drive,

Think of someone who walks the same distance.

And when you are tired and start to complain about your job,

Think of the unemployed, the disabled, and those who wish they had your job.

And before you think of judging another, Remember that not one of us is without sin and we all will have to answer to GOD.

So when depressing thoughts seem to get you down, Put a smile on your face and thank GOD for all he has given you.



God's love is unconditional!

GLORY HALLELUJAH!!!

June

1. ΔRom 7 Δ1Sam 16 ΔPs 61
2. ΔRom 8 Δ1Sam 17:1-54 ΔPs 62
3. ΔRom 9:1-29 Δ1Sam 17:55-18:30 ΔPs 63
4. ΔRom 9:30-10:21 Δ1Sam 17:55-18:30 ΔPs 64
5. ΔRom 11:1-24 Δ1Sam 20 ΔPs 65
6. ΔRom 11:25-36 Δ1Sam 21-22 ΔPs 66
7. ΔRom 12 Δ1Sam 23-24 ΔPs 67
8. ΔRom 13 Δ1Sam 25 ΔPs 68
9. ΔRom 14 Δ1Sam 26 ΔPs 69
10. ΔRom 15:1-13 Δ1Sam 27-28 ΔPs 70
11. ΔRom 15:14-33 Δ1Sam 29-31 ΔPs 71
12. ΔRom 16 Δ2Sam1 ΔPs 72
13. Δ Mk 1:1-20 Δ2Sam 2:1-3:1 ΔDan 1
14. ΔMk 1:21-45 Δ2Sam 3:2-39 ΔDan 2:1-23
15. ΔMk 2 Δ2Sam 4-5 ΔDan2:24-49
16. ΔMk 3:1-19 Δ2Sam 6 ΔDan 3
17. ΔMk 3:20-35 Δ2Sam 7-8 ΔDan 4
18. ΔMk 4:1-20 Δ2Sam 9-10 ΔDan 5
19. ΔMk 4:21-41 Δ2Sam 11-12 ΔDan 6
20. ΔMk 5:1-20 Δ2Sam 13 ΔDan 7
21. ΔMk 5:21-43 Δ2Sam 14 ΔDan 8
22. ΔMk 6:1-29 Δ2Sam 15 ΔDan 9
23. ΔMk 6:30-56 Δ2Sam 16 ΔDan 10
24. ΔMk 7:1-13 Δ2Sam 17 ΔDan 11:1-18
25. ΔMk 7:14-37 Δ2Sam 18 ΔDan 11:20-45
26. ΔMk 8:1-21 Δ2Sam 19 ΔDan 12
27. ΔMk 8:22-9:1 Δ2Sam 20-21 ΔHos 1:1-2:1
28. ΔMk 9:2-50 Δ2Sam 22 ΔHos 2:2-23
29. ΔMk 10:1-31 Δ2Sam23 ΔHos 3
30. ΔMk 10:32-52 Δ2Sam 24 ΔHos 4:1-11a

July

1. ΔMk 11:1-14 ΔIKgs 1 ΔHos 4:11b-5:4
2. ΔMk 11:15-33 ΔIKgs 2 ΔHos 5:5-15
3. ΔMk 12:1-27 ΔIKgs 3 ΔHos 6:1-7:2
4. ΔMk 12:28-44 ΔIKgs 4-5 ΔHos 7:3-16
5. ΔMk 13:1-13 ΔIKgs 6 ΔHos 8
6. ΔMk 13:14-37 ΔIKgs 7 ΔHos 9:1-16
7. ΔMk 14:1-31 ΔIKgs 8 ΔHos 9:17-10:15
8. ΔMk 14:32-72 ΔIKgs 9 ΔHos 11:1-11
9. ΔMk 15:1-20 ΔIKgs 10 ΔHos 11:12-12:14
10. ΔMk 15:21-47 ΔIKgs 11 ΔHos 13
11. ΔMk 16 ΔIKgs 12:1-31 ΔHos 14
12. ΔICor 1:1-17 Δ1 Kgs 12:32-13:34 ΔJoel 1
13. ΔICor 1:18-31 Δ1 Kgs 14 ΔJoel 2:1-11
14. ΔICor 2 Δ1 Kgs 15:1-32 ΔJoel 2:12-32
15. ΔICor 3 ΔIKgs 115:33—16:34 ΔJoel 3

If you know of anyone that would like to be added to our mailing list. Please send their name and address To the return address and they will be added.

God Bless!

Samson and His Women:

The Folly of Passion

CONTINUED FROM PAGE 5

Friend, Sampson stands as an object lesson for being faithful to God's commands when it comes to sexual desires. Will you determine to follow God and not end up like Sampson?

Next Month: Boaz and Ruth: Firm Foundations.

Continued Page 13, Sunday School Lesson:

- Tues. Hebrews 4:6-11, Obedience Helps Us Enter God's Rest.
- Wed. Hebrews 4:12-16, Nothing We Do Is Hidden from God's Sight.
- Thurs. Hebrews 5:1-6, Christ Is Our High Priest.
- Fri. Hebrews 5:7-10, Jesus Is the Source of Our Salvation.
- Sat. Hebrews 5:11-14, Knowing the Elementary Truths Brings a Mature Faith.
- Sun. Hebrews 6:1-6, Do Not Fall Away from God.

Philippians 4:13 -- I can do all things through Christ who strengthens me.

The road to success is not straight. There is a curve called Failure, a loop called Confusion, speed bumps called Friends, red lights called Enemies, caution lights called Family. You will have flats called Jobs. But, if you have a spare called Determination, an engine called Perseverance, insurance called Faith, a driver called Jesus, you will make it to a place called Success. May God continue to bless you.

Birthdates and Events of:

JUNE

- 1st BD: Lynnaysia Perry
- 2nd BD: Pastor Brian Nazareth #
- 5th BD: Min. Kenneth Ward
- 6th AhhP@ Haven of Hope, 7:30 pm Pastor Pricilla Gunn, 20th Anniversary, Mays Landing, NJ
- 8th BD: Nenash Harrison *
- 9th BD: Bob Ellis #
- 13th & 14th All Day Prayer Retreat At Eddy's Farm (Covenant Members) Flag Day
- 14th Anniversary, William & Keisha Henry #
- 15th Father's Day
- BD: Jamir McFadden *
- BD: Keyisha McFadden *
- BD: Shamara McKenzie *
- 24th Anniversary, Waverly & Karen Brooks #
- 26th, 27th & 28th Youth Convention @ AhhP, Paterson, 7:30 pm Nightly
- 26th Thurs. Pastor Daryl Alexander
- 27th Fri. Pastor Mark Exum
- 28th Sat. Apostle J.T. Robinson Sr.
- BD: Aunt Zalda Brooks #
- BD: Blessing Watson *
- BD: Iesha Byrdsong (Colvin) *
- BD: Judah Brown #

JULY

- 2nd BD: Jonathan Townsend *
- 3rd BD: Msny. Elizabeth Yates
- 4th Independence Day
- BD: Jeremy Henry #
- BD: Marqus Townsend *
- BD: Jasmin Williams *
- BD: Twana R. Hurt
- BD: Evang. Susie Hayes
- BD: Jasmine Townsend *
- BD: Tatiyana Rivera
- Anniversary, Bruce & Kimala Simmons
- BD: Elder Oliver Coleman #

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

Now what I'm about to say may make a few people mad, but I've come to find that mad is good. I believe that this is the problem with black Americans. We have been convinced that we shouldn't be mad. Just a few weeks ago we commemorated one of the greatest encouragers and empowers of our people's assassination; Dr. Martin Luther King. Even though he advocated non-violence he still expressed his being mad through sit-ins, boycotts and marches. He preached about the injustice. And we should be mad because all the things that he and so many others fought for and gave their lives for, they are trying to take back. It's time to get mad. Now even though I didn't agree with Dr. King's method in which he expressed his displeasure he still got mad. Because I'm not the one who would ask anyone to march while singing old Negro spirituals like "we shall overcome some day." I'm more prone to say we should march and sing that other Negro spiritual "Before I be a slave I'll be buried in my grave and go home to my lord and be free."

We should be mad that "No Child Left Behind" is nothing but a lie. The drop out rate for our children is steadily growing higher. The graduation rate is less then 35 percent and going lower. We should be mad! We should be mad that the unemployment rate is so high, we should be mad that our people have just given up on life, and that they are using drugs to hide. We should be mad, and get mad enough to take some action. Oh yeah mad is good if you don't believe me look in the book of John 2:14. Jesus got mad with the money exchanger in the church. Oh I'm sorry he didn't get mad. To be politically correct they called that righteous indignation, but he took action and ran the money exchangers out. And maybe we should get some righteous indignation and run some folks out of office. But that's another sermon for another day. I'm persuaded that mad is good. Yet I don't expect you to take my word for it. Let's look at the text that has been selected and we will find that God got mad (Ezekiel 37:1-7.) Look at the first thing that we find in this first verse. God literally placed his hand upon Ezekiel and took him to this valley. And we find the reason why in the next sentence because Ezekiel wasn't operating in the spirit of God. Does anyone find this shocking that the man who has been called by God is not operating under the auspicious of God? *Auspicious to show sign that promises success.* God had to pick him up and fix him up and fill him up. Didn't the verse say he brought him out by Gods Spirit?

Then God had Ezekiel evaluate the condition of His people and it was then that Ezekiel found that they were spiritually dead. Some folks are gonna get mad, and to that again I say that's okay because mad is good.

The first verse makes it apparent that the men who have been called by God aren't operating under the direction of God. Don't get mad at me it's in the text. And we can only gather that this is the reason why the city of Paterson and many other cities are in their present condition. Because the people that God have called aren't operating in the will of God. Ezekiel was out of place in the street vernacular he was out of pocket or position. But the good news is that God who is longsuffering and patient won't allow that to happen for long, he will put his called back where they need to be physically as well as spiritually. I can't move further until I'm assured that you see why it so important that we see significance of God having to take him back because it's important that we see somewhere along life's journey something happened to Ezekiel. As along this path of preaching for the preacher's of today something has happened there has been a shift from the initial call and God is gonna have to intervene to bring about a change. I've been searching but there is no other way, I just got to say it. God wants us to see that his Spirit has left his people because the spirit of the Lord has left Gods leaders. Now someone may question that last assertion but the truth must be told I'm not one to bash, or cast dispersion. And I don't care about people getting mad I'd rather have people mad at me than to fall under the wrath of an angry God. The word of God says in 1 Cor 9:16 *woe is unto me, if I preach not the gospel!* Woe unto me if you don't preach the Gospel to Gods people. Woe unto me if I don't move the word of God from God's people valley in this passage to Gods people in this Valley in Paterson New Jersey.

In the wake of what transpired in the media with Rev. Wright America has seemed so alarmed. For those who don't know who I'm talking about. Rev. Wright is Senator Obama's Ex-Pastor. While a certain faction of the world are calling for his lynching. God is calling for his up lifting. More Pastors should get mad to a point where they are willing to speak out and take some form of action and take a stand. In the 3rd God asks Ezekiel can these bones live. I'm reminded of a time when the church was the voice of the community. That's when the community was safe that's when people lives where changed.

Continued Pg. 10

Marriage Study Lesson 6

By Min. Debbie Price

Samson and His Women:**The Folly of Passion** ([Judges 13-16](#))

Introduction: Have you or your children made some bad decisions in marriage? Have you wondered if the way you raised your children contributed to problems in their marriages? Is "anger management" a problem in your marriage? This week we look at early life of Sampson and his "marriage" to discover how God can work through our bad decisions. Let's dive right into our story!

1. The Promise

1. Read [Judges 13:2-5](#). Imagine the excitement of Manoah's wife! What does God ask her to do and why? (He tells her that she must raise her coming son as a Nazirite because he "will begin the deliverance of Israel from the hands of the Philistines.")

1a. How proud would you be if an angel said this about your son?

1b. If the son is to be raised as a Nazirite, why does this involve Mom not drinking alcohol or eating anything unclean? She is not the one taking the vow! (This is a strong argument against abortion. God considers this son a Nazirite from the moment of conception. He tells the mother not to drink or eat anything inconsistent with the Nazirite vow so she will not be passing it along to her newly conceived child.)

2. Read [Judges 13:6](#). Why didn't the wife ask the angel for his credentials? (I'll bet you understand. She was overwhelmed by the moment. She is wishing she had asked to bolster the credibility of her story.)

3. Read [Judges 13:7-8](#). What did these parents want to know?

3a. What instructions had the wife been given about how to bring up their son? ([Judges 13:5](#) - don't cut his hair - as part of the Nazirite vow. For more information about taking the Nazirite vow read [Numbers 6:1-21](#). The instructions were a little thin.)

4. Read [Judges 13:9-14](#). What grade would you give the angel's answer?

4a. Is there more here than meets the eye? Can we conclude from this apparently

non-responsive answer that the righteousness of the mother is incredibly important in the raising of righteous children? (Consider in this regard the angel's conversation with Mary: [Luke 1:28-33](#).)

4b. How qualified do these parents feel to raise a special child?

4c. How qualified do you think they are? (They have the right attitude: they want to do it right!)

2. The Son and His Wife

1. Read [Judges 13:24-14:2](#). How would you react if you were Sampson's parents? (He is supposed to be "set apart to God," he is supposed to deliver "Israel from the hands of the Philistines." He is not supposed to be taking the hand of a Philistine in marriage!)

1a. Is this how arranged marriages are supposed to work? (Marriages were supposed to be negotiated by the parents. But, I feel confident that it was the parents who generally made the "executive decision," not the child.)

1b. What kind of picture are we getting of Sampson? (A mixed picture. The Holy Spirit is working in him. At the same time, he improperly treats his parents and his mission in life.)

1c. What do you think about Sampson's judgment about women? (The text says he merely "saw" her - this seems totally based on her appearance.)

2. Read [Judges 14:3](#). Was this marriage acceptable to Sampson's parents? (Read [Deuteronomy 7:1-3](#). One commentary suggested, based on this text, that it was not "unlawful" to marry a Philistine. On the other hand, [Exodus 34:16](#) says not to give your son a wife who will lead him to worship other gods. How could Sampson deliver his people from a group that was about to become part of the "family?")

3. Read [Judges 14:4](#). How do you explain this "behind the scenes" comment? Is it really God's will to violate His rules about marriage? Would God select a spouse just to create a fight? (This is an example of God working with our bad decisions to further his cause. Sampson should have been leading the fight to throw off the yoke of the Philistines ([Judges 13:5](#)).

God will truly bless those who come behind us if we teach them the truths about Jesus Christ.

Key Verse:

Hear, O Israel: the Lord our God is one Lord: and thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might. Deuteronomy 6:4-5

DAILY BIBLE READINGS

Mon. Deuteronomy 7:17-21, We Serve a Great and Awesome God.

Tues. Deuteronomy 7:22-26, The Lord Will

Help You Overcome Evil.

Wed. Deuteronomy 8:1-5, He Disciples Us Like

We Disciple Our Children.

Thurs. Deuteronomy 8:6-9, The Lord Brings Us

Good Things.

Fri. Deuteronomy 8:10-16, Disobedience Brings Destruction.

Sat. Deuteronomy 8:17-20, Our Ability Does

Not Bring About Good.

Sun. Deuteronomy 9:1-6, God Is the One Who

Brings About Good.

June 22, 2008

The Source of Our Success

Lesson Focus: Success and comfort may lead us to forget God.

'Enjoying God's Goodness'

Deuteronomy 8:7-9'

'Forgetting God's Goodness'

Deuteronomy 8:10-18

'Experiencing God's Wrath'

Deuteronomy 8:19-20'

Remember the One Who Blesses

After wandering in the wilderness for 40 years, Moses told the people they would enjoy prosperity in the Promised Land. But he reminded them that they should always keep God uppermost in their thoughts lest they become proud and lose His blessings.

The Lord has been good to us in many ways. Sometimes we're so caught up in our successes and prosperity that we forget their source. Therefore, we should continuously remind ourselves to praise God for all that He has done and is doing for us.

Beware that thou forget not the LORD thy God, in not keeping his commandments, and his judgments, and his statutes, which I command thee this day: Deuteronomy 8:11 KJV

DAILY BIBLE READINGS

Mon. Deuteronomy 31:1-8, God says Joshua Will Lead His People.

Tues. Deuteronomy 31:9-13, Moses Gives the Law to the Priests and Elders.

Wed. Deuteronomy 31:14-23, The Lord Tells Moses to Call for Joshua.

Thurs. Deuteronomy 31:24-29, Moses Says the People Will do Evil.

Fri. Deuteronomy 32:48-52, Moses Is Allowed to See the Promised Land.

Sat. Deuteronomy 34:1-8, Moses Dies.

Sun. Deuteronomy 34:9-12, God's Spirit Fills Joshua with Wisdom.

June 29, 2008

A Change for the Better

Lesson Focus: God is in control in times of transition.

'Announcing the Transition'

Deuteronomy 31:1-8'

'Beginning the Transition'

Deuteronomy 34:5-8a, 9.

Trust the One in Control

Before Moses died, he assured the Hebrews that God would protect them and give them prosperity in the promised land, though he could not enter Canaan with them. He then passed his authority over them to Joshua.

This was not an easy transition for the Hebrews. They had to fight many nations before they finally settled in Canaan. We also must struggle during many transitions in our own lives. Some of these struggles may severely test our faith in Christ.

Key Verse:

And the LORD, he it is that doth go

before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

Deuteronomy 31:8 KJV

DAILY BIBLE READINGS

Mon. Hebrews 4:1-5, Come to God and Rest in Him.

Comprehensive Bible Study
Used for Sunday Morning Bible School

June 1, 2008

Moments to Remember

Lesson Focus: Remember what God has done in your life.
‘Blessings Lost’
Deuteronomy 1:41-46
‘Blessings Underserved’
Deuteronomy 2:1-8a

Remember the Benefits Package

The Psalmist has told us to “Praise the LORD, O my soul, and forget not all his benefits” (Ps. 103:2). God has a multitude of benefits that He delights in giving His children in accordance with His grace (John 10:10). When we remember His goodness with thanksgiving, our lives will express “thanks-living.”

Key Verse:

For the Lord thy God hath blessed thee in all the works of thy hand: He knoweth thy walking through this great wilderness: these forty years the Lord thy God hath been with thee; thou hast lacked nothing.
Deuteronomy 2:7

DAILY BIBLE READINGS

Mon. Deuteronomy 5:1-7, Moses Tells the People the Commandments.
Tues. Deuteronomy 5:8-10, Do Not Worship Idols.
Wed. Deuteronomy 5:11-15 Do Not Misuse His Name; Observe the Sabbath.
Thurs. Deuteronomy 5:16-21 Moses Completes the List of Commandments.
Fri. Deuteronomy 5:22-27, Listen to All the Lord Says.
Sat. Deuteronomy 5:28-33, Walk in the Way of the Lord.
Sun. Matthew 22:35-40, The Greatest Commandment.

June 8, 2008

The Value of Values

Lesson Focus: God’s people need His value system.
‘Relationship with God’
Deuteronomy 5:6-14a

‘Relationships with Each Other’
Deuteronomy 5:16-21

Thanks, I Needed That!

We must trust that God always has our best interest at heart. And when we truly come to believe that, we can actually be happy, contented, and thankful to remain within His protective rules.

Key Verse:

O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children forever!
Deuteronomy 5:29

DAILY BIBLE READINGS

Mon. 6:1-3, Deuteronomy 6:1-3, These Commands Will Help You Enjoy Life.
Tues. Deuteronomy 6:4-9, Make These Commands Part of Your Daily Life.
Wed. Deuteronomy 6:10-19, Our Lord is a Jealous God.
Thurs. Deuteronomy 6:20-25, God Wants Our Obedience.
Fri. Deuteronomy 7:1-6, You Are God’s Treasured Possession.
Sat. Deuteronomy 7:7-10, God Is a Faithful God.
Sun. Deuteronomy 7:11, Take Care to Follow the Commands God Gives.

June 15, 2008

Passing the Torch

Lesson Focus: God’s truth must be passed on to the next generation.

‘Giving God Our Love’
Deuteronomy 6:1-9
‘Declaring What God Has Done’
Deuteronomy 6:20-24

The Best Instruction

After Moses told the Hebrews to keep God’s Commandments, he exhorted them to bring up their children on these laws as well. If God’s people remained obedient, they would prosper in Canaan, the Promised Land.
We will do well if we also follow Moses’ admonition. More importantly,

Instead, he is hanging around them and ogling their women. God uses Sampson’s poor choices because to further His cause.)

4. Read [Judges 14:5-7](#). What does this confirm about Sampson’s basis for picking this woman to be his wife? (He had not even spoken with her before.)

4a. Who enabled Sampson to defeat the lion? (“The Spirit of the Lord.” This opens my eyes. For some reason, I generally think that angels give us physical protection and the Holy Spirit gives us understanding of God’s will. With this division of duties, when I pray to God for help with legal arguments, who should I ask for? This shows the Holy Spirit is not limited to being the “Comforter,” and a “revealer.” The third-person of the God-head is a “lion-killer” too!)

5. Read [Judges 14:8-9](#). This account tells us more than meets the eye. Is this as simple as eating a candy bar? (No! Remember, Sampson is supposed to be a Nazirite and they ([Numbers 6:6](#)) “must not go near a dead body.” This clearly shows that Sampson is very lax obeying God.)

6. Sampson, as the groom, fulfills his feast obligations. The wedding week begins and Sampson challenges his 30 Philistine companions. Read [Judges 14:12-14](#). Do you know the answer?

7. Read [Judges 14:15-17](#). The Philistines are obviously “nice people.” Do you blame Sampson’s new wife for her actions? What would you have done if you were Sampson’s wife?

7a. The marriage starts out terribly. What is the root cause of the problem in their marriage? (Marrying someone outside of God’s people.)

8. Read [Judges 14:18-19](#). What does Sampson mean when he says, “if you had not plowed with my heifer?” (They used his wife unfairly to learn the answer to the riddle.)

8a. Since Sampson realizes they have acted unfairly, why does he pay them? (Perhaps he is still concerned about the threat to his wife.)
8b. With whom is Sampson angry? (Most likely his wife. If he were angry with the 30 guys, then he could have killed them, instead of killing the Philistines from Ashkelon.)

9. Read [Judges 14:20](#). Sampson’s parents were not wild about this marriage. What attitude do the girl’s parents seem to have about it? (The father gives her in marriage to one of the 30 Philistines to be his wife!)
9a. Surely the father realizes that Sampson has been treated unfairly by his daughter and the 30 Philistines. Why would he make the problem permanent by marrying his daughter to someone else?

10. Read [Judges 15:1-2](#). Why do you think the “father-in-law” offers another daughter to Sampson?

11. Read [Judges 15:3-5](#). Think about what has happened. Is it “fair” for Sampson to attack the crops of the Philistines? Who is really the source of his grievance? (His “father-in-law.”)

11a. Why would he attack the crops in this fashion? (I think he has a perverted sense of “fun.” PETA would not be happy. Of course, neither were the Philistines as we will see.)

12. Read [Judges 15:6](#). Sampson might not have been able to pinpoint the source of his problem, but the Philistines could. What does this teach us about the character of the Philistines and why God had decided to execute judgment on them?

3. Lost Opportunities

1. Judges 15 records that Sampson retaliated, the Philistines responded, and Sampson ended up killing 1,000 Philistines. Israel made Sampson its leader, but he continued to be attracted to the wrong kind of women. In the end, Sampson’s weakness for women, his failure to follow God’s law, causes him to be captured by the Philistines. Let’s pick up the story in [Judges 16:21](#). How has life ended up for Sampson?

1a. Why would they blind him? (No doubt to make him less dangerous. Consider that the “lust of the eyes” has led him to where he is now. He loses his eyes.)

2. Read [Judges 16:23-30](#). Sampson ends up being a “suicide warrior.” He is more successful in death than in life. What a lost opportunity! What would you say was the central weakness in Sampson’s life which brought him to this low point?

CONTINUED ON PAGE 14

CHRISTIAN DISCIPLESHIP Part VI The Resurrection

AND JESUS CAME AND SPOKE TO THEM, SAYING,
"ALL AUTHORITY HAS BEEN GIVEN TO ME IN
HEAVEN AND ON EARTH. MATTHEW 28:18 NKJV

When the Lord Jesus died on the cross, Satan and his followers thought they had achieved a great victory. But they were never more mistaken. After three days, Jesus rose from the grave with mighty triumph over Satan and the power of darkness.

Jesus Rose from the Grave!

MATT. 28:1-8, MARK 16:1/4

LUKE 24: 8-12, 36-43,

JOHN 20: 26-29, 21:6-14

The Lord Jesus appeared on earth for forty days after his resurrection. He was seen by many people. The bible records ten of more times when Jesus appeared to His people. On one occasion, he appeared over 500 believers at one time. The people to whom Jesus appeared had no doubts about his being alive. They saw him and talked with him personally they knew that He was alive!

Jesus Ascended Back into Heaven!

MATT. 28:16-18

What an amazing statement this is! Just days before Jesus had died a shameful death on a roman cross. Now as the risen Christ he tells his disciples that He has been given all power in heaven and in the earth.

MATT 28:19 MARK 16:15

The word "Gospel" means "Good news". The "Good News" is that Christ died for our sins and rose again from the dead to be our living savior. Jesus told His disciples to preach this good news to every person. Jesus then gave them a wonderful promise.

MATT. 28:20, MARK 16: 19-20,

LUKE 24: 50-53

God Made Jesus Lord of All!

The Bible tells us that, when Jesus returned to heaven, God the Father gave Him the place of the Greatest honor. He set the Lord Jesus at his own right hand. He made Jesus Lord of all!

The position given to the Lord Jesus Christ is far above that of anyone or any spiritual power

in the universe.

EPHSAIANS 1: 22-23

This means that every creature is under His authority. Jesus Christ has all power in heaven and earth.

God Sent the Holy Spirit!

JOHN 14:16-18 NKJV

AND I WILL PRAY THE FATHER, AND HE WILL GIVE YOU ANOTHER HELPER, THAT HE MAY ABIDE WITH YOU FOREVER --

THE SPIRIT OF TRUTH, WHOM THE WORLD

CANNOT RECEIVE, BECAUSE IT NEITHER SEES

HIM NOR KNOWS HIM; BUT YOU KNOW HIM, FOR

HE DWELLS WITH YOU AND WILL BE IN YOU.

I WILL NOT LEAVE YOU ORPHANS; I WILL COME TO YOU.

The Bible had said that the Holy Spirit would not be given until Jesus was glorified.

JOHN 7:38-39, ACTS 2:1-4, 17-18, 36

The Holy Spirit had come: therefore the disciples knew that Jesus Christ had been glorified and that he was now Lord of all. From this time forth, the disciples had great power.

The man Jesus Christ, whom they knew so well, was now on the throne of heaven. He was reigning as Lord of all, and he was their friend and their Lord. They went everywhere telling others about Christ.

Jesus Christ the Head of a New Place!

God the father has not only made Jesus Christ to be Lord of all, but he has also made him to be the head of a new family. This new family is called "The children of God".

Now there are two families in the world. Each of those families has a head. Adam is the head of the sinful family which he produced, and Jesus Christ is the head of the new family called the children of God.

We must be born again. Each one of us, when we were born, we became a member of Adam's sinful race. Not a single person in Adam's sinful family is acceptable in God's sight. Not one person in Adam's race is righteous in God's sight. Not one person in Adam's family has met God's standard.

ROMAN 3: 10-26

How can we get out of Adam's sinful family and into Christ's family?

II Corinthians 5:17

You don't dwell on the past but hold onto today. The past is just a testimony to the greatness of Jesus (God) and how you can be a witness to a brother or sister on the greatness and love of God.

Ephesians 6:1-3

To let go of the finger of Christ because life is treating you good, will only bring trials by the evil one. You must learn to always hold onto Christ. He is your life jacket in a storm, your hope in times of trouble, your escape in times of distress.

Matthew 5:48

Being the good Christian isn't always easy. But the other side of that coin can get hot (hell) if you practice this thing called Christianity you can make it. But you have to be the example for every one else. You may be saying that you can't be that example. But if you want your family, children, grandchildren to follow Jesus you have to make that first move. But remember this you are you, God created you to be you. This is not a competition you have your calling like I have mine, and the next person his, all different yet all serving the same spirit and purpose.

I Corinthians 15:45-49

Proverbs 22:6

As little Azariah held onto a finger not being able to see, yet holding on to a voice with words that awaken the spirit in him. As we hear God's word it should awaken our spirit. It should breath life into us. The world looks to god's they can touch and feel. They follow their emotions and feeling off into the wilderness of life. Real Christians should hold onto the Word of God, not being lead astray by every new movement but by the Word and the word only. To hear the word is truly a beautiful thing. My spirit jumps as Elizabeth and Mary's did when they came in contact with each other.

As little Azariah did when I read the word to him. That is truly our nature, to hold onto God and follow him with all our heart, soul, and strength.

If we hold on to Christ Jesus our purpose becomes so simple, our purpose in life becomes simple; our service to God becomes simple. The narrow path isn't so narrow now, because we're not going off of it. So we're focused on the Lord, holding on to him as he adjusts the dials of our life and monitors our being to bring about Glory for the Father.

Mark 10:52

And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way.

So lets glorify God the Father, Let's Glorify the Son, Let's Glorify the Holy Ghost!!! Let's hold onto Jesus as we bring glory to Him.

Philippians 2:15

That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

By
Overseer William Henry



All Glory to God

God is calling again for his people to speak out against these unjust situations. On another occasion Jesus said in Mark 11:23 *"For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith"*. Jesus is only reaffirming what God said speak life to the situation and then He (being God) will act. But you have to speak to those things as if they are so. Tell the blind that they can see. Tell the lame that they can walk. Tell the poor to say I am rich. Tell the sick to say I am healed. Speak life to these situations, speak life to these circumstances.

Somebody is in a relationship and it seems dead speak life to it. Somebody has an issue God saying speak life to it. God is calling for all his people from the pulpit to the pews to speak life. Speak life to the drug addict speak life to the drunk, speak life to the homeless, church its time we begin to speak life. Jesus did in John 11:43 *"And when he thus had spoken, he cried with a loud voice, Lazarus, come forth."* Now someone is saying that was Jesus but John 14:12-14 *"Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. 13 And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. 14 If ye shall ask any thing in my name, I will do it."* God is saying to us in the 3rd verse. Be radical Church its time that we become radical. Again we have been preconditioned that being radical is bad. But by their own definition radical is defined as *"favoring basic change in economics and economic structure."* Speak life to the drug dealer tell him he can be productive in society tell him he just needs to change his product. He needs to be selling insurance he needs to be selling stocks. Speak out against the unfair banking practices, Speak out against the inability to acquire a loan. But I'm not professing that you speak out to the

Government speak to God. Time out from speaking to society, start speaking to the Son. No longer should we be calling on our homeboys and girls call upon Gods Holy Spirit. I'm just telling you what the word of God says and the 5th verse didn't he say *prophesies and I will cause a Revival* the word is used to

signify being *"made alive,"* to be *"comforted, refreshed."* Somebody needs to be speaking to God about their broken home. Someone needs to be speaking out to God about the broken relationship with their children. Someone needs to be speaking out to God about that tore up from the floor up relationship on their job.

Isaiah 55:11 *So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.*

Somebody is saying well I've been praying and praying and God hasn't answered yet. Well I'm sure that I can help you with that didn't James 4:3 *Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.* And that the problem we are to busy trying to tell God what we want instead of telling him what he said he would do. Didn't he say *that he would heal all manner of diseases?* Didn't he say *that by his strips I am healed?* Didn't he say *that no weapon formed against me shall prosper?* Somebody needs to say Lord do it for me right now. I don't now how you gonna do it. I don't know when you gonna do it, but do it for me right now. Psalms 30:5 *that weeping may endure for a night but joy comes in the morning light.* And I come by to speak life to you 2 Cor 4:8-9, *We are troubled on every side, yet not distressed; we are perplexed, but not in despair; 9 Persecuted, but not forsaken; cast down, but not destroyed; 1 John 4:4 greater is he that is in you, than he that is in the world.* Somebody needs to know that while I was looking for the power in the text to preach I found it in the name Ezekiel *"God will strengthen,"*

Sermon Notes of Pastor Brian Nazareth of Ser-Free Ministries, Atlanta, GA. (below) as Preached to the Assembly Holy House of Prayer, SPIRITUAL REVIVAL, April 18, 2008.



(Mom) Reverend Mary Nazareth, Pastor Brian Nazareth & (Sister) Grand Deleon

There is only one way. We must be born again. JOHN 3:3

It means to be born into God's family by a spiritual re-birth. We cannot be born again physically, but we can be born again spiritually. The new birth is God's work in response to the true repentance and saving faith on our part.

Jesus Christ has All Power in Heaven and Earth!

HE IS LORD OF ALL.

FAITH'S CHECKBOOK
A TREASURY OF DEVOTIONALS
BY G.H. SPURGEON

DRAWING NEAR TO GOD

"DRAW NIGH TO GOD, AND HE WILL DRAW NIGH TO YOU" (JAMES 4:8).

THE NEARER WE COME TO GOD, THE MORE GRACIOUSLY WILL HE REVEAL HIMSELF TO US. WHEN THE PRODIGAL COMES TO HIS FATHER, HIS FATHER RUNS TO MEET HIM. WHEN THE WANDERING DOVE RETURNS TO THE ARK, NOAH PUTS OUT HIS HAND TO PULL HER IN UNTO HIM, WHEN THE TENDER WIFE SEEKS HER HUSBAND'S SOCIETY, HE COMES TO HER ON WINGS OF LOVE. COME THEN, DEAR FRIEND, LET US DRAW NIGH TO GOD WHO SO GRACIOUSLY AWAITS US, YEA, COMES TO MEET US.

DID YOU EVER NOTICE THAT PASSAGE IN ISAIAH 58:9? THERE THE LORD SEEMS TO PUT HIMSELF AT THE DISPOSAL OF HIS PEOPLE, SAYING TO THEM, "HERE I AM." AS MUCH AS TO SAY - "WHAT HAVE YOU TO SAY TO ME? WHAT CAN I DO FOR YOU? I AM WAITING TO BLESS YOU." HOW CAN WE HESITATE TO DRAW NEAR? GOD IS NIGH TO FORGIVE, TO BLESS, TO COMFORT, TO HELP, TO QUICKEN, TO DELIVER. LET IT BE THE MAIN POINT WITH US TO GET NEAR TO GOD. THIS DONE, ALL IS DONE. IF WE DRAW NEAR TO OTHERS, THEY MAY BEFORE LONG GROW WEARY OF US AND LEAVE US; BUT IF WE SEEK THE LORD ALONE, NO CHANGE WILL COME OVER HIS MIND, BUT HE WILL CONTINUE TO COME NEARER AND YET NEARER TO US BY FULLER AND MORE JOYFUL FELLOWSHIP.

FAITH'S CHECKBOOK
A TREASURY OF DEVOTIONALS
BY G.H. SPURGEON

LEAD THE WAY

"THE LORD SHALL MAKE THEE THE HEAD, AND NOT THE TAIL" (DEUTERONOMY 28:13).

IF WE OBEY THE LORD, HE WILL COMPEL OUR ADVERSARIES TO SEE THAT HIS BLESSING RESTS UPON US. THOUGH THIS BE A PROMISE OF THE LAW, YET IT STANDS GOOD TO THE PEOPLE OF GOD; FOR JESUS HAS REMOVED THE CURSE, BUT HE HAS ESTABLISHED THE BLESSING. IT IS FOR SAINTS TO LEAD THE WAY AMONG MEN BY HOLY INFLUENCE: THEY ARE NOT TO BE THE TAIL, TO BE DRAGGED HITHER AND THITHER BY OTHERS. WE MUST NOT YIELD TO THE SPIRIT OF THE AGE, BUT COMPEL THE AGE TO DO HOMAGE TO CHRIST. IF THE LORD BE WITH US, WE SHALT NOT CRAVE TOLERATION FOR RELIGION, BUT WE SHALL SEEK TO SEAT IT ON THE THRONE OF SOCIETY. HAS NOT THE LORD JESUS MADE HIS PEOPLE PRIESTS? SURELY THEY ARE TO TEACH AND MUST NOT BE LEARNERS FROM THE PHILOSOPHIES OF UNBELIEVERS. ARE WE NOT IN CHRIST MADE KINGS TO REIGN UPON THE EARTH? HOW, THEN CAN WE BE THE SERVANTS OF CUSTOM, THE SLAVES OF HUMAN OPINION?

HAVE YOU, DEAR FRIEND, TAKEN UP YOUR TRUE POSITION FOR JESUS? TOO MANY ARE SILENT BECAUSE DIFFIDENT, IF NOT COWARDLY. SHOULD WE ALLOW THE NAME OF THE LORD JESUS TO BE KEPT IN THE BACKGROUND? SHOULD OUR RELIGION DRAG ALONG AS A TAILS? SHOULD IT NOT RATHER LEAD THE WAY AND BE THE RULING FORCE WITH OURSELVES AND OTHERS?

Assembly Holy House of Prayer

62 Arch Street
Paterson, NJ 07522
Penns Grove, NJ 08069
Founders / Senior Pastors / Apostles
Apostle Joseph T. Robinson Sr.
Prophetess Laura L. Robinson
Paterson & Penns Grove

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

honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune systems	Combats cancer	Protects your heart	Strengthens respiration	Helps hemorrhoids
peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
sweet potato	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune sys	

Aggravates diverticulitis:
Pores in Colon become clogged

apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
chili peppers	Aids digestion	Softens sore throat	Clears sinuses	Combats Cancer	Boosts immune system
figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria

Absolutely the Best Chart in Years by Internet