

## SANCTIFY THE LORD GOD IN YOUR HEART

By Bro. Adriel Bowman (From Feb. 2008 Faith & Victory)

“But sanctify the Lord God in your hearts...” (1 Peter 3:15). God has a rightful place in our hearts; this place we are to set aside, reserve for, hold Him, respect Him, exalt Him, acknowledge and honor Him in. Don’t intrude upon what is rightfully His **or place anything else in it**. It is His. It is for Him to direct, control and lead our lives. It is for **us** to surrender to Him. He allows situations, conditions, afflictions and hardships to come into our lives for our purposes to be affected, and brought into His will. His overriding will is to redeem us and get us to Heaven. (Continued on page 9).

### Sheltered in the Arms of God

Edited excerpts of message by Bro. Bob Wilson Enid, OK 2024-11-03

Nothing touches me unless the Lord allows it. “No matter what happens, He will care for me. . . His mighty hand will enable me to stand . . . No test I face but sufficient grace is ready for my need . . . He proves a friend indeed” (Evening Light Songs #104).

We’re not always going to feel that we are on the mountain top. We’re not always going to feel that we’re 100%, but He will keep us through. “He calms my fears and dries my tears” (ELS #104).

“Though I walk in ways unknown, I am never left alone . . . Then His presence in the storm quiets all my soul’s alarms, and by this I know He loves me still” (ELS #108).

God gives according to the riches of His glory. It goes beyond our strength and ability today – it is the grace of God. We are strengthened by the sovereign energy of the Holy Ghost. We’re not just physical beings, we’re also spiritual beings. It’s the inner man that He wants to strengthen. When He sees that we’re weak and needing help, I’m thankful He’s willing to strengthen us. “By whom also we have access by faith into this grace wherein we stand” (Romans 5:2). “There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it” (1 Corinthians 10:13). He’ll do something to help us through. When we don’t see a way, the Lord can make a way for us. He cares about His people. He watches over them. The Lord can send help our way in many different ways, in many different forms.

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### **SELF CRUCIFIED** (Initiated by Editor's recent and previous conversations with Bro. Ted Bock)

SELF is ugly! Let's not live our days displaying SELF. Let us let Christ reign in us (our bodies, His temple) with Him on display in our homes and abroad. ***Put ye on the Lord Jesus Christ, and make not provision for the flesh*** (Rom.13:14).

Bro. Issac Chandler brought a message on **Sanctification** many years ago at a Tulsa, OK, Campmeeting. He brought out that Joshua's being tricked into making a league with a near people is as a type and shadow of us today still having **SELF** to deal with, even in the Canaan Land (Sanctified Life). He said Satan uses this to accuse many consecrated, sanctified ones, telling them, “See, you’re not sanctified.”

Continued >>

**SELF CRUCIFIED** Continued

“Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world” (1 John 4:1). These spirits want to latch hold on you. We want to be possessed, motivated, and quickened **ONLY** by God's Holy Spirit. “Be filled with the Spirit” (Ephesians 5:18). “Be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every every good work” (2 Timothy 2:21). Be salt and light in this dark world.

“Oh to be His hand extended  
Reaching out to the oppressed  
Let me touch Him, let me touch Jesus  
So that others may know and be blessed”

Let us embrace, submit to, consecrate to, be filled with, and turn loose God's infilling and precious Holy Spirit in our hearts, homes, congregations, in the work place, before neighbors, in our communities, and all out in the world. “Be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity” (1 Timothy 4:12). “But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth” (Acts 1:8).

There is a spiritual warfare raging. Be saved. “Examine yourselves, whether ye be in the faith” (2 Corinthians 13:5). “Put on the whole armour of God” (Ephesians 6:11). Consecrate yourself and enlist God's Spirit to fill and dwell in your heart and life. God's joy for you will strengthen and enable you. Give God your best years, seeking His guidance and will in all you do from day to day.

Bro. Charles Taylor used to note that people may fear to sanctify themselves to God, thinking it might keep them from doing things they want to do. Actually, you have to live free from sin—clean and holy, in either the justified or sanctified state. Being wholly consecrated and given to God (sanctification) just gives you more power to say “NO” to the devil.

Guard against the many spirits that are loose in this world. Our enemy, Satan, wants to pull us down, stealing our salvation, even our very life, in destroying us. Watch and pray. Quit you like men. Be strong in the Lord and the power of His might. And the God of peace be with you.

Bro. Issac Chandler also likened the two and a half tribes who had land on the other side of the river Jordan to today—people knowing about and teaching a sanctified holy life, yet never going in to possess the Canaan Land. Apostle Paul said, “I die daily,” and mentioned that he should give himself “a punch under the eye.” As long as we're in this body, we must guard against self and carnality. Let's avail ourselves of this dispensation now where we can be filled with the Holy Spirit and His precious fruit – love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance (Galatians 5:22-23). “And holiness, without which no man shall see the Lord”(Hebrews 12:14). + + +







Finding Truth and Hope has the opportunity to provide printed literature, online links, and archives for strangers, the imprisoned, saints and congregations, and especially the isolated and shut-ins. The Lord has opened a few places to display books and papers at businesses/stores/newsstands for free pickup.

For over ten years, the Lord and His people have enabled presses and a dozen different highspeed pagewide inkjet copiers to be used. As the pagewides are no longer available, three large floor model laser copiers are being used. Often issues of *The Gospel Truth* are duplicated or incorporated into special papers/issues for distribution to displays at stores, newsstands, laundry-mats, veteran breakfasts, police stations, jails, prisons and penitentiaries. For years, God strengthened Bro. Larry Wittenborn, along with his wife, Sis. Peggy (until the Lord called her home), to distribute hundreds of papers each issue. Pray for Bro. Larry now as he continues to do outreach ministry online at 90 years of age.

The local Loranger congregation volunteers with cutting, folding, labeling addresses, and tabbing for mailing each issue. Many hands marvelously make swift work of nearly a thousand papers. Thankfully, now, the Lord has permitted the congregation to obtain a nonprofit postal permit for mailing individual papers to your homes. **Please do send us your home address** as this is much less expensive than mailing bundles to congregations. {Send addresses to [fttruthh@gmail.com](mailto:fttruthh@gmail.com), or to *Finding Truth & Hope*, 23174 Highway 40, Loranger, LA 70446 }

In addition to approximately four issues mailed annually, special select papers are constantly distributed, books printed and reprinted, also tracts. Hitherto, 100% of contributions go toward paper, toner, machines, maintenance, postage, and etc. *FT&H* is edited by Nelson & Genece Doolittle, assisted by Carlos Doolittle.

[www.churchofgodtruth.com](http://www.churchofgodtruth.com) has many free E-books in the menu, links to many various resources, **GOD'S 5 Minutes** radio devotionals, and many interesting articles archived in past issues of *Finding Truth & Hope*. **Email: [fttruthh@gmail.com](mailto:fttruthh@gmail.com).**

There are needs the world over to pray for. Let us be faithful. Let us be "on our knees" before God entreating His mercies. Let Him stir us in our spirits, in our lives and homes, and wherever we go.



## *A Message In The Sky* (Year 1975)

My parents received a letter from a sister who corresponds with saints in Soviet Russia. A brother, who is a minister of the Church of God there writes:

“There appeared a hand in the sky writing a message very slowly. It took a half an hour to write the message, and it was visible for three hours. It was seen by many people of that area, including the minister who copied the message. The message was as follows:

**'Overcome the evil with good. Be not overanxious in making your living. It is winter (cold?) among my people. I give this day for repentance. Bring righteous fruits of repentance. Study God's word. Not one righteous soul will abide among the unrighteous, and not one unrighteous will abide among the righteous. Take heed of my redemption. The God-fearing I will deliver. Prepare thyself for the time is near. Behold, I come soon (quickly) and my reward with me. Amen.'**

This writing in the sky was seen in the town of Tambov, Russia. The sister who wrote to Father used to live there, and she personally knows the brother who saw it. She said the public traffic came to a standstill. They just watched what was happening. She didn't say more about it, but they must have been somewhat afraid, I would say. We can just imagine that. . . .

We need to pray for the saints in Russia (and many countries) who suffer persecutions. How grateful we ought to be for the freedom we still have! Only the Lord knows for how long. I think we take this freedom too much for granted. It's only the great mercy of God that we still enjoy freedom.”

– Sis. Lydia Bergland

Editor's note: Searching online, a letter by Dr. Albrert Olema relates the same events as given to him by his mother. He translated the writing to mean virtually the same as written above. He dates the event as May 6, 1975. (Online there is discrepancy between the date being June 30, 1975 or May 6, 1975.)

A Marilyn Freisen posted “The person who sent this **also saw an additional event of writing in the sky in her own city of Orenburg**. Buses stopped to read it, and right away the police forbade them to talk about it. Many people gave their hearts to God, including young people. A great warning for all of us. May we be ready when the Lord comes.”



# CREATION . . . **DISMISSED**

When the END comes, God will DISMISS His Creation.

**Revelations 20:11** And I saw a great white throne, and him that sat on it, from whose face the earth and the heaven *fled away; and there was found no place for them.* 2 Peter 3:10 & 12 mentions everything melting with a fervent heat! Think of everything we know so solidly about us being dismissed!! Mountains are pretty solid—difficult to climb, yet beautiful to see with their snowcapped peaks. Oceans are pretty formidable with deeps and tremendous expanses.

Flowers have their stamens, pistils, and petals and their sweetness for the visiting bees. Creation has the hovering hummingbirds, dancing dolphins, swooping eagles, leaping lions and the dashing antelopes. God told Noah when they came out of the Ark that as long as “the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease” (Genesis 8:22).

**But all of God's creation to be Dismissed!!** Our hymn #332 (Evening Light Songs) says, “By the Word of God the worlds were made, and are held in place by His commands.” **All of our molecules, atoms, or intricate things *only* exist by the word of the Lord, and before His throne will all flee away in an instant!**

Yet He knows our frame. The hairs of our head are all numbered. He knows all of our words and all of our deeds, and He invites us to cast all of our cares upon Him. The sparrows cannot fall without Him knowing all about it. When He was here, He calmed the storms and walked on the sea. Yet He speaks of us as dear children, the apple of His eye.

As “iron sharpeneth iron,” we need one another. We can pray for and help one another to be encouraged, to be true, and by God's grace to be ready.

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## The Burden of Christ

Jesus came bringing a message of deliverance to sinners in need of a Saviour. He was often reproved and rebuked by the Pharisees for His interaction with and love for others. Jesus said, “I came not to call the righteous, but sinners to repentance” (Luke 5:32). Jesus was moved at the plight of people bound by the power of the devil and was moved with compassion at the needs of humanity. At the expense of His own comfort, He ministered to the hurting and the wounded.

There are times that congregations and saved people become too self-focused. Spiritual maintenance is very important and necessary in congregations, but let us always remember the primary message and burden of Christ. The Church needs to have a greater burden and love for lost souls that brings about an active missionary effort in reaching out to the sinner. When sinners come to the worship service of the saints, they should find the warm love of God emanating from our midst.

When people lose the primary message of Christ – a message of hope and love – the result is often bickering and devouring one another. It is much easier to be critical of other saved people. If you ever begin to get bogged down with the cares and worries of 'church problems,' remember our reason for being – to spread the simple message of salvation. This will help bring about a spiritual balance in our vision of the Church and its function. We can avoid many pitfalls and traps that the enemy has laid if we will get involved and occupied with our Father's business.

May our burden ever be the burden of Christ.

Bro. Michael Smith





... **B**efore killing me, the killers decided that I should dig my own grave. As I was digging, I was also praying. “Lord, I believe you can deliver me. You can protect me from being killed by these people. I’ve preached about Daniel in the lion’s den, and about how you delivered Shadrach, Meshach, and Abednego from the fiery furnace. Are you still the same God? You can show me now. Please give me that faith.”

I was hoping that God would give me wings to fly away, or that He would send fire from heaven. But God answered in a much different way from what I could have imagined.

As I was digging the grave, one of the killers picked up my Bible and was looking at it. Noticing the many markings in it he asked, “What do all these colors mean?”

“Those are my favorite verses,” I said.

Interested, the man started reading the many highlighted verses.

“Are you sure you’ve read all of these?” he asked incredulously.

“Yes,” I responded. I could see that the man had some pity for me.

Turning to his fellow killers he said, “Friends, I know we’re going to kill this man, but please let me help him dig!”

The leader nodded and the man jumped into the hole with me and started digging. “Lord,” I prayed, “this grave is going to be finished quickly now. What are You going to do?”

God had a plan, but sometimes we want to try and force God to answer our prayers in the way that we think is best, rather than just trusting Him.

To my surprise, as soon as we were finished digging, the grave digging killer said to his colleagues, “Why should we use the grave for this man we don’t even know? Let him go and dig another grave near the highway. This is our field; why should we bury him here?”

The group agreed, and decided to use the grave for another man they had just killed. Then ironically, one of the killers said, “Before we bury that man, why don’t we pray for him.”

I watched as the group gathered around the body of the person they had just killed before coming after me. They said a prayer for the corpse before rolling him into the grave that had been meant for me.

All of a sudden my entire outlook changed. “Lord!” I gasped, “Don’t allow me to be separated from these people before I tell them who You are! These are people who have never heard about You. They think they can pray for someone they have killed. And we are partly responsible. We never came and taught them the truth about You.”

Right after they buried that man, we moved closer to the highway. I was about to start digging another grave when the man who had my Bible asked if he could keep it. I said, “Yes.” But the other killers told him, “No! It’s ours—you’ll have to pay for it!” I could see that the Holy Spirit had already touched this man’s heart, so I begged

him, “Please, can I have that Bible and say something before I dig another grave?”

The man was excited and said, “Go ahead!” but another one shouted, “No! He’s our enemy. He has nothing to tell us.”

Then the arguing became very sharp, with some of the group insisting that I should be given the opportunity to speak, while others insisted that I had nothing to say. Just when it appeared that the killers were going to fight each other, one who appeared older than the others asked, “Why are you going to fight over someone you don’t even know? Those who want to listen, sit and listen; others, sit and shut your ears. When he’s done, we’ll kill him.”

So they all sat down and I started to preach.

First, I thanked them. “Thank you for praying for somebody that you have killed. However, you need to understand what the Bible says about death—the only chance you have to be saved is during your lifetime—not after you are dead. ‘For the living know that they will die,’ I quoted from Eccl. 9:5, ‘but the dead know nothing.’ I’m not going to plead for you to let me go, I continued, because I know that even if you kill me, a time is coming when I will be resurrected.

“Among the people you are killing are another tribe—they are not Hutu or Tutsis. They are God’s children. You think that you’re fighting a tribal war, but you’re mistaken. This is a war between Christ and Satan. You think that the people you’re killing are Tutsis, but they belong to a totally different tribe because they have given their hearts to Jesus, and they are His children.”

Then I read 1 Peter 2:9-10 to them: “But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy.”

As I preached, I could see some of the killers were crying, and I knew that the Holy Spirit was working on their hearts. After preaching for 15 to 20 minutes I told the group, “Now I’m going to say a final prayer, and after that I will dig another grave.”

As soon as I finished praying, someone shouted, “If anyone kills this person, his blood be upon them!”

“No, we can’t kill him!” the others said. “Let him go! We can’t kill him.”

Then the leader spoke up, “I was the one who suggested that we kill this man in a very bad way. But now, we’re not going to kill him.”

I knew it was only by God’s grace that my life was spared. Who am I? I didn’t have any power. God was just kind.

During the approximately 100-day genocide from April 7 to mid-July, 1994, approximately 1 million people were killed, including my entire family. But even though I came face to face with death numerous times, the Lord always saw fit to spare my life.

Kajungu Boaz Kyarmpa

(From Internet)

# Prayer Meeting Night *Excerpts*

Whether you want to be an influencer or not – you are!

Parents and mothers, you're doing God's work.

We live off the fruits of other people's lives. Bad attitudes can be passed down that are powerful in a very negative way, too!

You are leaving a mark for the Lord. Don't think that your life doesn't matter, because it does. Oh, may all who come behind us find us faithful!

If I'm not trustworthy on the job, it will bring a reproach, and cause others to look on Christianity in a negative way

(Psalms 36:5) *Thy mercy O Lord, is in the heavens; and thy faithfulness reacheth unto the clouds.* He just **IS** faithful. It is His character.

The big things are not how you build faithfulness. It's who you are on a day to day basis. If I'm not faithful to do those dishes—if I'm not faithful in that, then there's a whole lot of things that's going to come to a halt. We must see the worth and value of faithfulness.

So many have gone before us. Their footprints have led to Heaven. If we're faithful, we can look back and recognize the Lord helped us day by day. Let us run with patience the race set before us. I don't think of glamour and glitter as being faithfulness—rather, doing duty over and over—not easy, but doing it any way.

The ones that have gone before us—it worked for them. We have been given SO much. We are so responsible! We have much to be thankful for. We have the riches of salvation.

***Dwelleth in me and I in him***--to fully partake of the Lord. If you stop and think of the essence of what He's saying and Who He is! . . . I want to take in all that the Lord has for me.

God's got it in His hands. WE can trust Him

***With God all things are possible***  
(Matthew 19:26b).

***So many reasons why I love the Lord, so many reasons I can't count them. The Lord is bread in dry places, water in a thirsty land. He's all I need. He's everything to me.***

Things I don't do well in—the Lord has such a sweet, hopeful, helpful way of bringing it out. I was very encouraged with the Lord's gentle dealings with us.

If it's worth doing – ***it's worth doing badly—starting somewhere—taking the first step.*** With the starting process, I can start down the right road!

Take it by faith! (Reading George Mueller's book of diary entries) They got direct answers for the moment. ***Daily dependence on God.*** Let's not overlook the answers that the Lord **does** give, even if they are small.

**He wants me to look to Him to survive.** . . and receive the answers He has for me each day

Life is not very long compared to eternity. Our life here is really nothing but a preparation for eternity. Everything we have in this world is going to be left behind.



**SANCTIFY THE LORD GOD IN YOUR HEART.** . . continued from page 1

His overriding will is to redeem us and get us to Heaven, yet most of our efforts are expended to understand the world around us and to effect as much comfort from this earthly life as possible. So much of man's intelligence is based on the analysis and attaining to understanding of cause and effects of things we encounter in nature, relations with people, the physical world, our bodies, in financial matters, history, business matters, organizations, the church, our lives and mechanical things. We compartmentalize, classify, compare, contrast and identify things in terms of their cause and their effects until we become intelligent and knowledgeable of all these things. How many times have we made judgments and decisions based on what we have seen and learned in the past? This learning is always rearward looking. Sometimes we may be right, and sometimes we will be wrong. Only God knows the future and how to guide us into the unknown future. **All of this mental effort tends to make us miss the spiritual and eternal realm that God has us involved in.** Where is God in all this? It is true that we can, in a measure, see God and acknowledge God in the temporal world that we live in, but is that all that there is to getting to know God?

We stumble along trying to understand our lives within this natural and finite framework of our intelligence. God is using things that we are trying to analyze to get us to Heaven. **We are to give Him His place in our lives.** Things are in His control if we sanctify the Lord God in our hearts. We need to see Him in everything and see His overriding purpose. We are not just being hurt, opposed, inconvenienced or falling sick for what we can analyze as being apparent. **We satisfy ourselves with restricted, temporal reasons—we are sick because of some virus or bacteria; we are hurt because of some selfish person; we are opposed because someone disagrees with us/dislikes us or because people don't like change; we are inconvenienced because there was a flat tire when we needed to leave and go somewhere in a hurry. God is behind these things. He governs causes and tailors causes for specific purposes to produce certain effects in our lives. He controls causes to produce the effect of getting us to Heaven.** We see ourselves as being able to manipulate and control causes to effect our will in/on others and manipulate circumstances and situations around us to our advantage.

Our thoughts and analysis—efforts at understanding things and controlling things that affect our temporal lives, crowd God out of the place that is rightfully His. In so doing, we will become more worldly and carnally minded and never get to know God and form that relationship with Him that He desires. 1 Peter 4:12-13 says, “Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.” **We have hard trials that just appear out of the blue for no apparent reason, without cause, and we wonder: now what brought this on me?** Do you think by analyzing the temporal causes and effects of the fiery trials that envelope us from time to time, we can arrive at an understanding of His glory that is going to be revealed in us? Probably not. More likely than not, we will be prompted to complain, retaliate, justify ourselves, seek some temporal relief, find a way to avoid or circumvent the pain or suffering. But glory? Not at all.

Here are a couple of more verses: 2 Corinthians 4:17-18, “For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.” Our light affliction is limited in scope and time to this temporal world. By looking at it and concentrating our attention on it, we can learn more about this temporal world and become more connected and attached to “the things which are seen.” Jesus said, “...for the prince of this world cometh, and hath nothing in me.” John 14:30. **The more we are caught up with this temporal world, the more effect the prince of this world,** the spirit that works in the children of disobedience spoken of in Ephesians 2:2, **will have on us.** But as earlier stated, we will never find the “far more exceeding and eternal weight of glory.” Ah, but “while we look not at the things which are seen, but at the things which are not seen,” we will escape/transcend the things (efforts, reasoning, logic, understanding) of this world. If in our light affliction, we begin to look to God, put Him in His rightful place, wait upon Him to work things out for our good, (Romans 8:28 says, *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.) **instead** of trying to work it out ourselves, our faith will begin to take hold. His glory will begin to be revealed in us and to us, and our relationship with God will strengthen as we are drawn closer to Him. We can begin to see that **the things that come our way in life are part of God's plan to get us to Heaven.** He is all-wise, eternal; He knows exactly what it takes to bring about His plan in us. He loves us too much to hurt us. He doesn't bring or allow anything into the life of one that has sanctified Him in their heart that will destroy them. He doesn't, just by chance or whim, allow something to affect such a one by accident or without His control. He never answers us with, "Oops, I'm sorry," "I missed it," or "I didn't realize that trial would affect you like this." Emphatically, He knows us. He knows the past; He knows the future. **He knows how to get us to Heaven. We can confidently look to Him in all things and quit trying to figure and work things out on our own.**

All thy griefs by Him permitted, Needful is each one to thee;  
 All thy tears by Him are counted. One too much there cannot be.  
 And if while they fall so quickly, Thou canst own His way is right.  
 Then each bitter tear of anguish Precious is in Jesus' sight.

For, too well thy Savior loves thee, To allow thy life to be  
 One long calm, unbroken summer. One unruffled, stormless sea.  
 He would have thee fondly nestle Closer to His loving breast.  
 He would have that world seem brighter, Where alone is perfect rest.

Put the Lord in His rightful place in your heart.

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*Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.* Jude 24

## ***The Unexpected Crosses***

Edited excerpts of message by **Sis. Maxine Busbee** 2025-02-16

Jesus said to take up your cross daily. Our humanity wants to draw back from suffering or tribulation. Jesus prayed "Not my will, but thine be done." He didn't call it His cross – He called it His cup. He is calling us to make consecrations in the same way.

Remember you have crosses to bear – more than one, all along the way! God put these things into our lives to shape us, mold us, and fashion us. He says, "I want you to turn around and help others who may need comfort." Don't turn your back on the hard places simply because they're hard. Take the cup, it's going to have many things in it. Did you know the way to Heaven is not a bed of flowers and roses? He wants us to be prepared.

I was young once and anticipated my future. When God brings us together, and we stand and offer vows—maybe we don't realize how life will be. He wants us to be faithful to honor our vows to the end. Who's to know what your unexpected crosses will be. We know not what tomorrow may bring forth or even what this afternoon may bring forth!

The unexpected cross is always hard to bear. "Lord help me to bear faithfully the unexpected." A crisis for the moment will keep the spirit keen. Oh, we try to get out of affliction, don't we? We plead . . . It has a **purpose** to strengthen, establish, and settle you. *Behold, I have refined thee, but not with silver; I have chosen thee in the furnace of affliction* (Isaiah 48:10). When a cross comes in your life – embrace it. I always pray, "Lord help me to be a blessing unto your honor." Through my life there were many places I had to die to self. He doesn't order all our crosses, but He allows them.

Paul wanted to get rid of his cross – three times. Did God remove it? No, He did not. God's answer was, "My grace is sufficient for you." Don't be afraid of sufferings and crosses. Embrace your crosses. ***For he hath said, I will never leave thee, nor forsake thee*** (Hebrews 13:5). ***Embrace your crosses!***



# Thorns also and thistles . . .

*Thorns also and thistles shall it bring forth to thee (Genesis 3:18)*

*I went by the field of the slothful . . . and, lo, it was all grown over with thorns, and nettles had covered the face thereof (Proverbs 24:30-31).* What neglected won't soon bring us trouble and grief? Lord help me to be diligent in things that I'm responsible for.

*Keep thy heart with all diligence; for out of it are the issues of life (Proverbs 4:23).* If we consume and feed on garbage of the flesh and this world, what will we surely reap?

Ah, dear reader, what you can't see in the picture above is the STING of the nettles! If the devil has rocked you to sleep, and you awaken to your awful condition, flee to Jesus, Who alone can save and redeem you. ***Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved (Acts 4:12).***

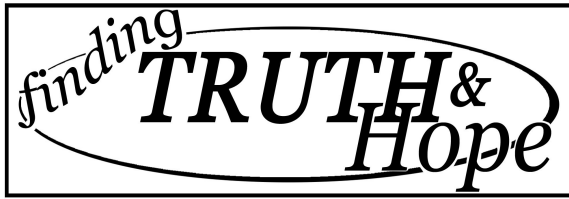
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## 5 Ways to Have a Happier Evening

- 1) Give Thanks. ***In every thing give thanks: for this is the will of God in Christ Jesus concerning you (1 Thessalonians 5:18).***
- 2) Connect with loved ones.
- 3) Take a mini Digital Detox.
- 4) Have a walk outside in Nature. ***And God saw every thing that he had made, and, behold, it was very good (Genesis 1:31).***
- 5) Plan small joys for tomorrow.

Look forward to a morning stroll. Plan a healthy breakfast. With something to look forward to – have a spirit of forward thinking. Keep happiness as a momentum going forward.





23174 Highway 40, Loranger, LA 70446

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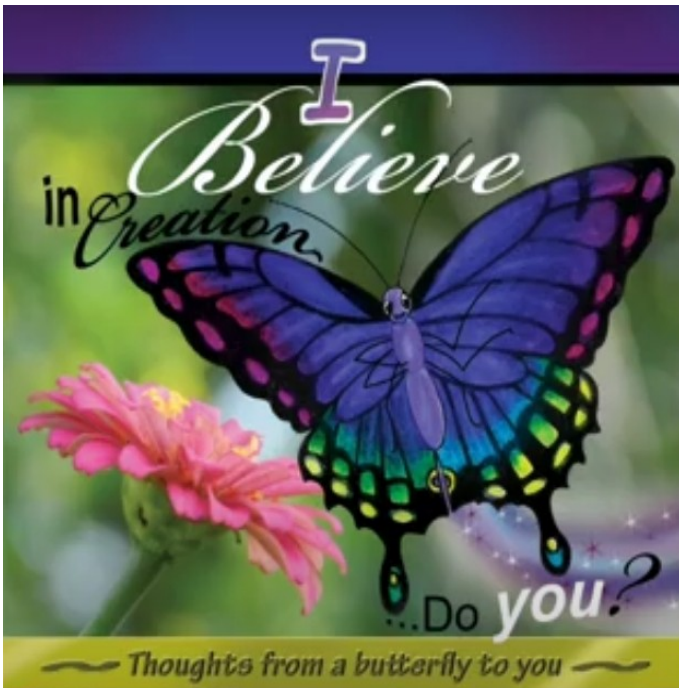
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