

Southside
Church of Christ

Ministering Evangelist
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Volume 9 Issue 8

Heart-To-Heart

HEART-TO-HEART

We Are All Slaves

"But To Whom?"

As African Americans in this country we have a history rooted in slavery. Slavery in the United States had a wide variety of faces; many were enslaved on small farms, large plantations, inside homes, out in fields and even in industry and transportation. Though slavery had a wide variety of faces the underlying concept was always the same. The slave was considered the property of their master and had no freedom or rights to live life as they might choose. This domination created a lack of self esteem and self worth.

Even though slavery ended on the 1st day of January, A.D. 1863, when all persons held as slaves were freed by Abraham Lincoln and The Emancipation Proclamation. Today we find that the continuous existence of sin in the lives of Christians keeps them enslaved to the most devious master of them all, Satan. Satan's domination also creates a lack of self esteem and self worth in their life, but even more so the prospect of eternal damnation.

Even after we repent, confess, are baptized and become new creatures in Christ Jesus, (2 Corinthians 5:17), we still sin from time to time and we still need to confess those sins. But as new creatures in Jesus Christ who should have had a change of heart, we should not be a "slave to sin". Indeed, we should not practice sin and we should make a change from the life style we once lived.

The new creature in Christ Jesus must; "Put to death, therefore, whatever belongs to your earthly nature, sexual immorality, impurity, lust, evil desires and greed, which is idolatry? Because of these, the wrath of God is coming. You USED to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off

your old self with its practices and have put on the **NEW SELF**, which is being renewed in knowledge in the image of its Creator." Colossians 3:5-10 (NIV).

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives". 1 John 1:8-10. We cannot deny that sin breaks our fellowship with God. We cannot say that we never sin. Because we all sin by nature and by habit.

The Bible tells us that "**We Are All Slaves**". **We are slaves to the one we choose to obey.** What then? Shall we sin because we are not under law but under grace? By no means! Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. Romans 6:15-17 (NIV). As Christians we are commanded to no longer live our lives as slaves to Satan and sin, but slaves to Jesus and righteousness.

As slaves to Jesus we receive the rewards of being chosen as recipients of his mercy. We have his protection and his promise of eternity with him. "But you are a chosen people, a royal priesthood, a holy nation, a people belonging to

(Continued on page 4)



Brother Otis Gambrell

"You Are God's Love Bank" - Curriculum Dr. Tony E. Roach, Sr.

Week I	Luke 5:1-11
Week II	Jonah 1:1-4:11
Week III	I Samuel 26:1-24
Week IV	Genesis 26:12-32

New Self-Discipline Matthew 25:1-13

The discipline to do the things I don't want to do, when they need to be done, even when I have to delay immediate gratification to do them; knowing that discipline for the moment is always grievous, and never joyous, but afterwards it brings forth the peaceful fruit of self control!

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Our Purpose & Mission

The purpose of the Heart-To-Heart Newsletter is to motivate, inform, enhance, uplift and spiritually encourage everyone who reads it.

Our mission is to achieve our responsibility of equipping the saints to do God's work and to build up His church, the body of Christ, until we come to such a unity in our faith and knowledge of God's Son that we will be mature and full grown in the Lord, measuring up to the full stature of Christ (Ephesians 4:12-13).

Praise Be To God. . . Amen.

Content Submission

Southside members, if you are interested in using your God-given talent to support this ministry through writing, drawing, photography, etc. then please speak with any Heart-To-Heart staff member for more information. Content may be submitted to the following e-mail address or any Heart-To-Heart staff member.

Heart-To-Heart

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Please contact us for a copy of our content guidelines. Only content that adheres to these guidelines will be considered for publishing in this magazine.

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Soul Food Daily Bible Readings[©]

August 2007

New Self-Discipline: "The discipline to do the things I don't want to do, when they need to be done, even when it is painful to do them; knowing that discipline for the moment is always painful and not joyful, but afterward the Holy Spirit produces in me the peaceful fruit of love, power, and self-control." -- Dr. Tony Roach

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Zechariah 4:6 Everything for you is through the Holy Spirit, not by your strength	2 Acts 6:8 The same power then is in you today. God wants you to act like it	3 Acts 9:22 Tell someone that Jesus is the Christ of your life. Let the world know	4 Acts 10:38 The Holy Spirit is in you. Do good consoling and encouraging everyday
5 Psalm 17:14-15 Oh, to be like You dear God is my desire	6 Psalm 119:1-8 Be steady in the study of His word	7 Proverbs 2:6-12 Seek the Lord's wisdom. He will preserve you	8 Luke 8:27-35 Stay close to Jesus Christ's teaching and discipline is yours	9 Luke 15:11-17 When you come to your senses, remember Jesus Christ	10 Acts 26:10-18 Let go of your old ways and follow Christ's way	11 II Corinthians 5:13-21 Are you compelled to live for Christ?
12 Galatians 5:22-26 Live, walk and talk in the Spirit of God	13 I Peter 1:22-25 Sincerely love one another according to the Word of God	14 Hebrews 11:9-11 Keep your eye on Christ and heaven. Stop looking at all the troubles	15 Philippians 3:20-21 Just wait, your citizenship is already in heaven.	16 II Corinthians 5:1-9 In all you say and do, make it your aim to please God	17 Hebrews 3:1-4 Whose house are you?	18 Psalm 107:1-15 Is your soul satisfied?
19 Matthew 25:1-13 Take the necessary time to prepare	20 Matthew 25:20-23 Use all your talents to His glory!	21 Luke 12:36-38 Pray; watch, and be ready at all times	22 I Peter 1:13-19 Know Whose you are; know who you are; and, be	23 Matthew 24:42-44 Keep watching and doing His will because no one knows when He is coming	24 Luke 11:5-10 Don't give up. Keep on asking, seeking and knocking! God hears you	25 Luke 14:23 It may seem awkward at times, but tell everyone about Jesus Christ
26 Hebrews 5:8-9 Follow Jesus Christ all the way, even through your sufferings	27 Matthew 3:13-17 It may seem strange, but trust God for the miracle	28 John 4:34 Make the word of God a part of your daily food	29 John 6:38-40 Do the Lord's will in your life first!	30 John 15:10-17 Love and always be His friend. He will not leave nor disappoint you	31 II Timothy 1:7 You possess a Spirit of power, love and sound mind. Use Him to His glory & your good	

CAN YOU DISINHERT INDIVIDUALS?

By Brother Moses Bethea, Jr., Deacon

Disinheriting Children

Parents generally have no obligation to provide for their children in their will. In most states, parents can intentionally leave their children out of their will, but most states also have statutes protecting children inadvertently left out of the will—for example, a child born after the will was written. If you intend to disinherit a child, your will must be very carefully drafted to overcome statutory protections.

Disinheriting a Spouse

Disinheriting a Spouse

A surprising number of marriages end with one spouse trying to disinherit the other. The law of most states protects both husbands and wives from being

disinherited.

If a person fails to provide for their surviving spouse or even fails to provide a certain percentage of the estate to their surviving spouse, the surviving spouse can demand and receive an elective or forced share of the estate. This means that the surviving spouse can demand a portion of the estate (normally one-third to one-half) and by law, regardless of what is stated in the will, the surviving spouse will receive that amount.

A spouse remains a spouse and retains elective share rights until the decree of divorce is final, unless the elective share rights are waived in a marital settlement agreement.

While these provisions serve to protect surviving spouses, some couples wish to avoid them. A good example is individuals who each have children from prior relationships marry. Each

may have sufficient wealth to be unafraid of being disinherited, and each wants to provide for their own children upon their death.



One solution to this problem is for the couple to agree before marriage in a prenuptial agreement that they each waive their rights to receive anything from the other's estate.

The information contained in this article is provided in the spirit of public education. This information is not, nor is it intended to be legal advice. For any questions or concerns you may have regarding any legal issues, please call your Attorney.



By Tom Underwood

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Long Underwear

Good Intentions

Last But Not Least

(We Are All Slaves... Continued from page 1)

God, that you may declare the praises of him who called you out of darkness into his wonderful light", 1 Peter 2:9 (NIV).

A human slave master is someone who gains his worth by dominating his slaves, by not allowing others to express their freedom in relation to him, but God through Jesus Christ is not a slave master in this sense. God is like

a good mother (or father) who keeps her child close to her, understanding that the child's well-being will depend on the proper nurture, support, and provision of all good things when the child is not able to provide those on his/her own.

Considering that We Are All Slaves, **whom do you choose to be your master or whom do you choose to obey, Satan or Jesus Christ?**

Remember, "No man can serve two masters".... (Matt. 6:24).

Elder Otis Gambrell

Young Girl's Lecturette

By Sister Ajani Anderson

I will be speaking from the scripture Ephesians 4:32, which says, "Be ye kind one to another, tender-hearted, forgiving one another, even as God, for Christ's sake, hath forgiven you."

What is kindness? Kindness means "the quality of being kind." To be kind means to do good rather than harm, to show empathy for others, and to be friendly. There are many different examples of Bible characters who showed kindness, and here are a few of them.

The first example is the story of Esau and Jacob, found in Genesis 27. Esau had already sold his birthright for some porridge. When Isaac was old and blind, he told Esau to go hunting and make him a meal, then he would bless him. Rebekah, Isaac's wife, overheard Isaac. She told Jacob to get two goats and then she prepared a meal for Isaac. Then Jacob put some of Esau's best clothes on, and put goat skins on his hands and neck so that he could fool his father into thinking he was Esau. His trick worked, and Isaac blessed him instead of Esau. When Esau came in, he found out what had happened. Esau was angry at Jacob, and wanted to kill him. Many years passed. Jacob sent a message to Esau saying that he had plenty of flocks, and wanted to make peace with him. When Jacob saw Esau coming, he was frightened because he thought Esau would kill him and his family. Instead, Esau embraced him and kissed him. Esau showed kindness by forgiving Jacob and choosing to do something good instead of doing harm to Jacob.

The second example is the story of Joseph. Jacob had twelve sons. He loved his youngest

son Joseph the most because he got him at an old age. Jacob made Joseph a colorful coat, which made his brothers very jealous. One day, Joseph's brothers sold him into Egyptian slavery. While he was in Egypt, God blessed Joseph and placed him in charge of Egypt. Meanwhile, a famine was going on in Canaan, where Jacob and Joseph's brothers lived. When Joseph's father found out there was food in Egypt, he told ten of his sons to go and buy some food. When Joseph's brothers got there, they didn't recognize Joseph, but he recognized them. Instead of having them killed to get revenge on them for selling him into slavery, Joseph showed kindness by giving them many gifts and the best part of Egypt.

The story of Ruth and Naomi teaches us about empathy. When Naomi had lost all of her loved ones, she told Ruth and Orpah, her daughters-in-law, to go back to their homes. Orpah left, but Ruth stayed with Naomi. Ruth put herself in Naomi's shoes and imagined how she would feel if she were all alone in a strange land. Naomi taught Ruth about God. God allowed Ruth to meet and marry a man named Boaz. If Ruth had not stayed with Naomi, then she wouldn't have met Boaz and given birth to Obed, who was the father of Jesse, who was the father of David, and Jesus came through the blood line of David!

What I have learned from these Bible stories and from studying Ephesians 4:32 is that we should all be kind to others, and that God blesses us for being kind. Being kind is one of the things we can do to show that we love God, and that we respect Him.

When you're kind to other people, chances are they are going to be kind to you. You reap what you sow, which means whatever you do to others, you will get it back from that person or from someone else. Therefore, we should sow kindness. Being kind can also help you to make more friends. We should not only be kind because our parents tell us to. We should do it because it's the right thing to do. Sometimes, when you are kind to other people, it can affect how they behave themselves.

We should also treat others the way we want to be treated (Matthew 7:12). Have compassion for others. When you are loving and kind to others, you are loving and kind to God's creation (1 John 4:7-8). If you are mean to people, they will recognize you as their enemy. Being kind means caring about others and being polite.

Jesus was kind to all of us. He came to the world to help and to save us. He was kind enough to eat with sinners. He didn't do this to be influenced by them, but to influence them. He was even kind enough to die for us while we were sinful, bad, and selfish. We can be kind to Jesus and show him that we love him by keeping his commandments, according to John 14:15.

I hope you have enjoyed hearing this speech as much as I have enjoyed preparing it.

Sister Ajani Anderson



Young Girl's Lecturette

By Sister Dominique Feast

What does "obedience" mean? Obedience is a response to a command. An example of this is found in Genesis 7. Do you remember Noah? Noah obeyed because he loved and believed in God. God told Noah to build an ark and he did. This was a command from God to Noah. God told Noah what to do and how to do it. Did Noah obey God? Yes, Noah obeyed God. In Genesis 7:23, all living things died on earth, but Noah and all who were in the ark did not die. God blessed Noah's obedience. When we obey God's commands for our lives, He blesses us!

Here is a command for us as children. Look at Ephesians 6:1, "Children obey your parents in the Lord for this is right." What is the result of

this obedience? Look at Ephesians 6:3, that it may be well with you and you may live long on the earth.

Now let's go back to Genesis. Please turn to Genesis 2:16-17. God gave a command to Adam... "and the Lord God commanded the man saying of every tree of the garden you may freely eat, but of the tree of knowledge of good and evil you shall not eat, for in the day that you eat of it, you will surely die." The command was NOT to eat from the tree of knowledge. Did Adam and Eve obey? No!! What were the consequences of their disobedience? In Genesis 3:16, to the woman He said, "I will greatly multiply your sorrow and your conception; in pain you shall bring forth children; your desire shall be for your

husband, and he shall rule over you."

In verse 17 to Adam He said, "because you have heeded the voice of your wife, and have eaten of the tree from which I commanded you, saying, 'you shall not eat of it; cursed is the ground for your sake; in toil you shall eat of it, all the days of your life.'"

Then in verse 18 and 19: Both thorns and thistles, it shall bring forth for you, and you shall eat of the herb of the field. In the sweat of your face you shall eat bread, till you return to the



(Continued on page 9)

"GET IN THE ZONE - THE "CHALLENGE" ZONE"

By Sister Kim Fuqua

As humans, we tend to spend most of our lives seeking comfort. We want to work at a job where we feel "comfortable", live in a "comfortable" home, wear "comfortable" clothes and marry someone that we feel "comfortable" with. Yet, as Christians, we know that if we are to be like Christ, we must spend more time getting out of our "comfort zone". Throughout his life here on earth, Jesus sought out uncomfortable environments and made others (especially the overly critical and hypocritical Jewish rulers) uncomfortable, simply by doing the will of His father.

As we strive towards His perfect example of love and humility, we must learn how to be different and step out of our own comfort zone on a daily basis. As we seek to be stronger mentally, spiritually and physically, we must challenge what the world considers normal, acceptable and adequate and begin to expect the impossible, dream the unfathomable and execute the extraordinary.

This paradigm for living is key when it comes to our health and wellness. As a Fitness Instructor, my mantra is "There is NO CHANGE without CHALLENGE". This is true in so many aspects of our lives, but is a key principal for success in improving our level of physical fitness. I have clients that can't figure out why they've gained weight

because they've been "walking 2 miles everyday for 2 years" or "taking Step Aerobics twice/week for 3 years". Little did they know that after the first 6 weeks of repetitively performing that same exercise, their bodies adapted and no longer burned the same amount of calories or provided the same level of cardiovascular benefits that they received when they first began the exercise. Their bodies and minds became comfortable with the work and therefore did not need to work as hard to accomplish the goal.



Sister Kim Fuqua, Professional Fitness Trainer

Photo by Melvin Brown, SSCOC Living Word Media Ministry

Today, I challenge you to challenge yourself!

Try a new fitness class at the gym. Walk (or run) faster and longer than you ever have before. Go one day without eating meat. Step outside of your comfort zone and challenge yourself to accomplish goals that you know are only achievable with God as your main source of strength, courage, and power.

"And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me." 2 Corinthians 12:9 (New King James Version)

Kim Fuqua

"My 911 experience: Part II"

By Sister Monique Stallings

As I got to look at this disaster in perfect human vision, I had to start truly questioning what in the world was going on as the second plane hit the building 15 minutes later.

By now my mind is saying, "This is not a mistake again". Within 10 more minutes the media agreed and stated this was a "possible terrorist attack". Shock landed on my co-workers and I that something was seriously wrong. *(This very day I will begin to put the terror and fear of you on all the nations under heaven. They will hear reports of you and will tremble and be in anguish because of you. Deut 2:25)*

We had all the news stations on in the conference rooms and got every

minute of information that we could on why these buildings were attacked and by whom.

As the country of Iraq was eventually named, so was Osama Bin Laden. I know as I continued to watch the building, as it burned, I saw people jumping from 20 stories and above throwing themselves from the windows to what they thought was safety as the planes still sticking out and burning from both buildings. That was when I started to pray harder than ever in my life to the "God that my faith is in" as I watched "terrorists show their faith in their god". I couldn't comprehend or try to understand and just continued to pray. (May your eyes be open toward

this temple night and day, this place of which you said, 'My Name shall be there,' so that you will hear the prayer your servant prays toward this place. 1Kings 8:29)

By this time, the executives told us that we were not allowed to leave the office building until all had settled. Dust was the only thing settling for the next several hours as both planes still remained suspended inside the Twin Towers. By now communications were lost on all phones, TVs. We just had to wait. The end of a matter is better than its beginning, and patience is better than pride. Ecc. 7:8

(Continued on page 7)

"THERE ARE NO SHORTCUTS"

By Sister LaTonya Robinson

The discipline to do the things I don't want to do, when they need to be done even when I have to delay immediate gratification to do them; knowing that discipline for the moment is always grievous and never joyous, but afterwards it brings forth the peaceful fruit of self-control.

I don't know about you but I have been in plenty of situations where I decided that I am not going to follow the path that God has laid before me. For some strange reason, I concluded that I knew better than God. Have you ever received directions on how to get to a desired location, but for some reason you determine there must be a quicker way to get there? I have. Then ultimately I became lost. If only I would have disciplined myself to remain on task, I would have made it to my destination.

In our spiritual walk, there are things we want right now. We don't want to work for it. But even Christ disciplined Himself to be obedient to the cross. I can't imagine exchanging a throne for a manger. I can't imagine being King, to become poor. I can't imagine being betrayed just to turn around and save the betrayer. I can't imagine being spat upon and beaten when I could have dispatched thousands of angels to come to my rescue, but Christ did just that. He denied His comfort long enough to save the world. He knew that if He only did what He was instructed, God would redeem man to Himself.

We must follow Christ's example. What makes us better than Christ? Why do we feel we must not suffer? If you are honest, growth usually comes through pain (discipline). I know for myself, if everything came easy, I wouldn't appreciate the peace and understanding that came after my breakthrough. Many of you know that I was devastated when it became clear that I



couldn't have children. I didn't want to study about God knowing what is best. I didn't want to really pray. I only concentrated on what I couldn't have physically. I had the nerve to tell God He wasn't being fair. Why couldn't I enjoy the love of a child? But, when I decided to agree with "God ways are not our ways; neither are His thoughts, I begin to pursue understanding. Through time, I began to see God never said I couldn't have a love of a child. You couldn't convince me that my niece Kimberly and my nephews Khayree and Khamani don't love me to the utmost. You couldn't convince me when Jodi McDougal sees me and she comes running towards me, that isn't love. I now realize God may have been saving me from death. Who knows if I

would have survived child birth? Who knows if my child wouldn't have suffered from some birth defect? God knows much better than I if that would have just destroyed me and/or my marriage. Frankly, children are expensive. God definitely knows my financial situation. However, whatever reasons God hasn't allowed it has brought me closer to Him. I am totally reliant on Him. Just knowing God better, delivered peace to my soul.

Just remember to just trust God. Do exactly what He says. You won't always understand. You definitely won't feel joyous all the time. But in time, He will give you peace in the midst of your situation or circumstance. Your ultimate goal is to see God's face in peace. To do that, you will have trials and tribulations. But, I promise you peace is a gift of God. Don't try to take shortcuts to happiness. There aren't any. Heaven must always stay in your view. It's going to get rough. The mountains are going to be high. But I beg you to keep your hand in God's hand, and peace and eternity will be worth the journey.

(My 911 Experience—Part II, Continued from page 6)

We all waited until we were finally released by 11:30am. I went to my cousin's apartment in the area. I walked with the rest of the New Yorkers as we resembled refugees leaving a war zone covered in the "white dust". There was no way I could walk home from Manhattan to the Bronx as thousands had already started to do. I also knew my cousin's husband Mario was an EMS worker and may have been called in to handle this tragedy. All I knew was that I

needed to be there for her and continue to pray. I arrived with a few other friends to sit, discuss and pray over the horrors we had all seen that morning on September 11, 2001. My cell phone was still working and I was able to call my parents and friends to let them know I was safe. As we were all sitting there talking and watching the news, we began to worry about my cousin's husband, for we had heard no word concerning him. We assumed he was just trying to help save as many lives as possible in the World Trade Center. However, the later it

became the more my cousin was missing her husband and her daughter's father. At this point she and her mom began to check the local hospitals to try and find Mario.

Sister Monique Stallings

Stay Tuned for the final and third part in the September 2007 Issue of Heart To Heart.

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Young Girl's Lecturette

By Sister Rachel Fuqua

Please read in your Bibles I Thessalonians 4:7. There is a definition for holiness. It means we are set aside as a special group to worship God. Think of it as you were rewarded for something. We all like rewards. You are set aside to a special group; away from everybody else. Holiness can be used in different ways: A noun, a verb, an adverb, an objective. In I Thessalonians 4:7, it is a noun. In this case, the Greek word is *hagiasmos*. That means to be sanctified. That means to be bought by the blood of Jesus Christ.

The phrase "we are in the world, but not of the world" is a great topic for this sermon. Are we filled with holiness? That is a question you have to ask yourself at the end of everyday. We are sitting here all grumpy and with bad attitudes when we can make a change in somebody's life! Give to the needy, help people get off the street. Well I don't care about them; they ain't my child. Excuse me, but don't you realize that if we help someone else to their feet that we are only doing what we should do as Christians? Right? Then help somebody! Then ask yourself if you've been

holy today.

Each Christian should set a goal of being holier each day. The holier we are, the closer we become to God. We should each list things we can do to accomplish this goal. Some of the things I plan to do are become a singer and actor, have a good education, find work, become a doctor and praise God for as long as I live on this earth. We can also add other people's goals to have as our own. Like for instance, one day my dad made a list of goals WE SHOULD DO. He put down as one of his goals: Save for Rachel's college fund. He maybe put that down because he cares about my success.

The key words are people, care, holiness and success. If we put those together, we will help somebody in their lives. So, set your goals and work at them to accomplish them: create success. When you're finished, make up another goal list. Keep making them throughout the rest of your life. Then keep on praising God. I know I'm sounding like an advertisement, but it's true! If we do all those things, we are representing holiness. Holiness is key to being prepared for judgment

day. You'll know if you're going to heaven or not because it depends on the waiting place you go to when you leave this earth.

Judgment day is actually why you're going to wherever you are going. If God has a lot of good things to say about you, you'll know why you're going to heaven. And if you know why, it makes you a whole lot happier. So be in a separate group – God's special group. Read Romans 12:2. Get that reward! Be successful, caring and holy. Have helpfulness in your heart. Have God say a lot of good things about you. Come to God. He is waiting to say good things. He is waiting for you. Set a goal list. Keep praising God and you will have a home in heaven!



Sister Rachel Fuqua

Young Girl's Lecturette

By Sister Bryanna Williams



My title is Thankfulness is thanksgiving everyday

It is a pleasure for me to speak, on the topic of thankfulness, on this special day.

Thankfulness or being thankful is one of the first things, our parents

teach us. It must be very important. Remember those special days, like birthdays and Christmas, we were always asked, did you say thank you? But not only on special days, do we need to say thank you. We should be thankful and say thank you every day.

The dictionary says being thankful is, being aware and appreciative of a benefit; meaning something that we have been given, to be grateful, or to express gratitude for it.

Thankfulness is being happy for what you have and for what people do for you, and loving the blessings that you get.

But wait, it's not just saying the words, that's just how it starts. Mom says it is a condition of the heart. Having a thankful heart is a way of living. It is being thankful all the time, for what you receive or don't receive.

The scripture I was given is, I Thessalonians 5:18 *In everything, give thanks, for this is the will of God in Christ, concerning you.*

My bible reads: Whatever happens, keep thanking God, because of Jesus Christ. This is what God wants you to do.

Thankfulness is not just expressing thanks when someone does something nice, or good for us. No, it is the way we should be when things are good or bad. Sometimes you get your favorite seat to sit in, be thankful. Sometimes you don't have any friends at school, be thankful. Sometimes you don't get picked to play, be

thankful.

It's very hard to be thankful all the time unless you have God's spirit living inside you. Our thankfulness should not depend on things that happen. In Psalms 50:23, God says, the sacrifice that honors me is a thankful heart. God knew that sometimes this would be hard for us to do, but we should do it anyway. To help us, in Philippians 4:4, God says, don't worry about anything, but pray about everything, with a thankful heart, offer up your prayers and requests to God.

In closing, we should tell God what we need and want, and thank Him for what He has already done. Someone said, we don't have to worry at all, we can tell God all the hard things in our life, and ask Him to help us, and have a thankful heart at the same time.

Thank you, and be thankful.

Sister Bryanna Williams

(Young Girl's Lecturette-Feast - Continued from page 5)

ground; for out of it you were taken; for dust you are, and to dust you shall return."

What are your consequences for disobeying? Do you like your consequences? I don't like spankings or having things taken from me. Nor do I like missing movie night or sitting in my room to

think about my behaviors and attitudes. What can we do to help ourselves obey?

Pray for strength and courage to obey.

Just do what you are told by your parents, teachers and other adults, as long as it is right.

Read the Bible and learn how to obey.

I pray that this speech was uplifting and encouraging, and I pray that we will all remember

Proverbs 20:11, "Even a child is known by their doings, whether their conduct is pure or whether it is right."

Sister Dominique Feast

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