

SHE SPEAKS! eMagazine

The Prophetic Voice for Victory

10 Qualities Of A Man!

7 Health Benefits of Green Tea

Developing the Characters of A Man!

Should Good Girls Attract Men
Or Just Be Themselves?

6 Ways Anyone Can Lose Pounds
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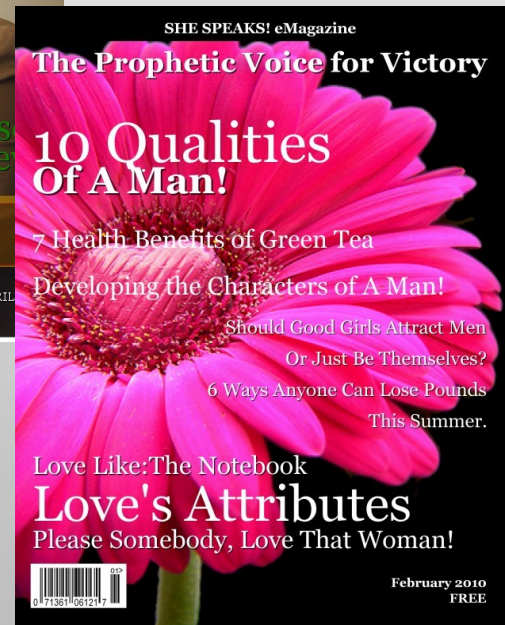
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FROM THE DESK OF THE EDITOR

ARE YOU READY FOR A FRESH BEGINNING? If you want something different in your life, then you have to do something different. I know you heard that before but let me tell you what that something different is: a word & not just any word but a *Rhema* Word from God.

WORDS ARE LIFE! They awaken, faith, hope and purpose. They offer direction and ignite passion and fortitude. Words are also death if the word you receive isn't from the word of God or even misinterpreted.

Jesus said, "Man shall not live by bread alone but by every word (RHEMA) that proceedeth out of the mouth of God" (Matthew 4:4). For you and I to have a new beginning in our lives and ministries we need, Rhema, life-giving revelation. When it happens, then faith comes. And when faith comes, faith brings with it everything you need to enter a new season in life.

Here at The Prophetic Voice for Victory we pray continually for readers to receive fresh revelation of who they are in Christ and what they can do through Him.

We hope that you will be inspired by all that is offered in the eMagazine. WHY an eMagazine versus a print magazine, because print will soon be obsolete and with technology constantly improving, print will just be an individual option.

Your input is an important part of what we do. We look forward to your letters and comments about how this eMagazine is helping to stir the spirit in you.

Your Partner,

Monique R. Marshall-Johnson

THE PROPHETIC VOICE FOR VICTORY

VOLUME 2 * ISSUE 1

February 2010

THE PROPHETIC VOICE FOR VICTORY is a media platform for the prophetic voice. We are consistently pulling on God to bring truth that will revolutionize and impact our readers lives.

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EDITOR-IN-CHIEF

Monique R. Marshall-Johnson

CONTRIBUTING WRITERS

Herb Spencer Jr.

Robert Randle

Steve Billesberger

Kendall Ficklin

Lisa Copen

Pat Wagner

Willetta Pilcher

COVER ART DESIGN

Glory Enterprises Unlimited Publications

DIRECTOR OF ADVERTISING

Monique R. Marshall-Johnson

MAGAZINE EDITING

Renee M. Marks

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EDITORIAL INQUIRY:

Have a question? Send your letters to:

THE PROPHETIC VOICE FOR VICTORY,
P.O. Box 9508., Baltimore, Maryland 21237 or send email to editor at shespeaks3@aol.com.

For change of address or email send email to shespeaks3@aol.com.

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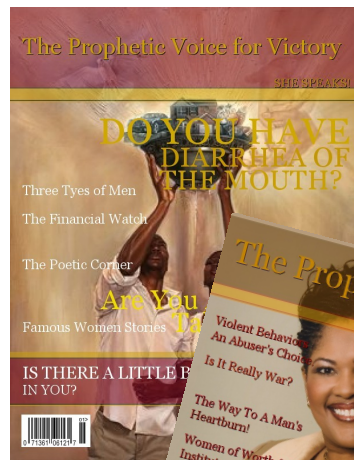
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She Speaks!

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Poetic Inspiration With Herb Spencer Jr.

You've heard the Voice! This awesome man of God, Herb Spencer Jr, is the one of the top leading voices on Gospel Radio-Heaven 600 AM.

He is known as "The Golden Voice, The Poetry Man" of "Inspiration of Praise" which sponsors the "Poetry Corner Speak out".

It is his hope to entertain, encourage, and inspire you, but most of all create a closer relationship with you as a brother in Christ.

Sorry ladies, but he is married with children to wife and partner Michelle Denise Spencer. Together, they have 6 children (5 girls and 1 boy) and Herb is a grandfather of 2 girls and 1 boy.

He has been in radio since 1982. he sang professionally for magic Glass (R&B), Crowns of Glory Gospel Choir and now for Huber Memorial Church.

Let's celebrate Him as he shares from his heart poetry to inspire the soul!

*"The Man with the
Golden Voice~The
Poetry Man of
Heaven 600 AM"*



"The Poetry Man!"

The Man With The Sax In His Hand

Not Just An Ordinary Man

Under this chocolate coated shell lies a bold but gentle soul.

A man who knows what he wants, but not always sure how to achieve it.

Now what makes him so special, its not just the sexy voice, or relaxed manner.

Though inside of him is the heart of a lion, a man who knows he is a King.

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He's every woman's man and everything other men want to be.

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This is what makes him more then and Ordinary Man.

Check out more of Herb's poetry at International Poet Society www.poetry.com.

In the fields, in the valley and in the air

There is a sound a melody so sweet

A sound so peaceful and sometimes heavenly

A rhythm so simple yet so divine and grand

It's the sound of the man with the sax in his hand

A family man influenced by those who came before

With seeds that germinated rooted so deep

That it was meant to be as it is a branch

There was no doubt that it was part of the plan

For the man with the sax in his hand

Inspired by tradition, synthesized and fused

Uniquely expressed truly gifted and used

That ranged from a history of jazz to a spiritual depth

Came from the man with the sax in his hand

Take these ingredients and mix them well

Over a period of time the sound is clear

Yes the sound we know oh so well

You see it's not so amazing but the Masters plan

For the man with the sax in his hand



HAVING A FORM OF GOD- LINESS BUT DENYING ITS POWER!

by Robert Randle



During a particular worship service, some individuals among the congregation were brought forward before the altar for healing. The first thing was invoking the "Name of Jesus," praying, and laying on of hands in behalf of the persons who were brought forward and invocation to the Lord was made in their behalf. It did come as a surprise to me that this occasion did not result in either of them being unbound from their infirmity and I had to wonder why that was so. We believe in the 'anointing' of the Holy Spirit and the signs as well as authority, privilege, and right that

by when we call upon Jesus' Name in full assurance of 'Faith,' that if we ask anything in His Name, that He will do it. All this being said, people should have been loosed from their affliction and Satan bound the power of God in our assembly on that day.

This caused me to inquire into the matter by soliciting an explanation from the Pastor, and what I was informed is that in some instances people are not healed immediately; and the healing is also dependent on some precondition or demonstration of "faith" that the individual wants to be healed, by cooperating with some particular request from the man of God. This caused me to reflect on how healings took place in Jesus' days on Earth and in the subsequent years after His ascension back to heaven. The following is what I have found. Matthew 8: 5-1, 13

Jesus healed the Centurion's servant based on the Centurion's "faith" and the Scripture does not mention anything about the servant asking for Jesus to heal him; and not only that, but the servant was healed that 'same' hour.

Matthew 8: 14-15-16

Jesus healed Peter's mother-in-law of a fever and she got up and served them. Jesus healed many who were demon-possessed with but a 'word.'

NOTE: There were no prerequisites recorded here.

Matthew 8: 26-34

Jesus healed two demon-possessed men.

NOTE: There were no prerequisites recorded here.

Matthew 9: 1-8

Jesus healed a paralytic who was lying on a bed.

NOTE: There were no prerequisites recorded here and Jesus did not tell the man to discard his

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bed 'first' to show he believed Jesus would really him. Also, the person was healed almost immediately.

Matthew 9: 18-26

Jesus brought back to life the daughter of a ruler of the synagogue and healed the woman with a blood hemorrhage ["flow"].

NOTE: Jesus brought "life" back to the daughter based on her father's act of 'faith' and the woman with the "issue" of blood acted in 'faith' also in behalf of herself.

Matthew 9: 27-31

Jesus heals two blind men who followed along (??) as they implored Him.

NOTE: There was a precondition, namely, Jesus asked them if they "believed" He was able [and 'willing'??] to do this. He also said, "According to your 'faith' let it be to you."

Matthew 9: 32-34

Jesus heals a mute, demon-possessed man who was brought to Him.

NOTE: There were no prerequisites recorded here and again, the healing was immediate.

There are numerous examples of healings in the Gospels, and after Jesus chose the "Twelve" and commanded as well as gave them the 'Authority' in Matthew 10: 7-8:

"And as you go [to the lost sheep of 'Israel'], preach, saying, 'The kingdom of heaven is at hand,' Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give."

Jesus said in John 14: 12-14, "Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to the Father. AND WHATEVER YOU ASK IN MY NAME, that I will do, that the Father may be glorified in the Son. If you ask anything in My Name, I will do it."

If this is the case then the results should be the same without any set of additional requirements or under different exigent circumstances.

The Apostle Paul reminds us in I Corinthians 4: 20 that the kingdom of God is not in word but in "power."

II Timothy 3: 5

Having a form of godliness but denying its "power." And from such people turn away.



Are You Eating Enough Beauty Food



Eating certain foods can dramatically improve the appearance of our skin, hair, nails, and eyes.

A diet rich in "phyto-compounds" can stimulate DNA repair, increased collagen production, reduce inflammation, and improve blood flow. This not only keeps you healthy but it keeps you looking younger longer.

Creams and lotions can do wonders for your skin, but your diet is by far the most crucial when it comes to having healthy skin.

Beauty is dependent on the overall health of your body. In order for your skin to look attractive and vibrant you need to make healthy lifestyle choices, and a great place to start is with the foods you eat.

So if you want your skin to feel soft and look firm here are a few foods that you can eat starting today.

Blueberries: These blue little balls are one of nature's most potent anti-aging foods. They help keep the skin elastic, strengthen the gums, and contribute to the health of our eyes.

Brazil nuts: Help protect our skin from UV rays and they

help reduce dryness.

Strawberries: Help protect our skin's collagen structures. Collagen is what keeps our skin firm. Wrinkles form when our collagen levels start depleting.

Salmon: Promotes soft smooth skin, free from dry itchy patches.

Avocados: These contain folate which helps blood formation. This is essential for cell regeneration.

Acai: This is the king of all berries. It has 50% more antioxidants than pomegranates, and twice as much as blueberries. They also contain omega 6,9 fatty acids, fiber, calcium, and vitamins.

Apricots: Very rich in fiber and phytochemicals like beta-carotene and lycopene. They also have vitamin C, vitamin A, calcium, folate, iron and potassium, making them very beneficial to our skin.

Broccoli: Also very high in fiber, vitamin C, and folate. There's a compound in broccoli called sulforaphane that protects our body's cells from injury.

Beans: Jammed packed with phytochemicals, fiber, folic acid, protein, calcium, and magnesium. These guys can stabilize blood sugar as well as lower cholesterol.

Black currant: Has a high source of vitamin C and antioxidants. Also contains a high amount of calcium, potassium, and magnesium.

Carotenoids: This isn't a food, but it's found in fruits and vegetables. It's a fat soluble pigment which helps fight against cancer and cardiovascular disorders.

Carrots: Have lots of beta-carotene which is a powerful antioxidant.

Cruciferous vegetables: A.K.A.- cabbage, broccoli, kale, collard greens, cauliflower, and brussels sprouts. These guys release a compound called glucosinolates and an enzyme called myrosinase when chewed, which are known for their anti-cancer properties.

- **Cranberries:** High in vitamin C, B vitamins, vitamin E, fiber, calcium, iron, magnesium, and citric acid.
- **Cucumber:** A great source of essential vitamins and minerals necessary for increasing collagen production.
- **Camu-Camu:** Very rich in vitamin C.
- **Dark leafy greens:** A.K.A - Spinach, kale, and dark lettuce are loaded with vitamins and minerals like beta-carotene, vitamin C, folate, iron, magnesium, phytochemicals, and antioxidants.
- **Fish:** Has lots of vitamin A, B1, B12, and B6. It also has omega 3 fatty acids which are very beneficial to the skin, as well as the heart and brain.

Continues pg. 14



Are You Eating Enough Beauty Food- conclusion

- Flax, grapeseed, walnut, seaweed, spirulina, watercress: These are very high in zinc which is vital for the health of our skin. Plus they have been known to help clear up acne, and help keep us regular.
- Grape seed oil: Has trace elements of selenium, zinc, copper, and iron. It's also a unique source for oligomeric procyanidine, which is known to improve our skins elasticity.
- Honey: A nutrient rich alternative to refined sugar. Refined sugar is believed to contribute to aging.
- Myrtle: Is known to slow down our skin aging process. Has been used in folk remedies for centuries.
- Millet: A nutritious seed, high in silica, which is good for our skin, hair, and nails.
- Oats: Very high in soluble fiber, and complex carbohydrates. High in iron, manganese, phosphorous, calcium, vitamins B and E, and silicon. Silicon is crucial for healthy skin by maintaining collagen levels.
- Papaya: When applied as a paste on the skin, it's enzymes help breakdown dead skin cells.
- Pomegranate: Very good source of polyphenol antioxidants. These antioxidants help neutralize free radicals that can damage the skin.
- Water: Hydrated skin naturally looks younger.

If you are one of the millions of people worldwide that spend money on lotions and creams in an attempt to look better, then it only makes sense to incorporate these beauty foods into your diet.

It won't take very long to start seeing the major benefits these beauty foods will have on the health of your skin and the way it looks and feels.



About the Author:

Steve Billesberger lives in Edmonton Alberta with his wife and small dog. He's a owner/operator of a couple of sites one of which is a health and wellness site. He is a big believer in feeding the body what it needs to heal and maintain optimal health. Along with many other benefits a proper diet can accelerate weight loss as well as protect us from skin problems such as cold sores, etc.



Martin West, 6817 Dogwood Rd in Baltimore 21244

By Kendall Ficklin

too am a product of these statistics. I loved my father. However, he was only present in our home until I was twelve years old.

My father never taught me how to honor and respect women. He never taught me how to manage money. He was unable to teach me about a God that he did not know. I entered into marriage at a young age without ever seeing a proper relationship between husband and wife. I didn't know that something as simple as a family eating together and having conversation should be the norm and not the exception. I don't blame my father and if any of this sounds personally familiar, I don't want you to blame yours either. Chances are, like my father, your father really didn't know any better either.

I urge every man reading these words to make a conscious effort to change. Once we know better we must do better. Remember that God winks at ignorance but He holds all of us accountable for the right that we know.

As Haggai 1:6-7 reminds us, consider your ways. Below is a short checklist for you to see where you are on the journey to manhood.

Qualities of a Man:

1. Priest

Leads his family and community spiritually. He prays with and for his family daily because he knows that the fervent, effectual prayers of a righteous man avail much. He takes his family to church and is not simply present on Sundays but actively involved. He stays submitted to the church and its vision.

2. King

Provides financial, emotional, and physical stability for whom he is responsible for.

3. Warrior/Soldier

A protector. His spirit is assertive and aggressive. He is willing to live and die for what he believes in.

4. Character

10 Qualities of A Man!

Recent studies show that there are many homes in which men are not present. At one time these statistics mainly pertained to minorities, however today they transcend race and socioeconomic lines. Millions of children are growing up fatherless without a model of manhood in the home. As a result, boys grow to be men physically but not mentally, emotionally, or spiritually. Becoming a true man is not a natural occurrence. It happens over time as one is taught. I

He does not compromise his beliefs. He has a problem with buying bootleg CDs and DVDs.

5. Disciplined

Controls his flesh. He understands that success only comes with discipline and there is no room for excuses. He has enough self-control to stop lust, drinking, smoking, lying, and fornicating.

6. Accountable

Allows himself to be challenged and held to a higher standard than the world would dictate. No man can be strong if he is not accountable to someone else. Do not refuse instruction and always seek wise and Godly counsel. A man without accountability is a dangerous man.

"Two are better than one, because they have a good return

for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." -- Ecclesiastes 4:8-12. Committed

Will do whatever it takes to achieve goals. Sleepless nights are a small price to pay.

8. Servant

Jesus was a servant so never believe that serving others needs before your own is beneath you.

9. Visionary

Proverbs 29:18 says "Where there is no vision the people perish". This man is living today but also sees tomorrow, he is planning and preparing for

the future. He has conceived something in his mind and is now moving toward bringing that thing into existence.

10. Leader

He is the "point man". He leads by example and sets the tone. This man understands that as he goes, so the family goes.

If these qualities seem unattainable, remember that it will not happen overnight. We are in this battle together. Be willing to change and God will order your steps

Kendall Ficklin can be reached at kendall@menexchange.com or call (770)256-1486 visit our website at www.menexchange.com



come as you are



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7 Health Benefits of Green Tea



Want to enhance your health in surprising ways? Drink green tea.

This beverage has been used for thousands of years by the Chinese. It has proved itself for centuries as worthy of being included in our diet for its health properties.

Not only has this drink been endorsed for ages, but modern science also has discovered astonishing facts about what it may be able to do for your health.

There are a lot more benefits to drinking green tea than are listed below, but here are seven:

1. Drink it to help shed extra pounds.

A study published by the American Journal of Clinical Nutrition in November, 1999, is encouraging. It shows that this drink may enable people to burn more calories.

2. This ancient brew may help combat signs of aging.

That's because it contains large amounts of vitamins E and C which are antioxidants. Antioxidants have the reputation of being able to combat free radicals that damage cells. Cancer, heart attacks and diabetes can result from damaged cell membranes.

In April, 1999, researchers at Case Western Reserve University in Cleveland revealed that green tea may ease the symptoms of rheumatoid arthritis.

3. This drink may help asthma sufferers. Because it contains theophylline (a muscle relaxant), it can help the muscles surrounding bronchial tubes to relax. This helps asthma sufferers to breathe with less restriction.

4. Green tea may help lower blood pressure.

High blood pressure makes you susceptible to heart attack



and stroke. This ancient brew may also keep blood clots from forming.

5. Green tea has been reported to help in the fight against cancer.

Doctors from the prestigious Mayo Clinic found that green tea extract given to four leukemia patients seemed to help three of them experience regression of the disease. And even the fourth patient showed some improvement. The reason the doctors tried green tea extract is that a 2004 test tube study showed that leukemia cells were killed by the extract.

By the way, in Japan there are fewer reported cancer deaths. Could it be because the Japanese drink a lot of green tea?

6. Drinking this beverage may help lower cholesterol.

Lowering cholesterol with no side effects has been reported in studies using green tea. Your ability to fight heart disease and ward off stroke is tied in with your cholesterol count.

7. This brew may help your body fight infections.

The New York Times reported in April of 2003 that the immune system's ability to fight disease may be strengthened by drinking green tea. Microbiologist Milton Schiffenbauer, professor at Pace University (New York) stated, "Our research shows tea extracts can destroy the organism that causes disease. If we can stimulate the immune system and at the same time we are destroying the organisms then it makes sense to drink more tea."

Now that you've learned 7 ways green tea has been shown to help your health, why not give it a place in your daily diet? It's not a magic cure, but this proven ancient beverage may just help you to be healthier.

Patricia Wagner offers informative tips and a newsletter to

help you live a more energetic lifestyle. Learn more about adding [healthy foods](#) to your life at A to Z Wellness website.



6 Ways Anyone Can Lose a Few Pounds This Summer

by Lisa Copen

[1] Switch to Sugar-Free Sodas

According to the American Dietetic Association, eliminating soda alone could help you lose 11 pounds per year and the less you drink the less you will crave it. Consider a soda a splurge, like a dessert, and choose the low-calorie options. Coca Cola recently released Diet Coke with Splenda, which is considered a better option than aspartame to many weight watchers as well as Coke Zero, which tastes a lot like Coca Cola, but without the sugar.

[2] Eat a Salad First

In a 2004 study published in the Journal of the American Dietetic Association, Dr. Rolls reports that women on average ate 7 percent less pasta if they first had one and one half cups of salad with reduced fat or non-fat dressing. If only her name wasn't Dr. Rolls!

[3] Drink Water

Few people get enough water and certain medications can make you even more dehydrated. If you want to burn more calories, drink it chilled. One gallon of ice water will help you burn 200 calories more than if it was room temperature. You burn about 1 calorie per ounce of chilled water that you drink. Always have bottles of

water with you, especially in the car on hot days. You'll be less likely to run through a drive through and get a soda.

[4] Get a Pedometer

It's actually a fun way to watch the calories you burn. 1000 steps equals 50 calories burned, so wear it on your errands and it just may motivate you to add a few extra steps to your daily routine. For under \$20 you can get one that has an automatic voice tell you how many calories you've burned and inform you when you've met your exercise goals.

[5] Get More Sleep

According to many studies, just one week of sleep deprivation reduces the production of the growth hormone that helps control the body's proportion of muscle to fat. When the body produces less of this hormone, there is a tendency for the body to store fat.

[6] Buy Controlled Servings of Food

Okay, so if you have to snack, spend the extra few cents on the new 100-calories packs of cookies or crackers, the small cans of cola that are just 100 calories, or the mini-bags of popcorn. The calories are easy to keep track of, you won't be tempted to overeat – just don't open that second bag!

=====

19 ways to burn calories in 15 minutes!

Watching TV=16 calories

Passenger in car=16 calories

(50+ if your teen is driving)

Kneeling in prayer=16 calories

Taking a bath=24 calories

Talking on phone=24 calories

Family picnic (without
arguing)=24 calories

Computer work=24 calories

Pumping gas=32 calories

Making Beds=32 calories

Grocery shopping=37 calories

Dusting=40 calories

Clearing dishes from table=
40 calories

Stretching=40 calories

Picking flowers=48 calories

Walking 3 mph=52 calories

Vacuuming=56 calories

Carrying infant=56 calories

Hula dancing=71 calories

Jogging in water=127 calories

* Based on a female, age 45, 5'4", 140 lbs.



Developing The Character Of A Man!

“Remember how the LORD your God led you through the wilderness for forty years, humbling you and testing you to prove your character, and to find out whether or not you would really obey his commands”. Deuteronomy 8:2

As men, a lack of character keeps us in the “male” stage of manhood. It’s a place where we are driven by hunger, greed, selfishness and pleasure seeking. In this stage, nothing is to interfere with that urgent demand to please oneself.

I cannot remember a time in my life when I was taught about good character. Many of us have at least one person in the family that displays “good character”. We may have learned a thing or two from that individual, but for the most part, we were never taught about good character and the importance of integrity.

In my life, a lack of good character caused me to lie, cheat, and steal as a young boy. That same lack of character allowed me to tell myself that it was ok to have sex and play mind games with as many women as I could. It aided me in adultery which produced a child outside of my marriage and devastated my wife. My story may sound familiar since many of us have walked or are still walking down that road. In order to change, we must be willing to develop the character necessary to walk in manhood

Character Development



It takes time to develop success in any area of life. Good character is only developed after consistently making choices that are right. You may be wondering how you can always know when a decision is right. As humans we will not always know because it is human nature to make mistakes. It is important that we train ourselves in developing the character of manhood, we must constantly be renewing our mind. To change your behavior, you must change the way you think. Just as an athlete will train his body daily to build stamina, endurance and peak performance, we too must train our minds by taking in new information daily. The condition of your thought life will determine your ability to hear God’s voice and make choices that are in line with His word and His character.

Continue pg 26

Love's

by Willetta
Pilcher

Attributes

1 Cor 13:4 - 8 NIV "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails...."

What a contrast the scriptural definition of love is to the world's definition. A definition that may be interpreted as, "If you love me you will..."

"I'm first ... My desires are more important than yours ... Life is all about 'Me'" It is a self seeking love, a love of one's self rather than a love for others.

We have been told by psychiatry and the media that we must "love ourselves before we can love others." Jesus said, Mat 22:39 "... Thou shalt love thy neighbor as thyself." The psychiatric and media thought is a twist on truth.

Jesus' statement takes it for granted that we will love ourselves. What person does not naturally, in a fleshly sort of way, want the best for himself? We learn to be "first" as infants. We cry to be fed and we are fed. We cry for a diaper change and we are obliged. We cry for attention and someone gives it to us. Fast forward a bit and go with a group anywhere and you will see people scramble for the best seat, the best view, the best table, to be first in line, to be honored above another. But Jesus is commanding us to give those positions to others. That is what love does

Someone is bound to object, "I don't ever want to put myself forward... I don't deserve to be first... I don't deserve...." But even that attitude is hardly loving. It is a plea for recognition. "I'm so humble and lowly, you should notice how humble I am...." Taken to the extreme it seeks to grovel before others. Love does not seek to deny the need for the basics of life... food, water, shelter, clothing and sleep. Love simply is not concerned with "self." It does not seek to draw attention either negatively or positively.

Continue pg..28

Are You Offering "Strange Fire" To The Lord?

by Robert Randle

Exodus 19: 20-22

Then the Lord came down on Mount Sinai, on the top of the mountain. And the Lord called Moses to the top of the mountain, and Moses went up. And the Lord said to Moses, "Go down and warn the people, lest they break through to gaze at the Lord, and many of them perish. Also let the priests who come near the Lord consecrate themselves, lest the Lord break out against them.

20: 18-20

Now all the people witnessed the thundering, the lightening flashes, the sound of the trumpet (??), and the mountain smoking; and the people saw it, they trembled and stood afar off. Then they said to Moses, "You speak with us, and we will hear; but let not God speak with us lest we die." And Moses said to the people, "Do not fear; for God has come to test you, and that His fear may be before you so that you may not sin.

Consecrate

2 a: to make or declare sacred; esp.: to devote irrevocably to the worship of God by a solemn ceremony [or oath].

Leviticus 9: 23-24a

And Moses and Aaron went into the tabernacle of meeting, and came out and blessed the people. Then the glory of the Lord appeared to all the people and fire came out from before the Lord and consumed the fat on the altar.

II Chronicles 5: 13-14

And it came to pass when the priests came out of the Most Holy Place (for all the priests who were present had sanctified themselves. . .), indeed it came to pass when the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the Lord, and when they lifted up their voice with the trumpets and the cymbals and instruments of music, and praised the Lord, saying, "For He is good, For His mercy endures forever," that the house, the house of the Lord was filled with a cloud, so that the priests could not continue ministering because of the cloud; for the glory of the Lord filled the house of God.

Continues pg 23

I Peter 5: 9

You also, as living stones, are built up a spiritual house, a holy priesthood to offer up spiritual sacrifices acceptable to God through Christ.

Leviticus 10: 1-3

Then Nadab and Abihu, the sons of Aaron, each took his censer and put fire in it, put incense on it, and offered [profane] fire before the Lord, which He had not commanded them. So fire went out from the Lord and devoured them, and they died before the Lord. And Moses said to Aaron, "This is what the Lord spoke, saying: 'By those who come near Me I must be regarded as holy; and before all the people I must be glorified.' "So Aaron held his peace.

Holy

1; exalted or worthy of complete devotion as one perfect in goodness and righteousness.

Glorify

1 a: to make glorious (marked by great splendor and beauty) by the bestowal of honor, praise, and admiration.

Acts 5: 1-3a, 4b-5, 9-10

But a certain man named Ananias, with Sapphira his wife, sold a possession. And he kept back part of the proceeds, his wife also being aware of it, and brought a certain part and laid it at the apostles' feet. But Peter said, "Ananias, why has Satan filled your heart to lie to the Holy Spirit and keep back part of the land yourself? You have not lied to men but to God. Then Ananias, hearing these words, fell down and breathed his last. So, great fear came upon all who heard these things. Now it was about three hours later when his wife came in, not knowing what had happened. Then Peter said to her, "How is it that you have agreed together to test the Spirit of the Lord? Look, the feet of those who buried your husband are at the door, and they will carry you out." Then immediately, she fell down at his feet and breathed her last. And the young men came in and found her dead, and carrying her out, buried her by her husband.

I Corinthians 3: 16-17

Do you not know that your body is the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are

(Cp. Ephesians 2: 21-22).

Leviticus 11: 44a

For I am the Lord your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy.

19: 1-2

And the Lord spoke to Moses, saying, "Speak to the congregation of the children of Israel, and say to them: 'You shall be holy, for I the Lord your God am holy.

20: 7-8

Consecrate yourselves therefore, and be holy; for I am the Lord your God. And you shall keep My statutes, and perform them: I am the Lord who sanctifies you.

I Peter 1: 15-16

But as He who called you is holy, you must also be holy in all your conduct, because it is written, "Be holy, for I am holy."

So what does all these Biblical references have to do with the worship practices and attitudes of believers in the Christian Church in modern times; everything! Jesus said in Matthew 18: 20, "For where two or three are gathered together in My Name, I am there in the midst of them.

It can be clearly seen, especially from citations taken from the Jewish Old Testament the important seriousness of God's requirement to come before His Presence in reverential fear and praise. The priests were strictly admonished to live exemplary lives as examples of God's holiness and represent Him before the people in the administration of sacrifices and offerings. Any violation of God's laws and statutes were seen as impiety and the sin of rebellion in which His just punishments and judgments were swift and sure.

Today, however, it doesn't seem as though the worship of God as the Sovereign Ruler of the Universe and Creator of Heaven and earth is approached with the same degree of solemnity and reverence. Many parishioners treat the occasion as more of a religiously-theme social gathering full of singing performances, memorized verbal anecdotes, and oratorical pomposity or pious exuberance for our entertainment; but not out of godly fear. Although all of this may outwardly appear to encapsulate the

Please Somebody, Love That Woman

by Daniel Owino Ogweno



A woman is waiting on God to be loved by a man;
A man is waiting for a Miss Perfect;
But God is waiting on the man to love His daughter.
The waiting game continues, but a man knows the button stops in his hand.

A woman is waiting and praying;
Time flies to accumulate more years on her age;
But crawls to bring the God-sent love of a man;
The man, however, is made; he was made ahead of her.

God has brought a woman to cross a man's path;
Are you a man enough? Arise, propose, and marry!
Only one condition though, and must not be compromised whatsoever:
The woman is saved; a woman who loves Christ;
She is not playing religious games in order to get a godly man.

Are you a man? It is not good for you to be alone; a woman is waiting;
Not sure who to choose? Don't choose, take one, her, the one waiting.
Adam didn't have a choice; he took the one whom God brought his way.
Don't think that because they are many, you have to choose.
A marriage goes awry because a man "chooses" instead of taking a woman.

If it is marriage, it is not about choosing; it is about taking.
A man is asking: "How can you just propose to anybody?"
But she is not just "anybody"; she is saved, a child of God.

Let me illustrate: The other day, I was in the food store, buying fruits;
I tried choosing mandarin oranges; I wouldn't pay for bad fruits;
I thought I succeeded in getting the good ones

Continues pg 32





Developing The Character of A Man! Conclusion

You will know that good character is being developed when financial problems and issues that test your integrity arise. You will feel the pressure of changes taking place in your character when you are tempted to smoke or drink, or when a beautiful woman wants to “give you some” with no strings attached. When that type of pressure comes fight back and say “good, I needed a workout anyway!” The Bible says “I’m not sending you something that’s uncommon to man” so if we couldn’t handle it, we wouldn’t be faced with it.

Perseverance must finish its work so that you may be mature and complete, not lacking anything.
James 1:4

Traits of Good Character

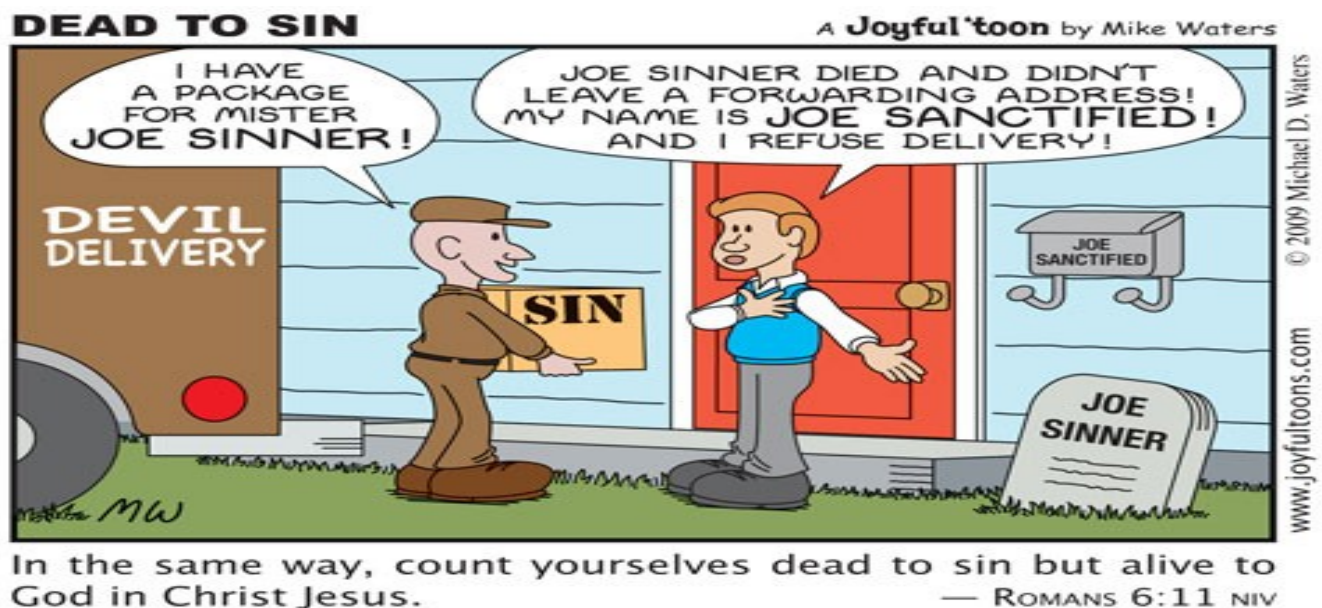
As we stated earlier, character is simply doing what’s right. It’s a really simple concept. Good character says:

- When the cashier gives me back too much change, I will return it.
- When adversity comes, I won’t crack under pressure and punk out in times of hardships and challenges.

- I WILL NOT commit adultery.
- I WILL take care of my responsibilities.
- I WILL NOT live with her if we are not married.
- I WILL NOT play emotional games with women.
- I WILL work a full days work for a full days pay.
- I WILL tell the truth at all times, regardless of circumstances.
- I WILL NOT compromise my values.

Brothers, remember that your whole life is a seed that will in time produce a harvest. So, consider your ways in everything that you do. In every area of life (family, work, church, relationships, etc.) we must identify the lack of character and begin to develop it.

Kendall Ficklin can be reached at kendall@menexchange.com. Visit our website at www.menexchange.com





ARE YOU OFFERING UP “STRANGE FIRE TO THE LORD? Conclusion

essence of 'pure' worship, sadly, it is not it at all.

Think about it for a moment: Some of the faithful come habitually late to nearly every service when these same people arrive early enough and on time to catch a train, bus, airplane, or boat. Also, there are a few who constantly talk socially with others, incessantly move about in the assembly, engage in other distracting activities, or entertain thoughts of being somewhere else; and yet, is this the best that we can offer up to God for all His goodness and blessings?

Are we like those rebellious and stiff-necked Children of Israel, who after being liberated from Egyptian slavery, it says in I Corinthians 10: 5-7: But with most of them God was not pleased, for their bodies were scattered in the wilderness. Now these things became our examples, to the intent that we should not lust after evil things as they also lusted. And do not become idolaters as were some of them. As it is written, "The people sat down to eat and drink, and rose up to play." Now these things happened to them as examples, and they were written for our admonition, upon whom the end of the ages has come.

Coming to Church services isn't about seeking to get something from God, but rather to offer up something to Him for all that He has done in our lives. In Hebrews 13: 15, it reads: Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His Name.

LOVE'S ATTRIBUTES Conclusion



Without God's help we can never live up to Jesus' command to love our neighbor as our self. It requires denying ones self. Mat 16:24-25 "Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow

me. For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it."

In other words, the will of Jesus comes first and foremost in thought and action. Only then can we love our neighbor as our self. It is a selfless way of living.

It has been suggested that the condition that Jesus places before us is in itself selfish. Selfishness is an attitude of the heart. Jesus knows that denying self is a good thing and best for us. It is not selfish on His part to seek our best good. Love always seeks the best good for another.

1 Cor 13:4 - 8 NIV "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails...."





Love Like "The Notebook"



by Lisa Hollaway

The Notebook

If you've ever seen the movie "The Notebook," probably one of the things that grabbed you was the way the husband loved his wife...even though she couldn't remember him most of the time. But every day, he would give her time and talk to her and love her, without hope of his needs being met or of lasting results true, unconditional love.

I think that when people mention the beauty of that love, we tend to imagine how wonderful it would be to receive love like that. Perhaps very few of us would want to be the husband...the one having to do the loving under those circumstances.

Yet that is exactly what God calls us to do and is the type of love that most closely mirrors what Jesus did for us on the cross.

It is human nature to want to be loved and happy and fulfilled in our relationships. It is God's nature in us that can allow us to love and give happiness, even if that kind of love is never understood or reciprocated. It is the kind of love that works most deeply in the heart of the receiver...and, oddly enough, in the giver as well. My Story

It's not a love I succeed at giving very often. It's when things are difficult that the "unconditional" part becomes necessary, but those very circumstances make it so very hard to achieve, as my human nature, anger, and hurt even a sense of justice fight against my prayers to give that love to someone who makes me miserable.

I naturally have that kind of love with my son. But because of the mutual affection between us, it's not as hard to do.

Other family relationships have been more difficult, as with my alcoholic father. His choices

sabotaged any chance we had at normalcy and emotional well-being. I grew up with our whole world being thrown into an uproar whenever he got drunk enough, covert escapes from the house in the middle of the night when he was depressed enough to get out the gun or hit Mom, and all the cascading effects in the choices of other loved ones that resulted from this kind of life.

When I grew up, I determined to tell him how I felt about his problem and refuse to see him whenever he was drinking. He would promise. And over and over again, I was disappointed. The day I had to go bail him out of jail for drunk driving was probably one of the most humiliating of my life. I both loved and hated him, and so often wanted him out of my life.

The Love Without Price

But God started working on me through him. My dad loved me, but he was trapped in a cycle of addiction of doing what he didn't want to do.

"I do not understand what I do. For what I want to do I do not do, but what I hate I do." (Romans 7:15)

He would mean to do right by me and not disappoint me again, but he was a slave to this sin...just as we are all slaves to sin and can't make ourselves spotless for even a day. If you've ever tried really hard to be good, all that you think God wants you to be, you know how completely impossible this goal is.

Our sin separates us from God. And yet always, always He holds out His love "without price."

So God worked on me...and suddenly, I found myself able. Dad's behavior had nothing to do with my love. I just went to him and loved him, drunk or sober.

It opened up conversations like we'd never had before. We talked about life. We talked about God. And in the last two years of his life, he completely stopped drinking.

I had this precious gift of a relationship with my father restored to me one I had never had with him for our God is a God of restoration, and relationships are important to Him.

I won't pretend to have succeeded every time a like "opportunity" came my way. My human nature still wars strongly against God's plans in my own private rebellion.

Even now, I struggle with this in one of my nearest relationships. It is in this relationship more than any other that God calls me to shine a light...and it's also the hardest to change in because it's constantly tripping emotional triggers.

But in other areas of life, I've ended up thanking God for giving me what He wanted for me...and not what I wanted for myself. Why not this one as well? God sees the big picture and knows what He wants to work through me. Moment by moment, I have to trust that. I have to believe that if I trust and obey Him in each little thing, even if it seems "unfair" at the time...that if I choose not to excuse each transgression, but to love in spite of them...He will change our hearts and make us more like Himself.

It is our nature to want to receive love like "The Notebook." It is God's nature to make us new and equip us to give that kind of love ourselves. And when we do, mountains move



PLEASE SOMEBODY, LOVE THAT WOMAN

I thought I succeeded in getting the good ones until I reached home.

After two days, I discovered that I had failed after all;

Despite my keenness, I didn't see some spots at the time of choosing;

Some of the oranges were not as good as they looked; only two days on and they were showing signs of rotting; I threw them away.

If a man is choosing a woman to marry, he is setting himself up for surprises.

When a man gets a woman home, a man will discover something after "two days":

A woman is not necessarily what she looked before she was brought home.

A man who was keen on a "choice woman";

Will "throw" a woman away when he discovers she is not as good as she looked.

Of course, a man shouldn't just pick rotten fruits because he doesn't want to choose;

A woman who is saved and loves Christ cannot be equated with a rotten fruit.

Marriage is not about what a man is going to get;

It is, rather, what a man is going to give.

The basis of love is not the chemistry, the feelings, the passions; the attractions.

It is, rather, the choice to love; the covenant to keep and the commitment to cherish.

Marital climatic changes are wont to hit at one point or the other;

When this happens, what kind of love will weather the resulting storms?

It is love that is cemented by sacrifices rather than the compatibility of interests.

Remember:

The foundation of marriage is not the expectations of the thrills of sharing someone's life; it is, rather, the preparation

for the grills of responsibility occasioned by someone sharing your life.

Author's note:

There is nothing wrong with being passionately attracted to a woman. The author himself was swept off his feet by passions of love and affections kindled by irresistible attractions.

The only problem is to have unrealistic expectations and the hopes that honeymoon will be the lifestyle. The only honeymoon that will last and which you can count on is that which YOU have decided to unconditionally give to your spouse.

When we settle down to business, the strength of our marriage must shift its foundational paradigms.

In the author's case, they decided that they were going to build their marriage on the covenant commitment. In this way they relegated the "feelings" to a distant backstage. Feelings are like weather: they not only vary from time to time, they can also be stormy and destructive at times.

When the thrills of courtship have cooled down, the grills of marriage should cement rather than tear it apart.

Divorce? Don't even think about it. It is irrelevant. The Blood of Christ is the seal for the covenant of marriage.

Sex before marriage? Don't even think about it; it is irrelevant.

Don't lose your integrity. Don't allow any one enter into a bargaining deal with you on something that is not for sale. Whatever price he/she names, your answer must be "N/A" (Not Applicable).





She Speaks!

Where God gives a warrant to do any thing, He gives wisdom. What they delivered was not what they had seen or heard, as that is which the ministers of Christ deliver. They were not praying prophets, had no intercourse with Heaven; they contrived how to please people, not how to do them good; they stood not against sin. They flattered people into vain hopes. Such widen the breach, by causing men to think themselves deserving of eternal life, when the wrath of God abides upon them.

One false prophet built the wall, set up the notion that Jerusalem should be victorious, and made himself acceptable by it. Others made the matter yet more plausible and promising; they daubed the wall which the first had built; but they would, ere long, be

just wrath; when the Chaldean army desolated the land. Hopes of peace and happiness, not warranted by the word of God, will cheat men; like a wall well daubed, but ill built.

It is ill with those who had rather hear pleasing lies than unpleasing truths. The false prophetesses tried to make people secure, signified by laying them at ease, and to make them proud, signified by the finery laid on their heads. They shall be confounded in their attempts, and God's people shall be delivered out of their hands. It behooves Christians to keep close to the word of God, and in every thing to seek the teaching of the Holy Spirit. Let us so trust the promises of God as to keep his commandments.

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Good Old “SOUL” Food

Creamed Chicken Baked in Pepper Shells

by Jessica Gerald

6 large green peppers
1 tablespoon flour
1 tablespoon butter
1 cup milk
1 cube chicken bouillon
1 pint of diced cooked chicken
Salt
Pepper

DIRECTIONS:

Cut a thin slice from the stem end of the green peppers. Take out the seeds and white membrane. Rinse in cold water. Stand the shells upright in a greased baking dish or cake pan.

To prepare creamed chicken:

1. Bring milk to the boiling point.
2. Add the flour and butter. Stir briskly until it thickens.
3. Dissolve chicken bouillon in the mixture. Add salt and pepper to taste.
4. Add chicken to the mixture.

Fill the pepper shells with the chicken mixture. Cover with bread crumbs and dot with butter.

Bake at 350 for 20 minutes.

How To Become A Professional Keynote Speaker?

A black silhouette of a person standing at a podium, gesturing with their right hand while speaking. The figure is positioned behind the text blocks, serving as a background element for the article.

A professional speaker is one who takes up public speaking as a profession. A keynote address is the first speech given at the beginning of a program. This sets the mood of the whole show. If the keynote speech captivates the audience, the whole program will be a success. So, a professional keynote speaker has a great job on hand. There are many tips that can be followed to become a good professional keynote speaker .

The first thing that a professional keynote speaker has to learn is to learn to give good speeches. This can be done by listening to great speakers and observing how they put their views across to the audience. The response of the audience can also be observed and the speaker can try to add all the things that will enhance the speech.

Professional speaking demands practice, practice and more practice. So, the best way to improve is to give a lot of speeches. The main point is to have a passion for speaking. This will definitely fetch results. It is also necessary to read a lot and improve one's knowledge so that he can talk about the subject on hand - effectively and convincingly.

Continue pg ...37

The dress worn by the speaker is of utmost importance. You should dress in a professional manner. Effective body language should be used to pass on the message to the audience. He should try to be in the audience's shoes. He should think how they will react to all that he says. This will be the best way to assess oneself.

Professional speakers offer courses, have books and other teaching aids that will help a person become a professional speaker. These teaching programs and aids will make the speaker popular and in demand. This will get him offers to give the keynote address.

Information about professional speaking can be obtained through the internet. A person can get information through newsletters. One can become a member of speakers' organizations, like the National Speakers Association. There are also the American Training and Seminar Association and The Advanced Public Speaking Institute which give good exposure to people who want to become effective keynote speakers.

Professional speaking for a targeted audience will in course of time make a speaker, a keynote speaker. The simple reason for this is that the keynote address has to be very compelling and effective. This can be achieved only with practice.

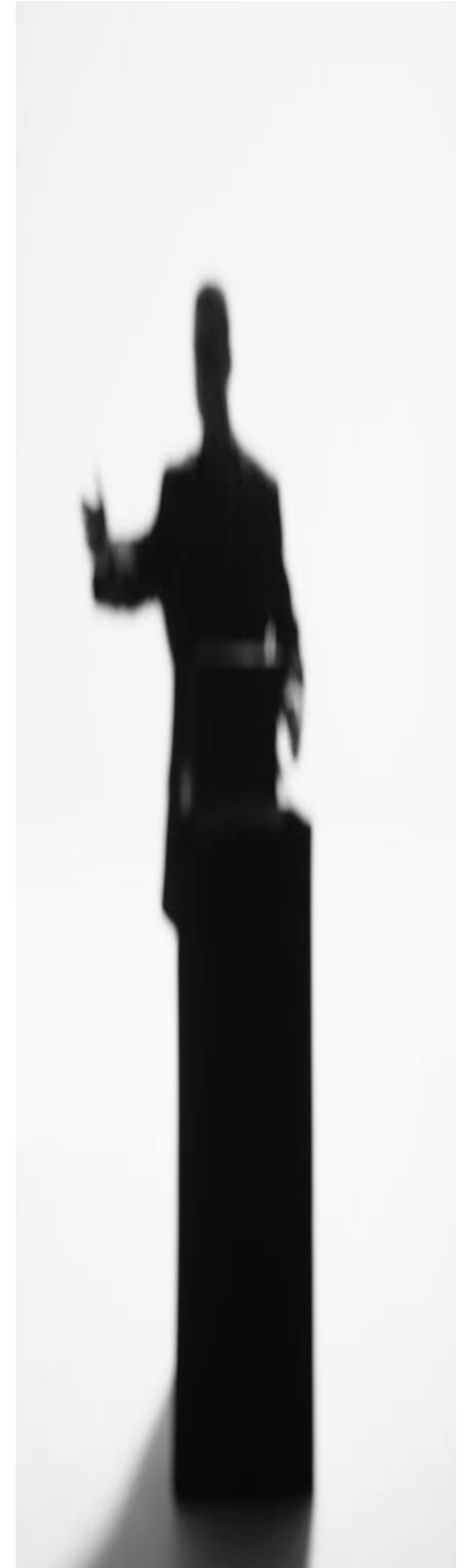
A keynote address becomes very

important, right from a conference, a political party meeting to a small function. The main aim of the professional keynote speaker is to motivate the audience in the direction of the organized function and make the person engrossed in the proceedings. So, the keynote address should be interesting. It would be good to start the speech with a quotation. This always proves more effective than a general statement. Then, the speaker should speak about the function, the organization that is conducting the meeting and the host of the day. The speech should be interspersed with quotations, verses and examples to give an overview of the occasion. It should be witty and captivating. The overall mood of the audience should be so uplifted as to be eager to continue to look forward to the proceedings that follow.

Since this is the first speech of the program, the audience should not be bored, but should enjoy the speech. Even if the audience does not respond to the speech at first, the keynote speaker should make it interesting as he proceeds and get the audience involved. Some audiences can prove a challenge to a keynote speaker. Such an audience should also be handled delicately by the speaker and bring them around to listening enthusiastically to him.

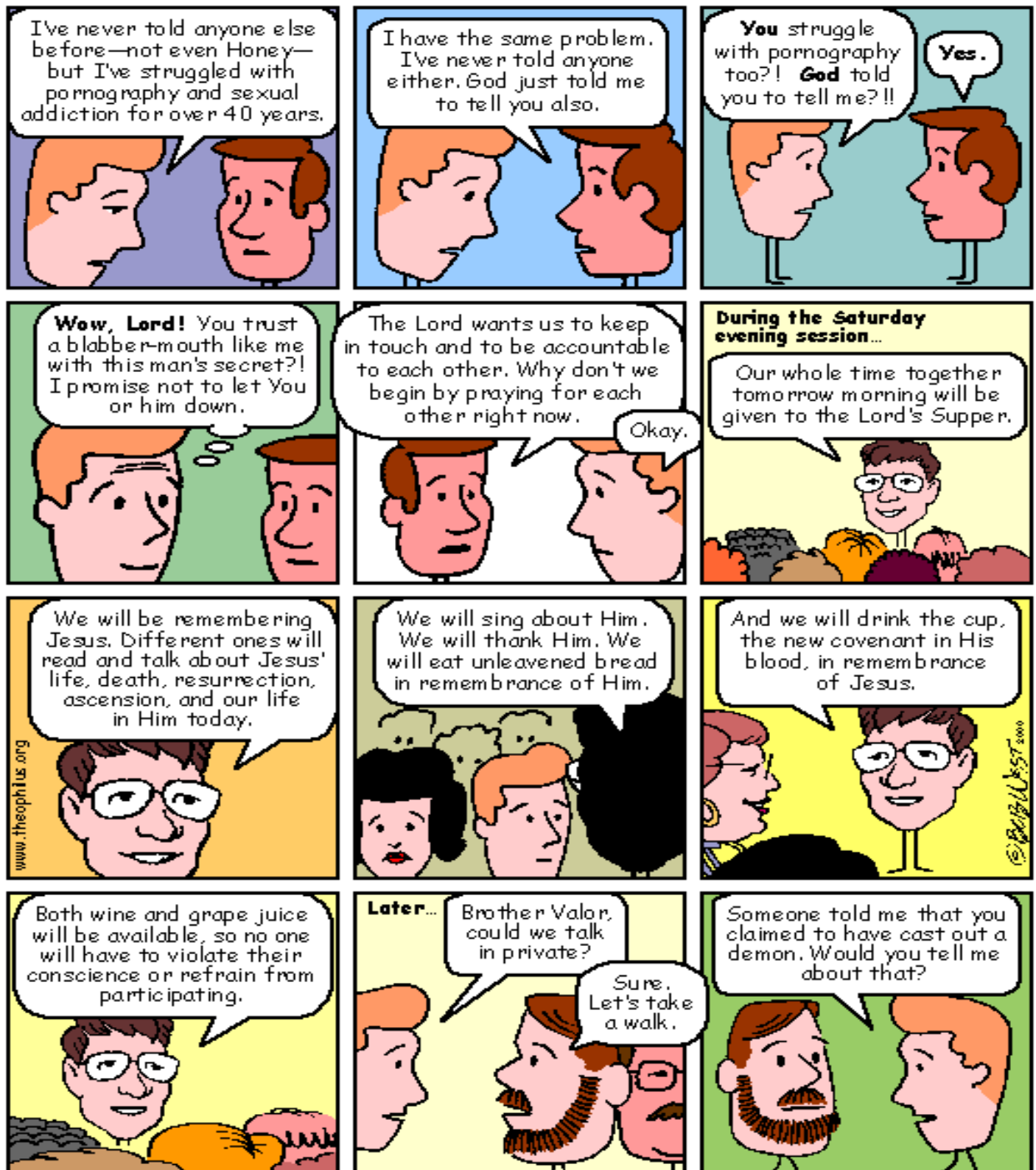
The ending of the keynote speech should be in tune with the coming program. It should set the mood for it. The event should be summarized and the conclusion should seamlessly go on to begin the day's events.

The keynote address being of such great importance, the task of the keynote professional speaker is quite daunting. Practice and knowledge will alone make one a good professional keynote speaker.



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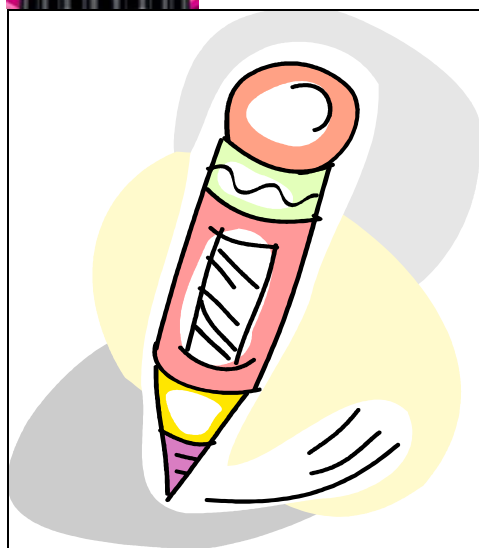
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and our sins separate us from God forever. The Bible says "The wages of sin is death."

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3. God sent His only Son Jesus Christ to die for our sins.

Jesus is the Son of God. He lived a sinless life and then died on the cross to pay the penalty for our sins. "God demonstrates His own love for us in that while we were yet sinners Christ died for us."

Jesus rose from the dead and now He lives in heaven with God His Father. He offers us the gift of eternal life -- of living forever with Him in heaven if we accept Him as our Lord and Savior. Jesus said "I am the way, the truth, and the life. No one comes to the Father except by Me."

God reaches out in love to you and wants you to be His child. "As many as received Him, to them He gave the right to become children of God, even to those who believe on His name." You can choose to ask Jesus Christ to forgive your sins and come in to your life as your Lord and Savior.

4. If you want to accept Christ, you can ask Him to be your Savior and Lord by praying a prayer like this:

"Lord Jesus, I believe you are the Son of God. Thank you for dying on the cross for my sins. Please forgive my sins and give me the gift of eternal life. I ask you in to my life and heart to be my Lord and Savior. I want to serve you always."

Did you pray this prayer? If you did then we want

"Four Steps To God"

1. God Loves You!

The Bible says, "God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life"

The problem is that

2. All of us have done, said or thought things that are wrong. This is called sin, and our sins have separated us from God.

The Bible says "All have sinned and fall short of the glory of God." God is perfect and holy,

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