



**EDITOR'S WORDS: GLORIA JEAN WOODARD**

**LAUGHTER:** To have the joy of the Lord is to have the strength of the Lord. Laughter is good medicine. The Amplified Bible says, "A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones" Prov.17:22.

I was around some young people the other day and they brought so much joy to my life. I know the Word says, "Don't you see that children are God's best gift? The fruit of the womb his generous legacy?" Ps. 127:3 TMB.

The 5th verse says, "Happy is the man that hath his quiver full of them;" meaning blessed, fortunate, joyful ...

It is so astounding when your children/

young adults and their friends are able to share their time with you at the same time in the same place. Now just think of one having his quiver full, in one household without arguing and confusion. These are moments that are price-



less. I see my household of having more young friends than

old ones. They keep us young. They keep life glowing, give laughter to the heart, especially when they and their friends are comfortable around you.

Yes, I know at times we go



through phases with our children that seem to bother us. You know those times of disobedience, defiance, of anger. These are the times when "foolishness are bound in the heart of a child".

But the flip side is when the Word says, "but the rod of correction shall drive it far from him" Prov.22:15. They will be foolish at times, "but God...!" When we rely on God, He teaches us all with gentle timing, as what we are to do and how we are to react.

But this is the day I rejoice, when God takes full control over our kids; when He is the One leading them.

*Prov.23:15, My son, if thine heart be wise, my heart shall rejoice, even mine. Yea, my reins (heart) shall rejoice, when thy lip speak right things. V24-25, The father of the righteous shall greatly rejoice: and he that begotten a wise child shall have joy of him. Thy father and thy mother shall be glad, and she that bare them shall rejoice.*

I have laughter within, a merry heart, and gladness. The joy of the Lord is truly my strength.  
**GOD BLESS !**

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**HOW IMPORTANT IS SPIRITUALITY TO GOOD HEALTH?**

The Bible talks about the body as a temple and you're supposed to take care of the temple so it can serve you and God. One physician says, when you have a good spiritual well-being, your mind is quiet; at peace. And when your mind is quiet, your body is able to fight off disease and take care of you. When the mind is disturbed, it takes away from the body's ability to do what it does best.

Our mental state certainly has a huge impact on our physical health. If we constantly stay angry, stressed, sad, or depressed, medical experts say we open ourselves to a host of health problems (high blood pressure, heart disease, diabetes, digestive disorders, ulcers, migraines, insomnia, even cancers), or make those conditions worse.

The mind-body connection is extremely strong and very powerful. Our thoughts and our beliefs affect our entire immune system—our blood pressure, our fertility, and everything that it means to be a biological human being. Whether you believe in the power of prayer or positive thought, health experts say a change occurs in our bod-

**CON'T: HOW IMPORTANT IS SPIRITUALITY TO GOOD HEALTH**

ies when we share our innermost thoughts with God. Our immune systems gets a boost. Our brain releases chemicals that serve as natural pain killers and mood enhancers. Our blood pressure decreases; stress and anxiety are reduced. Studies have shown even how intercessory prayer (praying for someone other than yourself), speed the recovery time and reduced complications in people who were ill as well as your own physical body.

- **Exodus 23:25** And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.
- **Proverbs 3:7-8 (NLT)** Don't be impressed with your all wisdom. Instead, fear the Lord and turn your back on evil. Then you'll gain renewed health and vitality.
- **Proverbs 15:15** When a man is gloomy, everything seems to go wrong; when he is cheerful, everything seems right.
- **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
- **III John 2** Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

The answer to feeling well again simply comes down to going back to God's Words. In all your ways acknowledge Him, and He shall direct your paths-Proverbs 3:6 (Also read v13-18).

**God Bless!**

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**"A LITTLE HUMOR"****Sunday Service**

A minister was planning a wedding at the close of the Sunday morning service. After the benediction he had planned to call the couple down to be married for a brief ceremony before the congregation. For the life of him, he couldn't think of the names of those who were to be married. "Will those wanting to get married please come to the front?" he requested. Immediately, nine single ladies, three widows, four widowers, and six single men stepped to the front.

(Well Well!) 😊

**Speeding vs. Fishing**

A man was speeding down the highway, feeling secure in a gaggle of cars all traveling at the same speed. However, as they passed a speed trap, he got nailed with an infrared speed detector and was pulled over. The officer handed him the citation, received his signature and was about to walk away when the man asked, "Officer, I know I was speeding, but I don't think it's fair. There were plenty of other cars around me going just as fast, so why did I get the ticket?" "Ever go fishing?" the policeman suddenly asked the man. "Ummm, yeah... so," the startled man replied. The officer grinned and added, "Ever catch ALL the fish?" 😊  
(Oh No!)

**Smart Grocer**

A customer at Green's Gourmet Grocery marveled at the proprietor's quick wit and intelligence.

"Tell me, Green, what makes you so smart?"

"I wouldn't share my secret with just anyone," Green replies, lowering his voice so the other shoppers won't hear. "But since you're a good and faithful customer, I'll let you in on it. Fish heads. You eat enough of them, you'll be positively brilliant."

"You sell them here?" the customer asks.

"Only \$4 apiece," says Green.

The customer buys three. A week later, he's back in the store complaining that the fish heads were disgusting and he isn't any smarter.

"You didn't eat enough, " says Green. The customer goes home with 20 more fish heads. Two weeks later, he's back and this time he's really angry.

"Hey, Green," he says, "You're selling me fish heads for \$4 apiece when I can buy the whole fish for \$2. You're ripping me off!" "You see?" says Green. "You're smarter already."

(Ah Ha!) 😊

**Give Him A Strong Warning**

On a street, where the speed is limited to 30 mph the police stop a driver.

"Not only have you been driving too fast, you've been passing cars where it is not allowed. Your lights don't work, your tires all completely worn out. This is surely going to cost you a lot. What's your name?"

"Schrathewisizeski Vocgefastilongchinic."

"Well, I'll let you go this time but don't do it again."

(Did You Get It?) 😊

## PRAYER:

Thank you Father for being Lord and Savior in my life. Forgive me of my sins and renew a right spirit in me. Fill me O Lord!

So glad to wake up to a day that is not going to be hectic because as You fill this day with Your precious promises, I'm bound to get at least ONE!

Devil, you cannot perturb me! You cannot render me defenseless because you are under my feet. The joy of the Lord is my strength today. Heaviness will not be in my heart to make me stoop but a good Word will make me glad (Prov.12:25).

My spirit is alive because of the

Spirit of the Living God within me, who serves as my umpire.

I praise You with my lips and stretch forth my hands in adoration. A song of gladness brings a solo to my voice and I am humbled when Your Spirit engulfs me. O Lord I love being alive to smell the flowers, to feel the breeze, to hear the sound of Your voice, saying, "Child I am pleased!"



Father I delight in how You gently awaken me and how life begins to unravel just for me.

As I write this prayer, use it to bring a calmness in the day of the reader; joy in their spirit to be alive and to know that the purpose of the day is seeking a peace with You. Calm the tenseness in their bodies; the ache in their joints; the stiffness in their movements that the things of this world will not possess them but they will possess life. Sometimes you calm the storm and other times You allow the storm to rage, and calm us. Thank You Father for Your exact Way! My focus is on You! For as Jer.29:11 says, "For I know the thoughts that I think toward you... thoughts of peace, and not of evil, to give you an expected end." In Jesus' Name! **Amen! Amen! Amen!**

## CON'T: A LITTLE HUMOR

### The Baptist Dog

A Baptist couple decide that they want to get a dog. As they are walking down the street in town, they notice that a sign in the pet shop is advertising "Christian Puppies." Their interest piqued, they go inside.

"How do you know they're Christian puppies?"

"Watch," says the owner, as he takes one of the dogs and says, "Fetch the Bible." The dog runs over to the desk, and grabs the Bible in its mouth and returns. Putting the Bible on the floor, the owner says, "Find Psalm 23"

The dog flips pages with its paw until he reaches the right page, and then stops. Amazed and delighted, the couple purchase the dog and head home.

That evening, they invite some friends over and show them the dog, having him run through his Psalm 23 routine. Impressed,

one of the visitors asks "Does he also know 'regular' commands?" "Gee, we don't know. We didn't ask," replies the husband.

Turning to the dog, he says, "Sit." The dog sits. He says, "Lie down." The dog lies down. He says "Roll over." The dog rolls over. He says "Heel." The dog runs over to him, jumps up on the sofa, puts both paws on the owner's forehead and bows his head.

"Oh look!" the wife exclaims. "He's Pentecostal!" (Top That!) 😊

### WHAT AM I SUPPOSE TO LEARN?

Balance is the key Word to you today! Is your life so stressed and work oriented, bogged with the circumstances that seem to overwhelm you? God shows me that there needs to be balance. Balance is simply your mental stability of the order of the tasks ahead; making sure you're not

too far on the right or too far on the left, to the point that you're overwhelmed and in over your head. When it's like that, I have to "take a break." I know a lot of times I need a nap and don't take one and I push my body to get through. Well that's not good. God lets you know when to turn in another direction: you have tired eyes, pain in the back area, feet and legs swell, shoulders hurt etc. All clue signs to heed.

God gives us warnings when we have to re-adjust our lives in order to live the life He has given in abundance. Just think about it and don't be hard-headed about it, because when you're dead and gone, life will still flow on as usual and the work you couldn't tear away from is no more. So I'm learning to go to the movies, be with my family, take time off when I really don't want to, and most of all laugh. Your life is worth you living it joyously!

**Be Blessed!**

**POWER IN THE WORD**

For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:12

**My MISSION:** Reach and encourage others in letting you know that God is able to do the impossible.

**My VISION:** Articles to be written in a Book to inspire others.

FOR 2010

**IT CAN HAPPEN**

How much more shall your Father which is in heaven, give good things to them that ask him? Matthew 7:11b

**My MISSION:** Use the God-given gifts for His glory!

**My VISION:** Teach others to reach for those God-given gifts in them!

**LEARNING HEALING SCRIPTURES**

1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK
<p><b>FOR I WILL RESTORE HEALTH UNTO THEE, AND I WILL HEAL THEE OF THY WOUNDS, SAITH THE LORD.</b></p> <p>Jer.30:17</p>	<p><b>HE HIMSELF BORE OUR SINS IN HIS BODY ON THE TREE, SO THAT WE MIGHT DIE TO SINS AND LIVE FOR RIGHTEOUSNESS; BY HIS WOUNDS YOU HAVE BEEN HEALED.</b></p> <p>1 PETER 2:24</p>	<p><b>BLESS THE LORD, OH MY SOUL: AND ALL THAT IS WITHIN ME, BLESS HIS HOLY NAME. BLESS THE LORD, OH MY SOUL, AND FORGET NOT ALL HIS BENEFITS-- WHO FORGIVES ALL YOUR SINS AND HEALS ALL YOUR DISEASES.</b></p> <p>PSALM 103:1-3</p>	<p><b>HE SENT HIS WORD, AND HEALED THEM, AND DELIVERED THEM FROM THEIR DESTRUCTIONS.</b></p> <p>PSALM 107:20</p>

Meditate on these for 30 days. Get them into your heart.

"Our bodies communicate to us clearly and specifically, if we are willing to listen.."

Shakti Gawain

Dates to Remember - July 2010

JULY 4 Independence Day

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**QUIZ: JESUS—THE WAY, THE TRUTH, AND THE LIFE"**

- Name, according to John 14:6, three things that Jesus is.
- What does the name Immanuel mean? Practicing his trade
- According to Acts 4:12, there is only one name by which we can be saved. What name is that?
- Matthew 26:28 teaches us that there was a specific reason for Christ's death. What was that reason?
- Hebrews 4:14-15 provides us with the reason why Jesus Christ is qualified to serve as the sacrifice for
- our sins. What is that reason?
- What did Peter say in 1 Peter 2:21-22 about Jesus?
- In 1 John 2:2, John speaks of Christ as a "propitiation." What is a propitiation?
- What, according to 1 Timothy 2:4, does God want?
- What two rhetorical questions did Jesus ask in Mark 8:36-37?
- What was Christ teaching when He asked the two rhetorical questions in Mark 8:36-37?

**VERY HAPPY:** Unscramble the verbs (words showing action) below to solve the puzzle. How John responded to Good News about Gaius. Happy solving! 3 John 1

- |            |              |
|------------|--------------|
| 1. AGTYRLE | 5. SNIETWS   |
| 2. EMCO    | 6. OISLIMUCA |
| 3. NYOREUJ | 7. TOCNET    |
| 4. DYLOG   | 8. REDLE     |

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John did this for enthusiasm

ANSWER: \_\_\_\_\_

ANSWERS:  
 1. The Way, The Truth, and The Life! 2. God With Us! 3. Jesus 4. For the remission of sin 5. He was without sin 6. He left us an example, He did no sin, and no guile was found in His mouth. 7. Our substitute, our satisfaction 8. To have all men saved and come into the knowledge of truth. 9. For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul? 10. That the soul was worth more than the whole world and to lose it would be an eternal loss. Man could not give anything in exchange for his soul.

ANSWER: Rejoiced