

DRESSED TO KILL

AUGUST 2010

A WORD FROM OUR DIRECTOR

Ephesians 6:10-13

¹⁰Finally, my brethren, be strong in the Lord, and in the power of his might. ¹¹Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. ¹²For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. ¹³Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Are you dressed for battle? Don't you know that Satan is actively and openly working to keep you from walking in the destiny that God has designed for you?.

Are you armed and dangerous? If the answer to any of the above is no, then you need to put on the whole armor of God. This month's theme, "Dressed to Kill" makes us reevaluate what it really means to "Put on the whole armor of God". Ephesians 6: 10 tell us to to put on the full armor of God so that you can take your stand against the devil's schemes.

Many of us when we were little girls, loved to emulate our moms or caretakers by dressing up like them. I know that I did. Remember putting on high heel shoes and trying to walk in them? Dressing up is just something that women (and some men) like to do.

Ever heard the expression, "Dressed to Kill"? Well, the word of God says that we wrestle not against flesh and blood, but against unseen principalities. Therefore, we need to be girded up with things of the spirit, for spiritual warfare. When you wear the full armor of God, you have equipped yourself for spiritual warfare. Walk in Victory knowing that when you wear the whole armor of God, no weapon formed against you will prosper.

Grace and Peace to You,

Minister Theada Thompson, M. ED



Ephesians 6: 14-17

¹⁴Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; ¹⁵And your feet shod with the preparation of the gospel of peace; ¹⁶Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. ¹⁷And take the helmet of salvation, and the sword of the Spirit, which is the word of God

KEEP STANDING

Sometimes, people have problems because they are making poor choices or doing something wrong. But other times, people are having difficulties because they are doing something right.

When you're determined to fulfill your God-given destiny, and you're taking steps to improve your life or make a difference in your family or community, don't be surprised if you

face opposition. The enemy is not going to just roll out the red carpet and watch you fulfill your God-given destiny. He'll do whatever he can to keep you from moving forward. The Apostle Paul said this, "A wide door of opportunity is open for me and there are many adversaries." I've found anytime you try to go forward in life, anytime you try to make progress, there will be opposition. But with God on your side, you can stand

your ground! Greater is He that is in you than he that is in the world. If you're facing opposition today, keep standing, keep believing, keep hoping. Keep fighting the good fight of faith until you see the victory He has in store for you!

From Joel Olsteen Ministries

STRESS CAN KILL

At some point we have all used or heard the phrase, "You worry me to death!" or "Stress will kill you!". The grim reality is that we may use these phrases with out realizing it is true. According to the Centers for Disease Control (CDC), in 2005 the #1 cause of death in women in the U.S. is heart disease, followed by cancer (2nd place), and stroke in 3rd place. In comparison to the

U.S. averages, Louisiana women ranked higher on average in all three categories. Dr. Karen DeSalve from Tulane University in New Orleans conducted a study of 128 African American women and uncovered what she thought to be some very surprising results. She observed that women who reported high stress in their lives were 4 times likely to underestimate their risk of heart

disease as the other women in the sample. Dr. DeSalve concluded "all the stressors and social issues in one's life and very often in a black woman's life...because she is a matriarch and trying to care for her family seem to distract her from taking care of herself."



HEART FACTS



- ♥ Heart disease is the #1 killer of American women.
- ♥ Heart disease can permanently damage your heart—and your life.
- ♥ Heart disease is a "now" problem, "later" may be too late.

The Heart Truth

- ♥ Heart Disease worsens if it isn't treated. It leads to disability or death.
- ♥ Heart Disease isn't "fixed" by surgery or procedures, such as bypass and angioplasty.
- ♥ Heart disease can be prevented or controlled.
- ♥ Treatment includes lifestyle changes and, if needed, medication

Risk Factors:

(You can control these!)

- ♥ Smoking
- ♥ High blood pressure
- ♥ High blood cholesterol
- ♥ Overweight/obesity
- ♥ Physical inactivity
- ♥ Diabetes



Thought For The Month

Christ is seen most clearly when we remain in the background

HEART ATTACK WARNING SIGNS

- ♥ Chest discomfort
 - o Usually in the center of the chest
 - o Lasts for more than a few minutes, or goes away and comes back
 - o Can feel like uncomfortable pressure, squeezing, fullness, or pain

- ♥ Discomfort in other areas of the upper body, including pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- ♥ Shortness of breath
- ♥ Other symptoms, such as breaking out in a cold sweat, nausea, or lightheadedness

usually in the center of the chest

- o Lasts for more than a few minutes, or goes away and comes back
- o Can feel like uncomfortable pressure, squeezing, fullness, or pain
- ♥ Discomfort in other areas



American Heart Association Office

New Orleans:

110 Veterans Blvd, Suite 160
Metairie, LA 70005

Baton Rouge:

4962 Florida Blvd, Suite 402
Baton Rouge, LA 70806

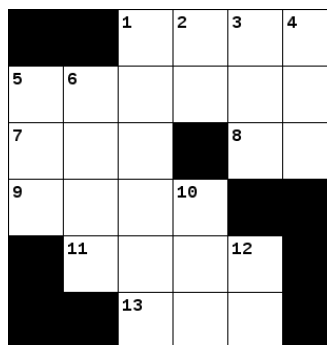
BIBLE PUZZLE

Across

1. NAOMI SAID TO ____ HER DAUGHTER-IN-LAW, IT IS GOOD, MY DAUGHTER, THAT YOU GO OUT WITH HIS MAIDENS, AND THAT THEY NOT MEET YOU IN ANY OTHER FIELD. (RUTH 2:22)
 5. THE STORK, ANY KIND OF HERON, THE _____, AND THE BAT. (LEVITICUS 11:19)
 7. GO TO THE ____, YOU SLUGGARD. CONSIDER HER WAYS, AND BE WISE; (PROVERBS 6:6)
 8. IT HAPPENED, BEFORE HE HAD FINISHED SPEAKING, THAT BEHOLD, REBEKAH CAME OUT, WHO WAS BORN TO BETHUEL THE S__ OF MILCAH, THE WIFE OF NAHOR, ABRAHAM'S BROTHER, WITH HER PITCHER ON HER SHOULDER. (GENESIS 24:15)
 9. AS THE FIRE THAT BURNS THE FOREST, AS THE FLAME THAT ____ THE MOUNTAINS ON FIRE, (PSALMS 83:14)
 11. WHAT IF MY FATHER TOUCHES ME? I WILL ____ TO HIM AS A DECEIVER, AND I WOULD BRING A CURSE ON MYSELF, AND NOT A BLESSING." (GENESIS 27:12)
 13. WERE THEY ASHAMED WHEN THEY HAD COMMITTED ABOMINATION? ____, THEY WERE NOT AT ALL ASHAMED, NEITHER COULD THEY BLUSH: THEREFORE SHALL THEY FALL AMONG THOSE WHO FALL; IN THE TIME OF THEIR VISITATION THEY SHALL BE CAST DOWN, SAYS YAHWEH. (JEREMIAH 8:12)

Down

1. THOUGH I AM DECAYING LIKE A _____ THING, LIKE A GARMENT THAT IS MOTH-EATEN. (JOB 13:28)
 2. ABRAHAM ROSE ____, AND BOWED HIMSELF TO THE PEOPLE OF THE LAND, EVEN TO THE CHILDREN OF HETH. (GENESIS 23:7)
 3. FOR THEIR SUBSTANCE WAS ____ GREAT FOR THEM TO DWELL TOGETHER, AND THE LAND OF THEIR TRAVELS COULDN'T BEAR THEM BECAUSE OF THEIR LIVE-STOCK. (GENESIS 36:7) THE CROWNS SHALL BE TO HELEM, AND TO TOBIJAH, AND TO JEDAIAH, AND TO ____ THE SON OF ZEPHANIAH, FOR A MEMORIAL IN THE TEMPLE OF YAHWEH. (ZECHARIAH 6:14)
 5. HE SAID, "BLESSED BE YAHWEH, THE GOD OF MY MASTER ABRAHAM, WHO ____ NOT FORSAKEN HIS LOVING KINDNESS AND HIS TRUTH TOWARD MY MASTER. AS FOR ME, YAHWEH HAS LED ME IN THE WAY TO THE HOUSE OF MY MASTER'S RELATIVES." (GENESIS 24:27)
 6. JUDAH SAID TO ISRAEL, HIS FATHER, "SEND THE BOY WITH ME, AND WE'LL GET UP AND GO, SO THAT WE MAY LIVE, AND NOT DIE, BOTH WE, AND YOU, AND ALSO OUR LITTLE ____." (GENESIS 43:8)
 10. THE FEAR OF YOU AND THE DREAD OF YOU WILL BE ON EVERY ANIMAL OF THE EARTH, AND ON EVERY BIRD OF THE SKY. EVERYTHING THAT THE GROUND TEEMS WITH, AND ALL THE FISH OF THE ____ ARE DELIVERED INTO YOUR HAND. (GENESIS 9:2)
 12. PLEASE DELIVER ME FROM THE HAND OF ____ BROTHER, FROM THE HAND OF ESAU: FOR I FEAR HIM, LEST HE COME AND STRIKE ME, AND THE MOTHERS WITH THE CHILDREN. (GENESIS 32:11)



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The Power of Prayer

Jesus knows the
 worst about you, yet
 He believes the best.
 Why? Because He
 sees you not as you
 are, but as you will be
 when He gets
 through with you.
 What a friend!



Lord,

I come to you with a heavy heart.

It seems nothing is going my way.
 My children and grandchildren need uniforms and there is tuition to pay.

I am praying Lord and preparing for war with the
 whole armor of God to protect me from the fiery darts.
 I am wearing the breastplate of righteousness to protect the vital parts.

The helmet of salvation dawns my head as I kneel here beside my bed.

My feet shod (shoes) keep me marching on with my sword of the Spirit anointing strong.

GIRD my loins with truth and sincerity as I fight through darkness and disparity.

Lord, is that you? I see some light.
 As I stand to my feet and prepared to fight.

Original by: Minister Regina Barlow



Visit us on the web

Firstmanuelbaptistchurch.org

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Worship With Us

New Orleans, LA Baton Rouge, LA
Every 3rd Saturday Every 1st Saturday

Church Services

New Orleans, LA	Baton Rouge, LA
Every Sunday– 7:30 am	Every Sunday-12:noon
Lord's Supper (1st Sunday)	Lord's Supper (1st Sunday)
Mid-week service	Mid-week service
Tuesdays	Wednesdays
Church School– 6:00 pm	Youth Ministries– 6:00pm
New members Class– 6:00 pm	New members Class
	6:00 pm
Bible Class 7:00 pm	Bible Class 7:00 pm
Dr. Charles J. Southall, III– Pastor	

BIRTHDAY BLESSINGS



The Eminent Women with Vision would like wish everyone who is celebrating their birthday during the month of August a very happy and blessed day of birth. May God continue to grant you grace, mercy, and good health.

Be Blessed

STATEMENT OF PURPOSE

The Eminent Women with Vision exist for the equipping of each woman to stand with Jesus. We seek to promise spiritual and personal growth so that each woman may experience the fullness of Christ in every season of life

