

Christian Fellowship  
Is Essential To Spiritual Growth!  
We Invite You To Come Fellowship With Us &  
Be Blessed By The Word!

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Happy Birthday

FRESH NOTES



AND FELLOW

MAY Saints!



### Things I know about life, I learned from Noah's Ark

- One** : Don't miss the boat.
- Two** : Remember that we are all in the same boat.
- Three** : Plan ahead. It wasn't raining when Noah built the Ark.
- Four** : Stay fit When you're 600 years old, someone may ask you to do something really big.
- Five** : Don't listen to critics; just get on with the job that needs to be done.
- Six** : Build your future on high ground.
- Seven** : For safety's sake, travel in pairs.
- Eight** : Speed isn't always an advantage. The snails were on board with the cheetahs.
- Nine** : When you're stressed, float a while.
- Ten** : Remember, the Ark was built by amateurs; the Titanic by professionals.
- Eleven** : No matter the storm, when you are with God, there's always a rainbow waiting.

### Old Testament

1. Genesis
2. Exodus
3. Leviticus
4. Numbers
5. Deuteronomy
6. Joshua
7. Judges
8. Ruth
9. 1 Samuel
10. 2 Samuel
11. 1 Kings
12. 2 Kings
13. 1 Chronicles
14. 2 Chronicles
15. Ezra
16. Nehemiah
17. Esther
18. Job
19. Psalms
20. Proverbs
21. Ecclesiastes
22. Song of Solomon
23. Isaiah
24. Jeremiah
25. Lamentations
26. Ezekiel
27. Daniel
28. Hosea
29. Joel
30. Amos
31. Obadiah
32. Jonah
33. Micah
34. Nahum
35. Habakkuk
36. Zephaniah
37. Haggai
38. Zechariah
39. Malachi

### New Testament

1. Matthew
  2. Mark
  3. Luke
  4. John
  5. Acts
  6. Romans
  7. 1 Corinthians
  8. 2 Corinthians
  9. Galatians
  10. Ephesians
  11. Philippians
  12. Colossians
  13. 1 Thessalonians
  14. 2 Thessalonians
  15. 1 Timothy
  16. 2 Timothy
  17. Titus
  18. Philemon
  19. Hebrews
  20. James
  21. 1 Peter
  22. 2 Peter
  23. 1 John
  24. 2 John
  25. 3 John
  26. Jude
  27. Revelation
- I am an imperfect being,  
living in an  
imperfect world,  
Loved by a perfect God,  
Who sees me  
as complete in Him!  
How can I go wrong!
- I am just a Body,  
Trying to tell Everybody  
About Somebody  
Who can Save Anybody!

## HUSH!

Psalm 46:10

*"BE STILL AND KNOW THAT I AM GOD."*

So many times we make situations more than what they are due to our anxiety. Stop having pity parties and talking about your business all the time; don't you know that the power of death and life is in the tongue! Stop speaking negative things into existence in your life and in others. When you look at your situation through your eyes, you often read more into the situation than what is there. It's not as bad as you think particularly if God is in your life; Stop over analyzing your life. God has your life under control; He knows how to handle even the seemingly complex situation with ease.

## BE COURAGEOUS!

2 Timothy 1:7

*FOR GOD HATH NOT GIVEN US THE SPIRIT OF FEAR; BUT OF POWER, AND OF LOVE, AND OF A SOUND MIND.*

Fear is not of God. Have the courage to step out on faith and do the seemingly impossible. Start your own business; go into the ministry; apply for that promotion, anything that you have been afraid to do and you know that God has called you to do - **JUST DO IT!**

## HAVE CONFIDENCE!

Philippians 4:13

*"I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENS ME."*

Remember, greater is He that's within you than he that's in the world. You have the power of the most High God working in you, and you have His Son steadily making intercession for you. You have nothing to worry about! Walk with your head up! You say you have low self-esteem; somebody told you that you'd never amount to anything; the *devil is a liar!* Know that you are somebody not because Jesus said it, but because you are a child of The King!

Where will you be  
sitting in eternity?  
Smoking or non-smoking?

## WALK IN THE VICTORY!

Romans 8:28

*"AND WE KNOW THAT ALL THINGS WORK TOGETHER FOR GOOD TO THEM THAT LOVE GOD, TO THEM WHO ARE THE CALLED ACCORDING TO HIS PURPOSE."*

Does anything else need to be said? The jury has been out and the verdict is in - **YOU WIN!** In your finances - **YOU WIN!** On your job - **YOU WIN!** In your relationships (married, single, divorced, family, friends) - **YOU WIN!** In your health - **YOU WIN!** God has already worked it out for you. It may not come the way you think it should come (or when you think it should), but remember - **CALM DOWN!** He is working it out for **"YOUR"** good in **HIS** time.

Do not ask the Lord to guide your footsteps,  
If you are not willing to move your feet.  
**BE BLESSED TODAY!**

## A BOOST OF COURAGE

When my son Joe was a child, I took him to the local YMCA for swimming lessons. I could almost see an Olympic gold medal swinging around his neck. To my chagrin, Joe didn't "wow" the class. Instead, he took one look at the water, one look at the instructor, and started bawling. I thought, *Oh, no, I've fathered a coward!* To make matters worse, the instructor motioned for me to take Joe back to the locker room. In the midst of his sobs and pleas to go home, I gave him a little pep talk: "You can do it, Joe! I'll come to all your lessons, and we'll have a signal. When you get scared you can look up at me, and when I hold my thumb up you'll know it's going to be okay because I'm here cheering you on." Joe finally agreed, and today he can swim circles around me.

How often we too face situations that seem overwhelming and impossible. It is in those times that we need to find our confidence in Jesus. Our first instinct may be to back away in fear. But that's exactly when we need to look to Jesus, **"the author and finisher of our faith"** (Heb. 12:2), who will raise His nail-scarred hand and say, "Stay with it. Run the race. I have run it before you, and in my power, you can win. **You can do it!**"

Hold fast to Christ and He will give the will to see you through; and if you keep on keeping on, your strength He will renew.

*Christ's victory in the past*

*Gives courage for the present and hope for the future.*

## GOD DISCIPLINES HIS SONS

Hebrews 12: 1-11

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood. And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

The Best Vitamin  
for a Christian  
is B1