



POWER IN THE WORD FOR RESILIENT HOPE:

It's amazing how much resilience we have in the midst of adversity. Resilience means facing life's difficulties with courage and patience – recovering readily; the power to spring back. It is the quality of character that allows a person or group of people to rebound from misfortune, hardships and traumas.

We seem to kick into another gear. One thing to remember is not to lose hope. When I look at the word **HOPE**, I spell out **HOLDING ON PASS EFFORT**, because it says in **Ps.130:5 I wait for the Lord, my soul doth wait, and in his word do I hope**. Several things can keep me holding on:

- I hold on to the Lord 's strength!
- I hold on to God's Word.
- I hold on by not allowing my mind to wonder because prayer stabilizes me.
- I hold on because God keeps teaching me patience.
- I hold on through the Power of the Holy Spirit.
- I hold on by relinquishing my will and trusting God's

Editor: By Gloria Jean Woodard

Will.

- I hold on to the hope I can't even see because it's not by my effort anymore. It's pass my effort!

Ps.31:24 Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.

Jer.17:7 Blessed is the man that trusteth in the Lord, and whose hope the Lord is.

Lam.3:26 It is good that a man should both hope and quietly wait for the salvation of the Lord.

Do you crumble at problems or are you resilient (spring back) for God's resolution. I can look at the situation of Joshua and Caleb (Num.13).

Twelve spies searched out the land of Canaan for 40 days. Ten had bad reports; two had good reports. Joshua and Caleb only knew that God was their help to go against the people in the land of Canaan.

Numbers 14:8 says, If the Lord delight in us then he will bring us into this land, and give it us; a land which floweth with milk and honey.

However, things didn't go according to what God needed them to do.

They stayed in the wilderness for 40 years. And for 40yrs Caleb and Joshua still stayed true to their God; they stayed true to what they had seen; they stayed true to what they believed. They others didn't hold on pass their effort. Their effort wasn't even in the God they were following. They gave up too soon!

Joshua and Caleb tried to reason with the people. Therefore, God had another plan. God brought punishment on Israel. He lets them know they shall not see, let alone go into the new land promised them (**V²³**), **save (except) Caleband Joshua... Verse 30**.

Have you been in the wilderness stage, waiting on the Lord? Have you been hoping for something and it just hasn't come yet? Have you seen it in a vision or God spoke it to you?

Well Joshua and Caleb are good examples from God's Word of **Holding On Pass Effort!** They couldn't do anything about it, but God could. I asked God one time, *How was Caleb and Joshua able to stay in the wilderness?* God gave me the answer not

Inside this issue:

Editor's Words	
Power in The Word For Resilient Hope	1-2
Prayer	3
Health Awareness	3
Scriptures On Hope	4
Bible Quiz	4
Mission / Vision	4

right away, but years later. In **Num.14:2, But my servant Caleb, because he had another spirit with him, and hath followed me fully, him will I bring into the land whereinto he went; and his seed shall possess it.** **32:12, Save Caleb...and Joshua... for they have wholly followed the Lord.**

That day the promise was spoken to them! That promise was their hope to hold on to; it was a done deal because they believed the God of impossibilities! even when they saw all the others die off all around them. They had the power of resilience—to recover readily and spring back.

The promise didn't come to pass until after 40yrs later!; after all the murderers, all the doubters, and all those rebellious

Whatever God speaks to you, do not rebel but let it stick with you.

ones died out; all those that provoked the Lord.

For years, God's Word has stuck with me. No matter how I'm shaken, I can always go to God's Word and find resilient hope! If God doesn't give up on me, I can't give up on Him.

While I'm waiting He gives strength. I know He had to give strength to Caleb and Joshua in the wilderness.

Joshua's blessings began when Moses died. God told Joshua **...As I was with**

Moses so will I be with thee: I will not fail thee nor forsake thee. Be strong and of a good courage...

Josh.1:5b-6a

Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses Josh.1:3.

Joshua was the one to bring the people into the Promised Land. They didn't go in right away. There were still many battles once the door opened for them to go in. **For a great door and effectual (meaning active and operative) is opened unto me,**

and there are many adversaries 1Corth.16:9 Greater levels bring greater devils. But make no mistake about it: Remember God is all Powerful!

We cannot be sure how old Joshua was but Caleb was 85yrs old (Josh.14:10). Joshua was probably older.

In 14:6 Caleb finally receives his promise. Caleb brings it up to Joshua. 14:12, **give me this mountain...v13And Joshua blessed him, and gave unto Caleb... for an inheritance.** Yes his promise hoped for, didn't come until 45yrs later (age 85),

Con't: POWER IN THE WORD FOR RESILIENT HOPE

but it came. That reminds me of when we pray for something, we're looking for it now, right away, but it doesn't come.

Rom.8:25says, **But if we hope for that we see not, then do we with patience wait for it .** Patience is the key along with what Caleb and Joshua did—had the

right spirit and followed God wholly. What are you speaking out of your mouth? Are you looking for it in a certain way?—Your way?

God spoke to me in prayer that I am a woman of God called to minister and preach His Word. He spoke that in January 14, 1996 in

His timing. I accepted and announced my calling to the ministry during 11:00AM service at my church April 26, 1998. It was a joyous time for me but knowing how my church is, it didn't happen like I thought it would. Not because I didn't do what God said or like I saw others do it. It is all God's way. I must say, I'm doing just

Con't: POWER IN THE WORD FOR RESILIENT HOPE

what God has told me to do, not in a pulpit like men, but sometimes on the floor (Baptist Churches) speaking to congregations; most of the times in the Newsletter (P.I.T.W.M.—God given) Sunday School Lessons; going to Nursing Homes or wherever needed. It might be just on the phone to teach the Word to encourage a

downed heart and praying them through for their need. Ministry is serving others and doing it all unto the glory of God.

Yes, God has given me **Power In The Word For Resilient Hope. HOLDING ON PASS EFFORT!** It causes me to recover quickly, because of the Word that is **quick, and powerful, and**

sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit...joints and marrow... discerner of the thoughts and intents of the heart (Heb.4:12); giving me that hope in God! **My Resilient Hope is always in a steadfast God for I see There is Power In His Word! Is He your hope Today? He knows just where you are! 13 yrs and counting! (smile). God Bless!**

HOLDING

ON

PASS

EFFORT

PRAYER:

Father, thank You that
¹Your mercies are new every morning; Great is your faithfulness. ²For all Your promises are yea and Amen. Keep our attitude as ³the mind of Christ Jesus with a ⁴meek and quiet spirit.

I pray that people will begin to see You as You ⁵went to the cross, and know that all was done to ⁵get us reconciled back to the Father. That ⁷You

would never leave us to ourselves; You gave us a ⁸Helper. May we return back to our real source, our real Father, and Provider as we go through this time of economic uproar. We are never in danger as long as we stay connected to You.

⁹As times get bleak, we will persevere through, for what is ¹⁰written in Your Word will benefit us with the hope we need at

this time. The circumstances will not overcome us because we will never be ashamed when our hope is in You. ¹¹Your love is shed abroad in our hearts by the Holy Ghost .

We love You Lord and we ¹²know that all things are going to work for our good. ¹³No good thing will you withhold from us. Therefore as we speak your Word, it ¹³energizes our spirit and quickens us alive

**"LORD JESUS
 TOUCH THE
 READERS
 FOR YOU
 KNOW JUST
 WHERE THEY
 ARE!"**



with the wisdom of God. In Jesus' Name. Amen!

¹Lam.3:23; ²2Corth.1:20;
³Phil.2:5; ⁴1Pt.3:4c; ⁵Jh.19:17;
⁶2 Corth.5: 18, 19; ⁷Heb.13:5c;
⁸Jh.14:16; ⁹Jh.16:33c;
¹⁰Rom.15:4; ¹¹Rom.5:5;
¹²Rom.8:28 ; ¹³Ps.84:11;
¹³Heb.4:12

Health Awareness Wellness For Life From The Kelsey Korner by Sis. Esther Corners

CHOLESTEROL

CHOLESTEROL is a waxy fat like substance made in the liver and other cells and found in certain foods, such as food from animals, like dairy products, eggs, and meat.

Cholesterol can build up in arteries that lead to the heart. They may narrow or close, which can cause a heart attack!

TEST FOR CHOLESTEROL

A Cholesterol blood test is the first step in diagnosing high Cholesterol.

KNOW YOUR NUMBERS

MANAGING HIGH CHOLESTEROL

- Eat a Heart Healthy Diet that consists of fruit and vegetables.
- Whole grain bread.
- Fat-free—Low-fat milk products.
- Lean meat and Poultry without the skin.
- Fish and Salmon—2 servings, Baked or grilled weekly.
- Use Canola, corn, olive, and soy-bean oils instead of butter and margarine.

BE MORE ACTIVE

- Take the stairs instead of the elevator.

- Don't park close to the store. Park further away.
- Lose weight if needed.

TAKE YOUR MEDICINES

- Your doctor may prescribe medicines for your Cholesterol.
- Don't skip your medicine.
- Your doctor will let you know when your Cholesterol Level should be done again.
- Mark your Calendar before its' time for refills on your medication.

Proverbs 27:14 says, Wait on the Lord; be of good courage and He shall strengthen thine heart; wait I say on the Lord.

POWER IN THE WORD MINISTRY

For the Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:12

My MISSION: Reach and encourage others in letting you know that God is able to do the impossible.

My VISION: Articles to be written in a Book to inspire others.

IT CAN HAPPEN

How much more shall your Father which is in heaven, give good things to them that ask him? Matthew 7:11b

My MISSION: Use the God-given gifts for His glory!

My VISION: Teach others to reach for those God-given gifts in them!

SCRIPTURES ON HOPE

1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK
F or whatsoever things were written aforetime were written for our learning , Romans 15:4a	that we through patience and comfort of the scriptures might have hope. Romans 15:4b	M y soul fainteth for thy salvation: but I hope in thy word. Meditate on these for 30 days. Get them into your heart. Psalms 119:81	A nd hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us. Romans 5:5



"Life is an opportunity, benefit from it."
Mother Teresa

Dates To Remember—MAY 2011

- May 1 May Day
- May 3-7 National Teacher's Week
Teacher Appreciation Week
- May 5 National Day of Prayer
- May 5 Cinco De Mayo
- May 6 Nurse's Day
- May 8 Mother's Day
- May 21 Armed Forces Day
- May 16-20 National Small Business Week
- May 30 Memorial Day
- June 3 HISD School End for Students



A PROMISE

The New Testament itself is a clue to solving this scramble, as it speaks of something far different from what was before (Gal.30).

- | | |
|-------------|-------------|
| 1. TUCNEION | 6. EWNTRTI |
| 2. EMNNRA | 7. DEDAD |
| 3. OOHSFIL | 8. ONSNTIA |
| 4. ALNER | 9. UYCRFIC |
| 5. ICREAML | 10. DIVETNE |

1. _____ ○ _____
2. _____ ○ _____
3. _____ _____ ○
4. _____ ○ _____
5. _____ ○ _____
6. _____ ○ _____
7. ○ _____
8. _____ _____ ○
9. ○ _____
10. _____ _____ ○

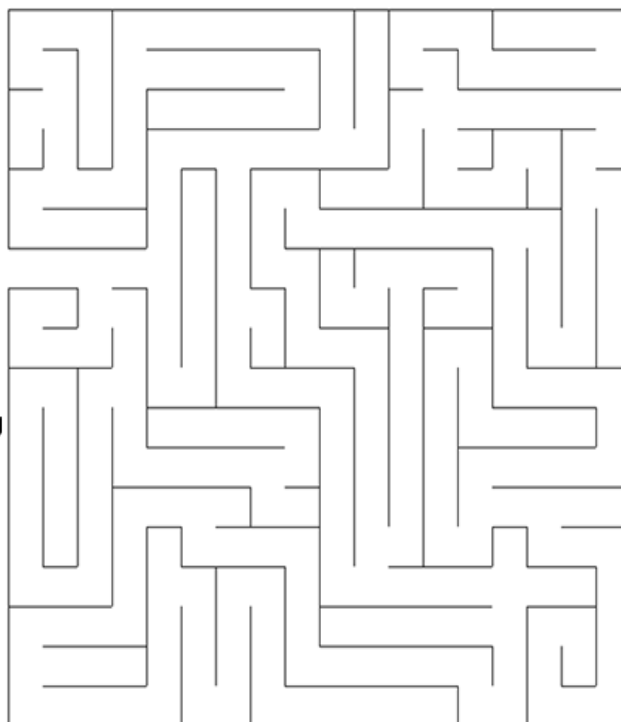
Like given to Abraham.

Answer: _____

- | | | | |
|-------------|------------|------------|-------------|
| 10. Evident | 7. Added | 4. Learn | 1. Continue |
| INHERITANCE | 8. Nations | 5. Miracle | 2. Manner |
| | 9. Crucify | 6. Written | 3. Foolish |

BIBLE QUIZ:

Can you find the path from doubting to believing?



Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." John 20:27 (NIV)