

# St. Paul Missionary Baptist Church

## Life in the Word

## Health and Wellness

09 May Vol. III



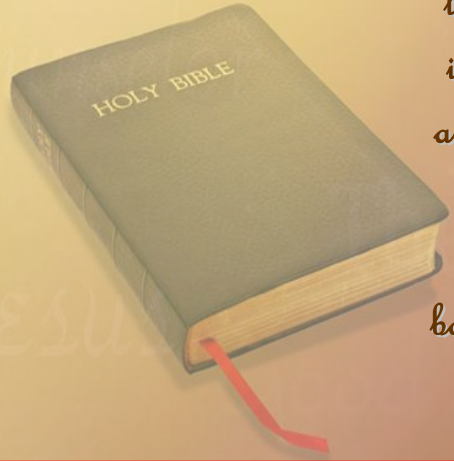
1st Lady Asie Martin

# Happy Mother's Day

## The Spiritual Pursuit of Wellness

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Don't let the mind be a gateway for the enemy... Pg. 2



1 Corinthians 6:19-20, "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's".



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# Happy Mother's Day

## To all of our Mothers

## To all Women who act as Mothers

If papa is the head of our family, mama is the reason the family exists in the first place. As a child it is almost impossible to see that if it wasn't for our mother's prayers and faith in the Lord, the family would have never survived. Mama was always there, even when there was no papa, mama was there. She made everything alright and accepted the blame for when it wasn't.

She was the one who brought me to the Lord whether in church or in our home. When every one in the family went their own way, I use to complain why mama never chose sides. It wasn't until I became an adult that I realized she did choose sides, not papas', not my brothers and not mine, but she chose the side of our Lord.

When everyone chose to see what I did wrong, she chose to see past that to know the man of God I was suppose to be. As I grew older and began to know the Lord, I realized it was the same Lord guiding my mother. His Love would take me back home into my mama's arm beyond. I now pass this onto my children. Not only in service to our Lord but to honor mama because she was a servant of Him as well.



Dear Lord, thank you for all of our mothers and mother figures. I am so grateful for all women of God who has given an encouraging word and a supportive hand because I sometimes knew that made my mama feel better.



I pray the Lord continues to pour out His blessings to you and your families.



Please know that we don't always recognize or take into consideration all of the sacrifices, effort and Love you have given. Like the air we breathe, we sometimes take for granted the very thing we need.



In as much as possible I ask that you forgive us for our mistakes and our prideful / stubborn ways.



Most of all I pray we all accept the Lord into our lives, allow Him to rule in our Hearts, Govern our Thoughts and groom us to be better toward to all woman, honoring and respecting our mothers.



Lord bless all of our mothers and mother figures.

*We must prepare ourselves for the blessings and journey  
the Lord sets before us.*

*We are not impervious to attack, but greater is he that is  
in you than he that is in the world.*

# HEALTH + HEALING

Whatever the ailment, the Lord is the answer and the healer. Let Him guide to what you should do next. As we continue in our work with the Lord, the enemy will try even harder to distract us. The enemy's greatest tool against us is ourselves.

We all know the risks of an unhealthy diet and not getting the proper nutrients our body needs. The results can be long term health problems that require use of prescription drugs and possible medical treatment.

This is also true in what we feed the mind and expose ourselves to. We can develop bitterness, anger and self esteem issues that may manifest itself in any of our relationships. What we allow to happen with our bodies and in our minds will condition us to become predisposed to success or failure.

Unfortunately in most cases, the tools the enemy would use to destroy

1 Thessalonians 5:23: "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

Don't let the fear of what you have to go through to be healed stop you. For the Lord will never forsake you. Stop fighting against what He is attempting to deliver you from. Healing will be confrontation between you and the enemy. We must call upon the Lord to fight this battle for the battle is His.

When we follow the Lord, we don't have to ask why it's taking so long or why must I suffer. When the truth of the matter is that when we follow the Lord we are in the state of being healed. We were actually suffering because we were outside of His Will for our lives.

Now I am not going to pretend I know what you are going through and how hard it's been for you. But I am so thankful that you are here and you are reading this message. I am blessed that the Lord has made you and I have the opportunity to be in your presence.

Whatever the crisis, whatever the tragedy, the Lord can heal you. No, it doesn't matter what you did. Bring it to the Lord, you have been forgiven, now forgive yourself. No, it does not matter what they did, for the Lord will restore all that which you believe you have lost. Amen.



# Financial Wellness

Deacon Page

Financial wellness starts and ends with what the Word of God says about money. One of the most common statements I hear is, "If I had more money, I would be financially whole". In some instances, that may be the answer. But in most cases, this is not. We have all seen people in the public eye that have had millions and lost it all because of bad management. There are five financial fundamentals that can be followed to help you be an efficient manager of what God has given you.

1) Commit to tithes and offerings (Malachi 3:8-12)

- a. This obligates God to bless you
- b. It also protects your finances

2) Create and follow a monthly budget (Luke 14:28-30)

- a. This allows you to see where you are spending your money
- b. Helps you stay focused on your financial obligations and goals

## Budget Example

Income	Check (Gross amt)	2,500
Expense	Tithes	250
	Offering	20
	Taxes	575
	Mortgage or Rent	1,000
	Car	325
	Groceries	150
	Utilities	100
	Savings	50
	Other	30

1) Pay Bills on time (Romans 13:7-8)

- a. This will increase your credit score
- b. This will also minimize fees

2) Save (Proverbs 21:20)

- a. Everyone should have a least 3 months of expenses in savings
- b. This helps avoid major financial catastrophes

3) Pay down debt (Proverbs 22:7)

- a. Make a good effort to pay off credit cards
- b. Only use credit cards if absolutely necessary

Financial challenges have their own troubles and temptations. For example, if you commit to the five steps listed above you may not be able to go shopping for a new dress or suit every weekend. You will have to continue to pray and allow God to guide you through all of your spending. Remember you can do all things through Christ who strengthens you.

Bountiful Blessings,

Deacon Page



## Don't Let The Mind Be the Gateway for "The Enemy"

# Mental Wellness

Nicole Whitehead

**Did you know studies have shown that if you put a frog into a pot of boiling water, it will leap out right away to escape the danger? But, if you put a frog in a kettle that is filled with cool and pleasant water and you gradually heat the kettle until it starts boiling, the frog will not become aware of the threat until it is too late and die.**

The frog's survival instincts are geared towards detecting sudden changes. This parable is often used to illustrate how humans have to be careful to watch slowly changing trends in the environment, not just the sudden changes. It's a warning to keep us paying attention not just to the obvious threats but to more slowly developing ones.

We must renew our minds with the Word of God daily. Romans 12:2 says, "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." *When we become born again, our spirit instantly changes; we are recreated in Christ Jesus (2 Corinthians 5:17).*

## SET YOUR SIGHTS TO THE LORD

I was told this parable in one of courses a few years ago and at the time it didn't mean much to me and then my husband asked me to recite the "frog story" to someone that he had been ministering to for quite some time due to his feelings of despair, loneliness, anguish, unforgiveness, and self-loathing. The young man couldn't understand how his life got so out of control without him seeing it. As I listened to what the young man was saying, I realized two things; he missed the signs that the "water was gradually getting hotter" and his mind coupled with his thoughts had become a gateway for the enemy.

To keep the enemy from utilizing our minds as a gateway, preventing us from seeing or making subtle changes in our life, we must develop a sound mind that is completely controlled and directed by the Holy Spirit. How do we do this?

Our *minds* are not automatically recreated. We must align our thinking continually and on purpose; it is not an overnight, one-time event. Renewing our minds to God's Word every day is vital because by reading the Scriptures and meditating on them thoroughly, our thinking will be transformed to line up with that of Christ.

When we set our minds on the Word of God, we will experience soul prosperity and peace (3 John 2). The Bible says that the issues of life flow out of the heart (Proverbs 4:23). Research indicates that "heart" in this scripture actually refers to your *soul*—your mind, your will and your emotions. If you can control your mind, you can align your decisions with the path the Lord has for your life despite challenges and adversities' that may come our way and this is by no means a easy task!

## **Mental Wellness - Continued**

**First Thessalonians 5:23 says, “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” It is God’s will that your mind, will and emotions be whole, with nothing missing or broken. As a Believer, you can receive a sound mind (2 Timothy 1:7). It is then up to each of us, individually, to enforce and maintain mental wellness by keeping your thoughts and imaginations in line with God and his Word (Isaiah 26:3).**

**With our minds focused and led by the Word, we will position ourselves and our families for success because with this wellness comes wisdom, discernment, insight and the ability to accomplish all things through Christ. Don’t let another day go by without feeding your mind and spirit.**

**You may not have read a bible your entire life, but you need to know the Lord’s word for yourself. Let’s set our minds on the Word of God and let it become the center of our lives and purpose, telling the enemy this gateway for you has been destroyed forever!**



# *For Everything There Is A Season..... A Time To Laugh*

## **Head of the Household**

At the end of the age when all the believers were standing in line waiting to get into heaven, God appeared and said, "I want all the men to form two lines. One line will be for the men who were the true heads of their households. The other will be for the men who were dominated by their wives." God continued, "I want all the women to report to St. Peter." The women left and the men formed two lines.

The line of men who were dominated by their wives was seemingly unending. The line of men who were the true head of their household had one man in it.

God said to the first line, "You men ought to be ashamed of yourselves. I appointed you to be the heads of your households and you were disobedient and have not fulfilled your purpose. Of all of you, there is only one man who obeyed me. Learn from him."

Then God turned to the lone man and asked, "How did you come to be in this line?"

The man replied, "My wife told me to stand here."

Submitted by Sister Nicole Whitehead

## **Where's God?**

There were two little boys that were so bad their parents didn't know what to do about them. The boys were 8 and 10 years old. Day after day they got reports that the two were acting out in school, at recess and on the way home. The parents decided to send the two to meet with the clergy at their church.

The eight year old went first. The first question the clergy asked the little boy was "where is God", the little boy sat quietly and unresponsive. The clergy walked over to the little boy and repeated his question, "where is God". The little boy continued to sit quietly and unresponsive. So, the clergy got up and walked right in front of the boy and shook his finger right in the boy's face asking passionately, "where is God". The little boy jumped up and ran all the way home. His 10 year old brother met him at the door; the boy ran right past him and up the stairs into his room and into his closet.

His brother trailed him running and asking what happened, the little boy told his brother, "God is missing and they think we got him."

Submitted By Sister Jeannie



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All Mothers  
Happy Mother's Day**

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Pastor Edward Martin Jr. &  
The St. Paul Missionary Baptist Church



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*We rejoice in the truth of the Word, not that which speaketh from pride or in judgment.*

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For more information contact 815.723.5396 or visit [www.stpaulmbchurch.org](http://www.stpaulmbchurch.org)

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