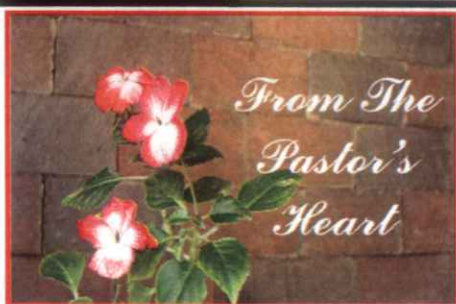


FAITH TALK

The Shield of Faith Church
Hanahan, SC

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The Worst Habits for Your Heart

While reading health topics on Yahoo, we ran across this great article by Lisa Collier Cool and wanted to share some of the highlights of it with you. The follow is taken directly from her article:

"Lifestyle factors you can easily change account

for more than 90 percent of heart attack risk... And making small positive changes in your everyday habits can have a surprisingly big impact on your heart health—or even save your life. Here's a look at **six** of the worst habits for your heart, and how to turn them around.

Being Glued to the Tube—Spending too much time parked in front of the TV can actually be fatal, according to a 2011 study published in *Journal of the American College of Cardiology*. The researchers found that people who devoted four or more hours a day to screen-based entertainment... had double the risk of a major cardiac event resulting in hospitalization, death or both, compared to those who watched/spent less than two hours daily to these activities.

Having a Negative Attitude—While stress and depression have long been linked to higher heart disease risk, a new Harvard review of more than 200 earlier studies, published this month in *Psychological Bulletin*, highlights the benefits of turning that frown up-side-down. An optimistic outlook may cut heart disease and stroke danger by 50 percent. And while you may think that happy people are just healthier, the researchers found that the association between an upbeat attitude and reduced cardiovascular risk held true even when they took the person's age, weight, smoking status, and other risk factors into account. Research also shows that laughter literally does the heart good, by expanding the linings of blood vessels and boosting blood flow.

Ignoring Snoring—Frequent loud snoring can trumpet obstructive sleep apnea (OSA), a dangerous disorder that magnifies heart attack and stroke risk, if untreated. OSA (bouts of interrupted breathing during sleep) frequently goes undiagnosed because people don't recognize the symptoms, which include waking at night for no apparent reason and unexplained daytime drowsiness.

Forgoing Fiber—Not only does a high-fiber diet boost your heart health, but it could add years to your life... The researchers found that men ages 50 and older who ate the most fiber were up to 56 percent less likely to die from cardiovascular disease, infectious diseases and respiratory ailments, compared to those who ate the least. For women ages 50 and up, a high-fiber diet lowered risk of death from these causes by nearly 60 percent. Researchers from the World Cancer Research Fund also report that if we ate more fiber, and less red meat, more than 64,000 cancer deaths would be prevented annually.

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Youth Talk

Protective Accountability

We read a story about two men fishing in a stream that noticed that a nearby bridge was falling apart. Every time a vehicle would drive across it, another piece would fall and the entire bridge would shake dangerously. Finally, after a large truck passed over, the bridge completely fell apart in the middle. The two fishermen knew that if a car came around the bend, the driver would never know that the middle of the bridge was gone; the whole thing could come crashing down, damaging the vehicle and injuring the driver.

One of the men looked at his friend and said, "We've got to do something. What would be the 'Christian' thing to do?"

His friend thought for a moment and replied, "Build a hospital?"

It does seem that many in Christendom would rather build a hospital than put up a warning sign. We tend to deal with things after the fact instead of taking preventive action. We often allow a person to come to a very bad state before we get involved. Nowhere is this more clearly seen than in the absence of protective accountability...

We have been discussing the process of "protective accountability" with our Youth. There is protection when we hold ourselves accountable to another for our actions and reactions. This keeps us from sinning against God and His word. If we surround ourselves with people who do not know the word of God, chances are we are getting worldly counsel that will not produce the blessings of God in our lives.

In the 28th chapter of Deuteronomy, God gives specific requirements for blessings and cursings... Simply put, if you obey God's word you will be blessed, if you don't you will be cursed.

James 1:14 But each one is tempted when he is drawn away by his own desires and enticed. 15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

Having a godly friend or mentor that we can be accountable to is very important in our walk with the Lord. So many times we as people do not want *anyone* telling us what to do. Guess what? If we don't humble ourselves before the Lord and allow Him to use *whomever* He chooses, we may miss our opportunity to grow. It is imperative that we allow every spot and blemish to be dealt with quickly by *any* means our Heavenly Father sees fit. Read 2 Samuel 16:5-14.

2 Corinthians 5:10—"For we must all appear before the judgment seat of Christ, that every one may receive the things done in his body, according to what he hath done, whether it be good or bad."

Romans 14:12—"So then each of us shall give account of himself to God."

Proverbs 27:17—"As iron sharpens iron, So a man sharpens the countenance of his friend."

Matthew 12:36-37—"But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned."

Continued on Page 3

Rollercoaster Ride

Many times life is like an extreme roller coaster ride.

It has many ups and downs and at times it is scary.

Let us not forget that it is our God who stands at the controls of our life to gently brings us back where we belong...



Youth Talk—(continued)

Hebrews 13:17—"Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account..."

Accountability is seen throughout scripture. The Centurion who asked Jesus to heal his servant understood accountability and authority. Because of this, he had such a great faith that Christ Himself said that He had never seen this kind of faith, not even in Israel. Matthew 8:5-13.

Do you want to increase in your faith? Do you want to grow in your walk with the Lord? Let us submit to others and allow godly 'protective accountability' in our lives. Encourage your children to communicate with other Christians their age. Do not allow unhealthy relationships to flourish by giving your children freedom to 'hang out' with the world. We are still their parents and when it is said and done, WE are the ones that will have to stand before our Lord and be held accountable for what we have allowed in our homes and in the lives of our children.

Always know, we are here to help in any way we can with your Youth. We love them dearly and are excited about what God is doing in their lives.

-Michele Dotter and Melanie Colson

Recipe of the Month

Japanese Boneless Fried Chicken

4-6 Boneless Chicken Breasts

One cup of flour

2-3 Tablespoons Cornstarch

2 Tablespoons Soy sauce

Mix all ingredients but chicken together. Turn on hot tap water on slow... you will add this hot water into the mixture and stir until it has the consistency of thick pancake mix.

Cut chicken into strips and then 1/2 the strips. Put the 1/2 strips in the mixture to set for about a half an hour on the counter. Stir the mixture after a half an hour.

Put about 1/2 cup of fresh canola oil in frying pan on med-high. Stir your chicken and mixture and then slowly drop each piece of chicken into hot oil. Cook until golden brown then turn over so the other side can brown. As each batch comes out, sprinkle with salt while they are hot. Serve with rice or side of your choice. About 32 pieces.

-Rosemary Baker

Chillie's Corner**Jesus Tries To Make A Point**

Jesus saw a crowd chasing down a woman to stone her and approached them. "What's going on here, anyway?" he asked. "This woman was found committing adultery, and the law says we should stone her!" one of the crowd responded. "Wait," yelled Jesus. "Let he who is without sin cast the first stone." Suddenly, a stone was thrown from out of the sky, and knocked the woman on the side of her head. "Aw, c'mon, Dad..." Jesus cried, "I'm trying to make a point here!"

Bible Trivia—I Didn't Know That!

- A) God fulfilled His promise made to Abraham and Sarah with the birth of their son Isaac, whose name means *what*?
- B) Before sending his servant off to find a wife for his son, Abraham made the man swear not to choose a wife for Isaac from among the daughters of the Canaanites. As confirmation of his pledge, the servant did *what*?
- C) What was the name of Rebekah's brother?
- D) How old was Isaac when he married Rebekah?
- E) When the once-barren Rebekah was pregnant, the children inside her tussled with each other. So she asked the Lord why this was so. What was God's response?
- F) Esau, Isaac's son, bore a grudge against his twin brother, Jacob, because from Esau Jacob stole *what*?
- G) Quoting from Genesis 21:12, in Romans 9:7 Paul wrote that God told Abraham, "It is through Isaac that your offspring will" *what*?
- H) In Galatians 4:28, Paul wrote, "Now you, brothers and sisters, like Isaac, are children of" *what*?
- I) Esau had three wives. Two were named Judith and Basemath, and the third was named *what*?

(See page 6 for answers)





The Worst Habits for Your Heart

Continued from Page 1

Failing to Floss—People with periodontal (gum) disease are nearly twice as likely to have heart disease as those with healthy gums. While the reasons for the link aren't yet clear, one theory is that the same bacteria that trigger gum disease may also spark inflammation inside the body, damaging arteries. Gum disease affects nearly 50 percent of Americans, many of whom don't know they have it, because in the early stages, it's painless.

Smoking Even a Little—Smoking even one cigarette a day increases the threat of heart attack by 63 percent and smoking 20 or more cigarettes a day more than quadruples it. Munching on low-calorie foods, such as carrot or celery sticks, or chewing sugarless gum, can help curb nicotine cravings."

We hope you have enjoyed reading this wonderful article.

In the Wonderful Name of Jesus,
Pastors Bob and Susan Tilton

Kick the Devil Out!

Greetings my Brothers and Sisters in Christ. It has been a beautiful Spring. We have been waiting all winter for the promise of Spring. I want to encourage you to rest and wait on the Lord. Whenever that phone call, papers on the mail, bad report, sickness, symptoms, or evil thoughts come... you KICK the devil out! The battle is on! You are more than conquers in Christ! We are healed, redeemed, delivered, set free, born again, righteous, strengthened, renewed body of Christ. Hold onto and wait on those Promises.

I have been trying to put a puzzle together with out the whole picture... Our Father in heaven made the zillions of stars and knows them all by name. He is more than willing and more than able to meet us where we are. He loves us so much He sent His only Son to pave the way for us. Let's not give into the enemy's plans and deceptions anymore. We are not 'broke'... WE ARE BLESSED. We are not 'sick'... WE ARE HEALED. We are not 'weak'... WE ARE STRONG. We are going OVER and NOT under!

Jesus had a rough time in the wilderness. What is your storm? Your problem? Let's name it the wilderness. Lets see how satan tempted Jesus... and realize that our enemy can not do anything new under the sun. Our enemy will attack us just as he did Jesus. Please take the time to read Luke 4 and Matthew 4.

Emotions - Jesus was fasting. His emotions and His feelings were lying to Him and telling Him things contrary to the word of God.

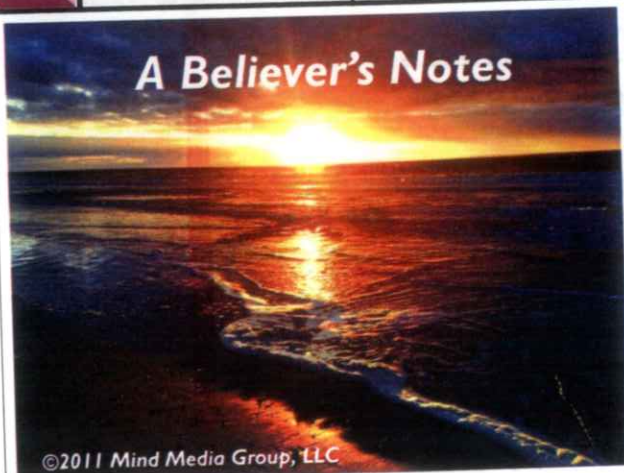
His Behavior—Jesus was tempted to jump. The enemy will try to alter our behavior to what's contrary to God's word.

Imagination—In an instant, Jesus saw the kingdoms of the earth and was offered them. The enemy will get you thinking on things that are contrary to what God promises in His word.

ITS ON!!! You KICK the devil out! When we know our foe and his plans, we can recognize and mobilize our faith. When your emotions and feelings are lying to you... grab a hold of His promises for your life as a child of God. When you are being tempted to do or behave in a way that a child of God should not... read His word. When your imagination is playing old tapes, or leading you in a destructive thought pattern... pray in your heavenly prayer language, and wait on the Lord !

- Emerald Chapman

A Believer's Notes



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No Fear

We are not supposed to fear the devil. We are supposed to fear God. We should have so much reverence (honor) and respect for God that we immediately make any adjustment in our lives just to please Him. When He tells us to do something risky from our point of view, we ought to be more concerned about what we will miss if we don't obey Him, than of what will happen if we do. In other words, when He tells you that you are more than a conqueror, and instructs you to march in and take back some part of your life that the devil has stolen from you, you shouldn't sit around debating about whether or not you can do it. You

should just start marching. If you serve God, your poor self-image will begin to change, and you'll start to see yourself as He sees you.

We've got to get away from being so self-conscious, so aware of what we think we can or can't do. That's what keeps us from entering into our promised land. Instead of simply obeying God, we start to wonder, "What will people think of me if I do that? What if I lay hands on someone and they don't get healed? What if I start believing for prosperity and go broke? What will people think of me? How will I look?"

It doesn't matter how you will look! What counts is that you obey God. Once you loose that desire to protect your image, your image gets better. Why? Because then the image of the Lord Jesus can come forth instead of that image you had of yourself. God promise is that He will be with you. Don't fear the devil and let that fear stop you. You are more than a conqueror. Romans 8:37 in the Amplified says, "Yet amid all these things we are more than conquerors and gain a surpassing victory through Him Who loved us."

Bible Trivia **-I Didn't Know That!** **(From Page 4)**

- | | |
|---|---|
| <p>A) Laughter
Genesis 21:5-6</p> <p>B) He placed his hand beneath
Abraham's thigh
Genesis 24:9</p> <p>C) Laban
Genesis 24:29</p> <p>D) Forty
Genesis 25:20</p> | <p>E) Two nations are in your womb
Genesis 25:23</p> <p>F) His father's blessing
Genesis 27:36</p> <p>G) Be reckoned
Romans 9:7</p> <p>H) Promise
Galatians 4:28</p> <p>I) Mahalath
Genesis 28:8-10</p> |
|---|---|

God wants you to get to know Him, *like He already knows you.*

Once this relationship is established, everything else — career, family, goals, recreation, ambitions, finances, health, and friendships — will begin to fall into their proper place.

-Bernie Bowling



An Offer You Can't Refuse

In the movie "The God Father" the actor Marlin Brando plays an Italian godfather. He is petitioned by a man who wants a favor of the godfather. The godfather grants his petition and sends his representative to the owner of a night club to make an offer that he is sure could not be refused. Unfortunately the offer is refused and the consequences are disastrous.

Unlike the actor who plays the godfather we have a Real "God-Father."

One whose word is far more just, honest and when He makes an offer it is out of love, not vengefulness. His word and conditions are from everlasting to everlasting.

Our heavenly God-Father makes us an offer that we can or can not refuse.

In Ezekiel 18:31-32- we read: (Amplified)

"Cast away from you all your transgressions by which you have transgressed against Me, and make you a new mind and heart and a new spirit. For why will you die, O house of Israel"? (Or the house of Charleston-what ever city you live in.) For I have no pleasure in the death of him who dies, says the Lord God. Therefore turn (be converted) and live."

Despite all the wrong and sins in ones' life, Father-God still has a heart of compassion for the people, not just for those in the old testament, but everyone today.

In Ezekiel 36:26-27—we read: (Amplified)

"A new heart will I give you and a new spirit will I put within you, and I will take away the stony heart out of your flesh and give you a heart of flesh. And I will put My Spirit within you and cause you to walk in My statutes, and you shall heed My ordinances and do them."

What an offer that no one should refuse.

To begin again, a new life, a new heart, and a new spirit.

Father-God is making you and me an offer, to live the abundant life.

Through the shed blood of His son Jesus Christ, at Calvary, for the sin of the whole world.

No one has gone so far that they can not turn around and begin a new life and walk into and with the very life of God the Father.

Accept His Offer and Live.

It is by His Grace, His mercy, His Love, His compassion, His sacrifice that He has freely given for you.

Now there is an offer from our God-Father that you just can't refuse.

-Rosemary Baker



"Always"

Though my heart, it has been broken,
I have sewn it back together with prayer.
For my Lord has never forsaken me,
He has promised to always be there.

For my God has always been there,
In those times when I was so sad.
My God has always forgiven me,
For those times that I've been bad.

He will be there when times are good,
And He'll be there when they are bad.
He can change my frown to a smile again,
When I'm holding on to being mad.

All you have to do is open your heart,
Let things go, and invite Him in,
He can heal all of your hurt and anger,
And forgive you of all of your sins.

Invite Him into your heart today, don't wait,
For He can change your life forever.
He will lead you down the narrow path,
And He will never forsake you.....Ever.

Thank you God for coming into my heart,
And changing my life forever. Amen and Amen.

-Roy M. Bowling Sr.

Life

Walking down the street I see through my eyes two sides of the world.
On one side, I see pants on the ground, half naked girls all desperate for attention.

On the other side, I see Bible thumping, tongue speaking Jesus freaks.
I just want to be me... A world changing, Christ follower, in the world,
not of it, person.

Which side do you choose?

-Jonah Thrower, age 12



Kids Corner
(We are ALL His kids!)

Genesis 28:10-12 ¹⁰Jacob left the town of Beersheba and started out for Haran. ¹¹At sunset he stopped for the night and went to sleep, resting his head on a large rock. ¹²In a dream he saw a ladder that reached from earth to heaven, and God's angels were going up and down on it.



Kids Corner**“Hannah Asks the Lord for a Child”****1 Samuel 1:1-20**

Elkanah lived in Ramah, a town in the hill country of Ephraim. His great-great-grandfather was Zuph, so Elkanah was a member of the Zuph clan of the Ephraim tribe. Elkanah's father was Jeroham, his grandfather was Elihu, and his great-grandfather was Tohu.

² Elkanah had two wives, Hannah and Peninnah. Although Peninnah had children, Hannah did not have any.

³ Once a year Elkanah traveled from his hometown to Shiloh, where he worshiped the LORD All-Powerful and offered sacrifices. Eli was the LORD's priest there, and his two sons Hophni and Phinehas served with him as priests.

⁴ Whenever Elkanah offered a sacrifice, he gave some of the meat to Peninnah and some to each of her sons and daughters. ⁵ But he gave Hannah even more, because he loved Hannah very much, even though the LORD had kept her from having children of her own.

⁶ Peninnah liked to make Hannah feel miserable about not having any children, ⁷ especially when the family went to the house of the LORD each year.

One day, Elkanah was there offering a sacrifice, when Hannah began crying and refused to eat. ⁸ So Elkanah asked, “Hannah, why are you crying? Why won't you eat? Why do you feel so bad? Don't I mean more to you than ten sons?”

⁹ When the sacrifice had been offered, and they had eaten the meal, Hannah got up and went to pray. Eli was sitting in his chair near the door to the place of worship. ¹⁰ Hannah was brokenhearted and was crying as she prayed, ¹¹ “LORD All-Powerful, I am your servant, but I am so miserable! Please let me have a son. I will give him to you for as long as he lives, and his hair will never be cut.”

¹²⁻¹³ Hannah prayed silently to the LORD for a long time. But her lips were moving, and Eli thought she was drunk. ¹⁴ “How long are you going to stay drunk?” he asked. “Sober up!”

¹⁵⁻¹⁶ “Sir, please don't think I'm no good!” Hannah answered. “I'm not drunk, and I haven't been drinking. But I do feel miserable and terribly upset. I've been praying all this time, telling the LORD about my problems.”

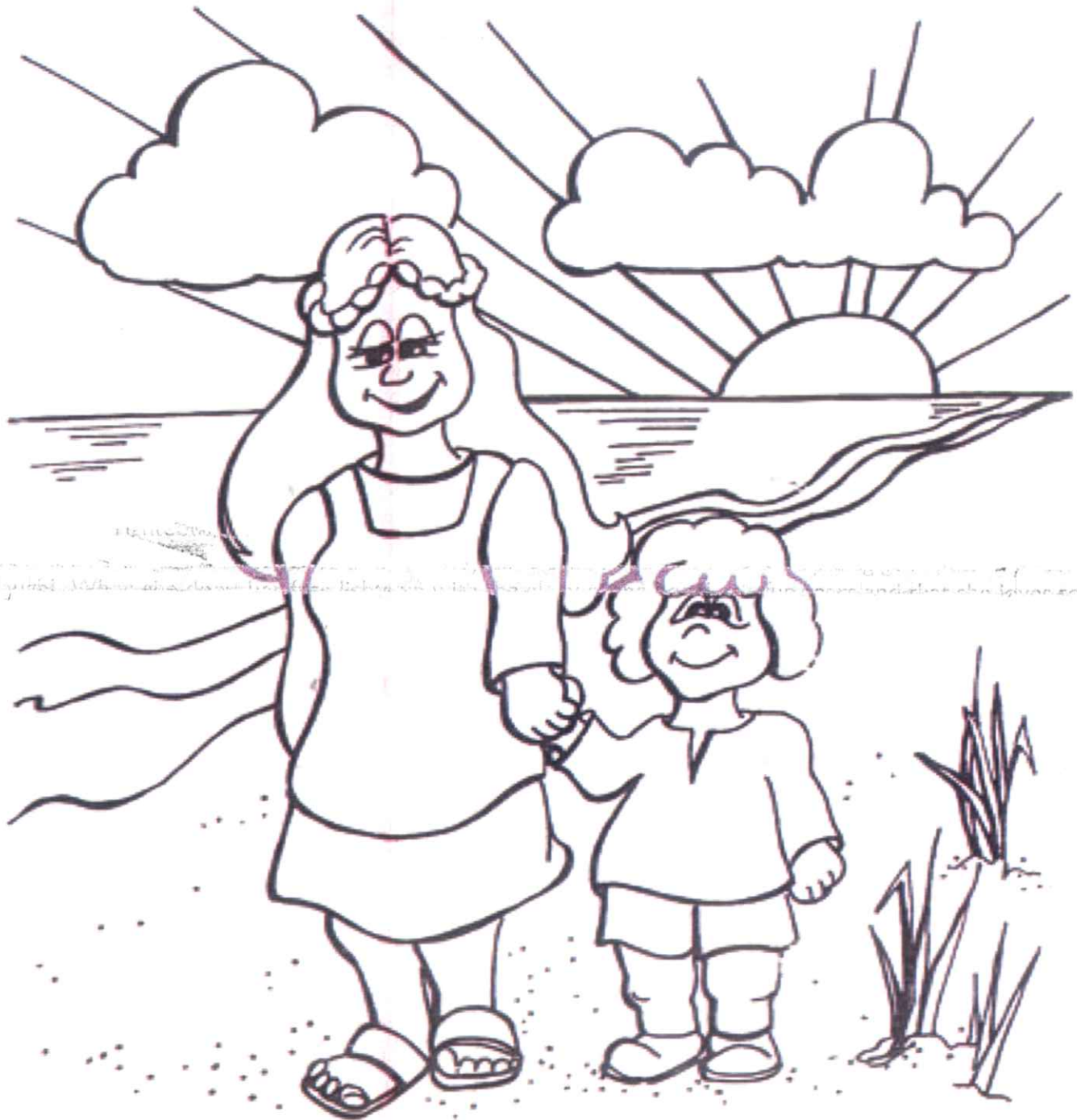
¹⁷ Eli replied, “You may go home now and stop worrying. I'm sure the God of Israel will answer your prayer.”

¹⁸ “Sir, thank you for being so kind to me,” Hannah said. Then she left, and after eating something, she felt much better.

¹⁹ Elkanah and his family got up early the next morning and worshiped the LORD. Then they went back home to Ramah. ²⁰ Later the LORD blessed Elkanah and Hannah with a son. She named him Samuel because she had asked the LORD for him.

Kids Corner

"Hannah and Samuel"



God blessed Hannah with a baby boy. She named him Samuel, and thanked God for her son by taking him to live in the temple.

Kids CornerWord Find—"Nebuchadnezzar"

Abednego
Astrologers
Belteshazzar
Chaldeans
Counselors
Daniel
Darkness
Decree
Den
Dominion
Dreams

Feathers
Gold
Interpretation
Jerusalem
Kingdom
Lions
Magicians
Meshach
Peace
Persians
Power

Princes
Proclamation
Revealed
Shadrach
Signs
Smote
Soothsayers
Troubled
Visions
Weighed
Worship

S	N	O	I	S	I	V	M	E	S	H	A	C	H	M
R	S	E	C	N	I	R	P	H	P	E	A	C	E	O
E	A	P	R	O	C	L	A	M	A	T	I	O	N	D
V	S	Z	Y	I	I	D	E	T	O	M	S	U	O	G
E	T	O	Z	T	R	E	A	N	F	M	E	N	I	N
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E	L	H	H	E	H	S	A	U	I	E	R	L	M	P
D	O	S	A	R	N	S	E	G	H	O	L	O	O	E
E	G	R	L	P	U	D	A	T	I	D	N	R	D	R
H	E	O	D	R	R	A	A	Y	L	C	L	S	S	S
G	R	W	E	E	D	E	C	R	E	E	I	O	I	I
I	S	J	A	T	F	P	O	W	E	R	B	A	G	A
E	C	M	N	N	D	A	R	K	N	E	S	S	N	N
W	S	R	S	I	T	R	O	U	B	L	E	D	S	S



Collective Commission of Evil

The index scripture I would like to use on this topic is Ex. 23:2a, "Thou shalt not follow a multitude to do evil." Unfortunately, a man who will not commit evil on individual initiative can sometimes be induced to do so when others are committing evil. This can be either in the context of an unruly mob, or the perception that a particular sin has become commonplace in the society. When sin is prevalent, it will often take courage to take the honorable path less traveled.

Psalms 1 begins, "Blessed is the man." The first three verses pertain to choosing the godly way. Although "the man" does pertain to Christ, it can also mean any righteous man or woman, but note it is phrased in the singular. On the other hand, Ps. 1:4-6 discusses "the ungodly" in the plural. In Psalm 3 David is crying out to the Lord against the multitude coming against him during Absalom's uprising.

In 2 Sam. 20:1-2 we read, "A man of Belial, whose name was Sheba, the son of Bichri ... blew a trumpet, and said, 'We have no part in David....' So every man of Israel went up from after David, and followed Sheba the son of Bichri." This is probably the origin of the expression, "Don't follow everyone who blows his own horn." Sheba's rebellion failed as did Absalom's, but was able to obtain initial momentum due to the residue of the spirit of Absalom in the land.

Prov. 1:10-14 outlines the design of an evil plot by a group of workers of iniquity. On the other hand, the uproar in the coliseum of Ephesus described in Acts 20:28-40 evidently was not the outcome of a conspiracy, but rather broke out spontaneously. The Lord is prepared to judge the participants in either case, unless of course those involved repent of their sins.

The scandal of the golden calf, Ex. 32:1-8, is yet another example of following a multitude to do evil: soon after Ex. 23:2a was declared. The slogan of "safety in numbers" may apply to the perceived invisibility of the sinner in the midst of an uproar. The Lord doesn't go by human perception, however. He was prepared to wipe out the whole bunch immediately, if it were not for Moses' desperate prayer on behalf of the people. We would like to think that many of these partiers repented of their participation.

When Uzza stretched out his hand to steady the Ark in 2 Sam. 6:6-7, the Lord immediately struck him dead. But earlier, the men of Bethshemesh had looked into the Ark when it had just been returned from Philistine custody. God could have acted immediately, but according to 1 Sam. 6:19 there were over 50,000 who died in that episode. He waited to see how many would obey the law of Moses, and how many would disobey when it appeared at first that nothing bad would happen as a result. At present, the Lord is observing who will follow the current evil cultural trends, and who will still follow Him.

In Rev. 13:1 we read, "And I stood upon the sand of the sea, and saw a beast rise up out of the sea..." Here, the sea refers to multitudes of sinners. Jude 13 speaks of "raging waves of the sea, foaming out their own shame." And likewise in Isa. 57:20-21, "But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked."

After we leave this earth, we will each stand individually before the Lord. One relevant verse is Gal. 1:10, "For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ." Honor the community of saints, but don't give credence to what the troubled sea has to say. Let's seek to hear, "Well done, thou good and faithful servant."

-Phil Rust

Twelve Ways to Humble Yourself

By Alfred Ells, M.C.

- 1. Routinely confess your sin to God. (Luke 18:9-14)** All of us sin and fall short of the glory of God. However, too few of us have a routine practice of rigorous self-honesty examination. Weekly, even daily, review of our heart and behavior, coupled with confession to God, is an essential practice of humility.
- 2. Acknowledge your sin to others. (James 3:2, James 5:16)** Humility before God is not complete unless there is also humility before man. A true test of our willingness to humble ourselves is being willing to share with others the weaknesses we confess to God. Wisdom, however, dictates that we do so with others that we trust.
- 3. Take wrong patiently. (1 Peter 3:8-17)** This has been a difficult one for me. When something is unjust I want to react and rectify it. However, patiently responding to the unjust accusations and actions of others demonstrates our strength of godly character and provides an opportunity to put on humility.
- 4. Actively submit to authority...the good and the bad! (1 Peter 2:18)** Our culture does not value submission; rather it promotes individualism. How purposely and actively do you work on submission to those whom God has placed as authorities in your life? Doing so is a good way to humble yourself.
- 5. Receive correction and feedback from others graciously. (Proverbs 10:17, 12:1)** In the Phoenix area, a local East valley pastor was noted for graciously receiving any negative feedback or correction offered. He would simply say "thank you for caring enough to share that with me, I will pray about it and get back to you." Look for the kernel of truth in what people offer you, even if it comes from a dubious source. Always pray, "Lord, what are you trying to show me through this?"
- 6. Accept a lowly place. (Proverbs 25:6,7)** If you find yourself wanting to sit at the head table, wanting others to recognize your contribution or become offended when others are honored or chosen, then pride is present. Purpose to support others being recognized, rather than you. Accept and look for the lowly place; it is the place of humility.
- 7. Purposely associate with people of lower state than you. (Luke 7:36-39)** Jesus was derided by the Pharisees for socializing with the poor and those of lowly state. Our culture is very status conscious and people naturally want to socialize upward. Resist the temptation of being partial to those with status or wealth.
- 8. Choose to serve others. (Philippians 1:1, 2 Corinthians 4:5, Matthew 23:11)** When we serve others, we are serving God's purposes in their lives. Doing so reduces our focus on ourselves and builds the Kingdom of God instead of the Kingdom of self. When serving another costs us nothing, we should question whether or not it is really servanthood.
- 9. Be quick to forgive. (Matthew 18: 21-35)** Forgiveness is possibly one of the greatest acts of humility we can do. To forgive is to acknowledge a wrong that has been done us and also to further release our right of repayment for the wrong. Forgiveness is denial of self. Forgiveness is not insisting on our way and our justice.
- 10. Cultivate a grateful heart. (1 Thessalonians 5:18)** The more we develop an attitude of gratitude for the gift of salvation and life He has given us, the more true our perspective of self. A grateful heart is a humble heart.
- 11. Purpose to speak well of others. (Ephesians 4:31-32)** Saying negative things about others puts them "one down" and us "one up"...a form of pride. Speaking well of others edifies them and builds them up instead of us. Make sure, however, that what you say is not intended as flattery.
- 12. Treat pride as a condition that always necessitates embracing the cross. (Luke 9:23)** It is our nature to be proud and it is God's nature in us that brings humility. Committing to a lifestyle of daily dying to self and living through Him is the foundation for true humility.



God's People and Same Sex Marriage

Recently our president stated that he was in favor of same sex marriage. This statement has great impact politically, socially, morally, and spiritually for our nation. It is clear that our once great nation is quickly declining and is in desperate need of God's healing touch. We have been going very quickly down the slippery slope and are now near the bottom.

We know that God's word about marriage is that it is between a man and a woman. Genesis 2:24, Mathew 19:4,5 It is because of God's word that we, God's people, need to take a righteous stand. "Righteousness exalts a nation: but sin is a reproach to any people." Proverbs 14:34 "The way of the wicked is an abomination unto the LORD: but he loves him that follows after righteousness." Proverbs 15:9 If I shut up heaven that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among my people; II Chronicles 7:13 If my people which are called by my name shall humble themselves and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. II Chronicles 7:14. Most people recognize II Chronicles 7:14 but verse 13 is probably not as familiar.

Verse 13 reflects God's judgment upon the land and verse 14 is how the land may be healed. Clearly according to this judgment comes in part when God's people are proud, lacking in prayer, not looking to God and are behaving wickedly. If our nation is to be healed we God's people, must repent of our pride and humble ourselves. We God's people must begin to pray. We God's people must seek God. We God's people must stop behaving wickedly. Yes we God's people. Not the world, not the sinners, not the ungodly, not the ones that want same sex marriage, not the wicked.....We God's people must turn from our wicked ways! We are to set the example to the world.

What type of example has the world been seeing? There are some professing to be God's people thinking that there is nothing wrong with same sex marriage. This is caused by the watering down of God's word and an extreme lack of knowledge of God and His holy, righteous ways. God's people need to be separate from and think differently than the world thinks. All creation is waiting for us to take our rightful place. We God's people must speak and behave in a righteous, holy manner. We God's people must speak the truth in love to those who are bound by satan. It is not a popular position to take, but if we have muted love it will only result in sending many souls to an eternal torment in hell. We God's people have to love enough to speak the truth and stand in the gap for our nation, our generation, and for the generation to come.

-Eydie Wittal

A WORD FROM THE LORD

Dear sisters and brothers in Christ, here's what I feel like I have heard recently: I feel like God is going to move on Christian men and they will begin to take a place of spiritual authority that they have not previously occupied. I felt like God said that the "Deborah" time was over. God will be changing men's hearts. I felt like He said that we (as women) have made our husbands eunuchs and that we need to repent. As women, we can only stand to gain from this move of God.

We have stood on the front lines alone too long and God is changing this. I felt like He said that a sign of this change would be that Christian men and women would begin to renew their marriage vows and they would use the "Ruth Boaz" pattern - where you go I go. Your people will be my people.

-Renee Gabriel



All About Me **“Sheila Adams”**

Sheila Adams was saved nineteen years ago and has been an active member of The Shield of Faith Church for over thirteen and a half years. She is a true blessing to us all!

Staying busy with three children, Joe, Faith, and Wonyae (who will be heading home from Germany soon), she loves spending time with them and playing games. What a gift her family has been to us!

Sheila is a Juvenile Probation/Parole Officer working with the Department of Juvenile Justice. She believes that God has called her to help hurting people. She encourages them to believe that God can help them get through anything if they rely and trust in Him. What a faithful and supportive friend she has been to many at the Shield going through difficult times.

We are encouraged in Proverbs 3:5-7 to, “Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding. In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths. Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil.” It is upon this scripture that Sheila stands and encourages others to do the same.

Finding good in every situation is something that Sheila does well. She says that she's friendlier than she appears and that she loves to laugh! When she does, her face lights up with the glory of the Lord! It's fun to see her get tickled by something Pastor Bob, Frank, or Willie says. Just watch that beautiful smile light up the room!

Sheila enjoys writing poetry... I hope we get to read some soon... hint, hint! She also loves to cook with new recipes and bake from scratch... would love some of that, too!

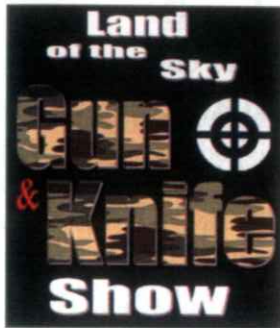
In the presence of the Lord, standing in the gap, is where you'll find her as she prays for needs that are regularly given to her. If Sheila could go anywhere and do anything, you would find her in Hawaii sitting on the beach, watching the sun rise or set, as she listens to the ocean waves rolling in and out, basking in the presence of her Lord and Savior.

Sheila is truly a breath of fresh air and we are behind her one hundred percent all the way! She is a woman of God that we chose to hold in high honor this month. We love you honey! Keep up the good work!

Each time we reach out to God's people,
we are ministering to the Lord.
The hand that touches others
also touches the heart of God -
every blessing we extend blesses Him;
every caring act honors Him;
every loving expression pleases Him.

-Roy Lessin





Upcoming Events

Land of the Sky Gun and Knife Show

Saturday and Sunday, June 2 and 3 from 9:00am to 5:00pm
at Exchange Park Fairgrounds, Ladson, SC

The Land of the Sky Gun and Knife Show returns to Charleston on June 2 and 3 at Exchange Park Fairgrounds on Highway 78 in Ladson. There will be 350 tables of guns, knives, ammo, surplus, books, reloading supplies and shooting accessories from South Carolina's biggest and best dealers.

For more information, call Mike Kent at 770-630-7296.

Save the Date!

Shield of Faith Ladies Tea

Sat., July 28, 2012

10:00am - 12:00pm



If you would like to set one of the tables with your linen table cloth and fine china, please contact Linda or Dawn.

Upcoming Events—(continued)



The Shield of Faith Church welcomes the **Plantation Singers** during our service honoring our Graduates on: **Sunday, June 10th at 11am**

With their energetic performances, the **Plantation Singers** play an important role in the preservation of the Gullah spirituals and the sacred music of the South Carolina Lowcountry.

The Plantation Singers of Charleston, SC are a professional a cappella singing group renowned locally, nationally and internationally for their singing of the music of the Lowcountry. This group of very talented women is special in that each has a lifetime of musical experience that began with the music of the southern church. The Plantation Singers were first created in June 1996 under the direction of Ms. Lynnette White, proprietor of LBW Music Company, which provides various musical services to the community of Charleston, SC. .

The group has been awarded the prestigious Three Sisters Award given by the Committee To Save The City. This award was given in recognition of the Plantation Singers' contribution to the special character of Charleston. Local artist Rhett Thurman has also featured the group in an art series, which can be found on display in the Wells Gallery in downtown Charleston.

Check them out at www.plantationsingers.com

Sunday School Events

Children's Sunday School

For the month of June we will be focusing on prayerfulness and our Heavenly Father.

First we will learn the story of Jacob and when God spoke to him in a dream.

Secondly, we will learn the story of Hannah, and when she desperately prayed for a son.

Thirdly, we will focus on King David and his determination to praise and honor God by preparing a temple and a heart for worship.

Finally, we will hear the great story of how Daniel interpreted King Nebuchadnezzar's dream. The king was able to see God's power and ability revealed through Daniel.

Jeremiah 33:3 tells us to "Call upon Me and I will answer thee, and show thee great and mighty things which thou knowest not."

Can't wait to see your kids each Sunday morning at 9:45am. We are having such a great time together! God Bless you!

- Rachel Ferguson

Men's Sunday School

Join us for Men's Sunday School and let us dive into the word of God together!

Sunday School Events—Continued

Ladies Sunday School

The Ladies have just started a new book. The overall title of this book is *God Calls for Justice*, which will be taking them through Studies in the Old Testament. **Unit 1:** Justice Defined will be focusing on Holiness. *Lesson 1 – Justice for All:* This lesson discusses how our character is connected to exercising *God's* justice and mercy. *Lesson 2 – Acting with Compassion;* *Lesson 3 – Making a Fresh Start;* *Lesson 4 Loving as We Are Love.* **Unit 2:** Justice Enacted will take us through Fairness. **Unit 3:** Justice Promised will focus on Hope. .

There are times when we are compelled to seek or want justice instead of mercy when we have been wronged; while asking the Lord to have mercy on us when we are the perpetrator of the wrong. Life in this world nowadays is not fair sometimes, but a Christian should never have a problem being fair. As Christians, we can do our part by making sure that we really are fair by following God's commands and adopting His standards. God wants us to show love and mercy and leave justice to Him. Let's look at it like this: **Treat others' faults as graciously as you treat yours.**

Take a moment to ponder just how perfect the laws of God are. There are times in our society when we may look at a situation and say, "Where is the justice in America/ situation?" However, you can rest assured that whether or not worldly justice (from the judicial system/man) is received, your Heavenly Father is watching everything and knows it all. Nothing will ever get past Him; even if it appears that way. Let's seek to live in Love, Peace and Joy while showing and seeking Mercy for those who do us wrong. Remember, to ask God to help you with His wisdom when you are in a situation that requires you to choose to show mercy or give justice. Even if you find yourself upset or angry, stop a minute to calm yourself and try to put yourself on the other side of the situation; would you like to receive justice or mercy? Look at the situation from God's perspective. Choose to handle every situation and every person God's way instead of your way. Remember, that we (Christians) are the only Jesus that some people will ever see. What type of book is your life writing? What kind of fragrance is your life emitting? Is your life and Christian walk attracting bees or flies? Don't forget to continue working on memorizing the scriptures. Committing the scriptures to memory will help your Spiritual aroma become sweeter as you mature in Christ.

-Yolanda Wilson



We look forward to
seeing you on
Sunday at 9:45am!

January

Psalm 37:5 (KJV)

⁵Commit thy way unto the LORD; trust also in Him; and He shall bring it to pass.

Psalm 62:5-6 (KJV)

⁵My soul, wait thou only upon God; for my expectation is from him. ⁶He only is my rock and my salvation: He is my defense; I shall not be moved.

February

Proverbs 29:25 (KJV)

²⁵The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

I John 4:7-8 (KJV)

⁷Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. ⁸He that loveth not knoweth not God; for God is love.

March

I John 4:16 (KJV)

¹⁶And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

Galatians 6:10 (KJV)

¹⁰As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

April

Romans 8:18 (KJV)

¹⁸For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

May

James 1:19 (KJV)

¹⁹Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:

June

Hebrews 4:16 (KJV)

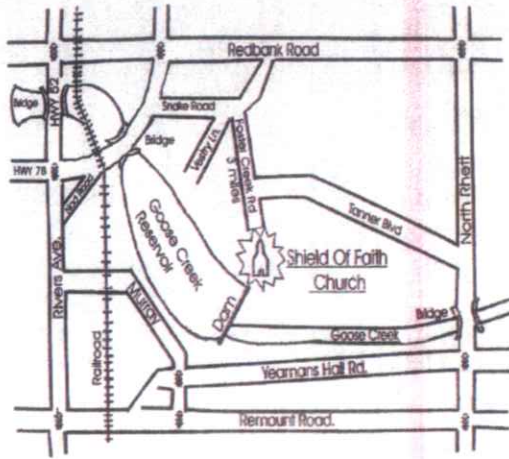
¹⁶Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.



**The Shield of Faith Church
Hanahan, SC**

1612 Foster Creek Road
Hanahan, SC 29410
Phone: 843-553-1823

Deepening our Relationship with Him...



We're on the Web!
www.shieldoffaithchurch.net

Next deadline to submit articles is:
Wednesday, June 20th.

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spoieto ends on June 10					1	2 Gun and Knife Show
3 Gun and Knife Show	4	5	6 Youth Birthday Bash	7	8	9
10 Graduation Celebration with the "Plantation Singers"	11	12	13	14	15	16
17 Father's Day	18	19	20 Article Deadline	21	22	23
24	25	26	27	28	29	30