



**“A merry heart maketh a cheerful countenance...”**

**Proverbs 15:13a**

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**Bible Riddles - Put your thinking caps on!**

I build up castles, I tear down mountains, I make some blind, I help others see. What can I possibly be?

Think you know the answer? Check out Genesis 22:14-18 and Matthew 7:21-29 to see if you're right.

“My first is twice in apple but not once in tart. My second is in liver but not in heart. My third is in giant and also in ghost. Whole I'm best when I am roast. What am I?”

If you need a hint you can read Proverbs 11:22, Matthew 7:6, and Mark 5:11-16 and look for the word that the verses have in common.

Soft and fragile is my skin, I get my growth in mud. I'm dangerous as much as pretty, for if not careful I draw blood. What am I?

What do you think? If you need a hint you can read Luke 8:4-15; John 19:1-6 and Hebrews 6:4-10 for a clue. Just look for the word that all the scripture references have in common.

Until I measured I am not known.  
Yet how you miss me when I have flown!  
What am I?

If you need a hint then you can read these verses and look for the word that they all have in common: Psalm 113:2, Romans 5:6, 1 Corinthians 4:5

I can be carried but not touched  
I have two on the outside and ten on the inside  
Everyone wants to catch a sight of me  
But I'm kept out of sight  
I was lost and found; then found but now I am lost  
I'm in the Bible - what am I?  
(*HINT*: Exodus 25:10 - 22; 1 Samuel 4)

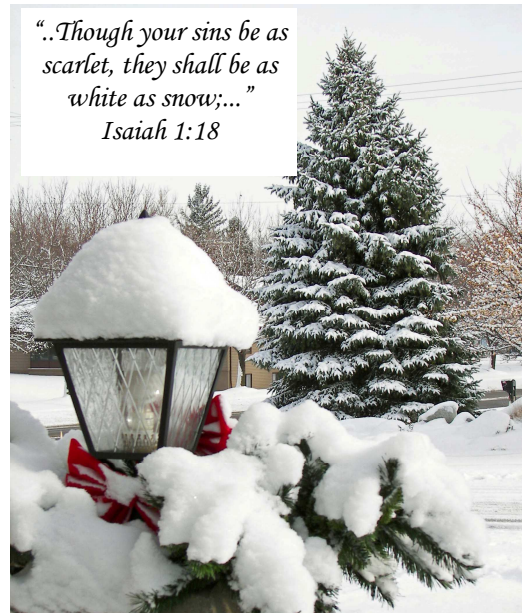
**Have fun!!!!**

# *Lilies of the Valley Newsletter*

*Luke 12:27-28 "Consider the lilies how they grow"*

*A Ministry of Blackstone Valley Baptist Church*

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*“..Though your sins be as  
scarlet, they shall be as  
white as snow;...”  
Isaiah 1:18*

*Lord Jesus, I long to be  
perfectly whole;  
I want Thee forever to live  
in my soul;  
Break down every idol,  
cast out every foe—  
Now wash me, and I shall  
be whiter than snow.*

*Lord Jesus, look down  
from Your throne in the  
skies  
And help me to make a  
complete sacrifice.  
I give up myself and  
whatever I know  
Now wash me and I shall  
be whiter than snow.*

*Lord Jesus, for this I most humbly entreat;  
I wait, blessed Lord, at Thy crucified feet.  
By faith, for my cleansing I see Your blood flow  
Now wash me and I shall be whiter than snow.*

*Lord Jesus, before You I patiently wait;  
Come now and within me a new heart create.  
To those who have sought You, You never said "No"  
Now wash me and I shall be whiter than snow.*

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# **January 2014**



# Ladies Prayer and Planning Breakfast

Saturday,  
January 18th  
9:00am

*This is an opportunity for fellowship and to be an encouragement to others. Hope you will be a part of the LOV Ministry.*

## Happy New Year!

**Luke 9:23** And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

When missionary Dr. David Livingstone was working in Africa, a group of friends wrote him: "We would like to send other men to you. Have you found a good road into your area yet?" Dr. Livingstone sent this message in reply: "If you have men who will only come if they know there is a good road, I don't want them. I want men who will come if there is no road at all."

There's a big difference between just being interested in doing something and actually making a commitment to doing it! Just being interested allows us the freedom to do a thing only when our circumstances permit. But making a commitment to do that thing means accepting no excuses and no reservations — it means putting aside our fears and reservations moving forward till we see the end result! Dr. Livingstone was looking for results, and this required men of commitment! With 2014 under way, let's make some commitments! Our Lord, our families, our jobs, and our congregations are awaiting us! (Taken from worthydevotions.com)



*Ladies Prayer Time.  
Tuesday Mornings  
at 10:00a.m.*



## Food for Thought: What's the Deal With Coconut Oil?

### Coconut Oil FAQs

**Coconut oil has a melt point of 76 degrees** (so unique!). So the answers go like this:

- **Is coconut oil a solid fat?** Yes. (*I'd describe it as harder than Crisco but softer than cold butter.*)
- **Is coconut oil a liquid oil?** Yes. (*Looks and pours like vegetable oil, maybe less yellow.*)

### How to Use Coconut Oil

- **Eat it!** I use unrefined coconut oil "raw" in my smoothies and oatmeal. (Tip for smoothies: it must be liquid, poured in quickly and blended in immediately and thoroughly, or it will solidify again because of your other cold ingredients. Little balls of coconut oil in the smoothie is pretty gross!) It makes the oatmeal sweet enough that I almost don't need any other sweetener.
- **Sub it!** You can use coconut oil as a substitute in many/most recipes that call for butter, margarine or shortening, and also (melted) in any recipe that calls for "oil", at least all those that I've encountered thus far. This is a straight substitution, 1 cup for 1 cup, etc.
- **Cut it!** Coconut oil works in grain products where you have to "cut in" the fat with a pastry blender, like biscuits, pie crusts, and tortillas.
- **Bake it!** It made the BEST healthy chocolate chip cookies I've ever made, even 100% whole wheat.
- **Fry it!** Because coconut oil has a lovely stability on account of its saturated fat, it is considered safe for frying.
- **Melt it!** Coconut oil is relatively easy to melt, compared to butter. If you store it in a glass jar, you can set it at the back of your stovetop while your oven is on, and it will be liquid in no time. I'll do this when I know I'm baking later in the day and need "oil", because it does take a while for it to solidify again. If you're in a rush, you can melt it on the stovetop in a pan, or even in the dish you're going to bake in *inside* the oven as it preheats. It melts faster than butter.
- **Use it!** Here are some other ways I use coconut oil (the unrefined version) in my green and crunchy home:
  - on baby's bottom instead of diaper crème
  - for cradle cap
  - face and hand lotion
  - on eczema spots
  - as sunscreen
  - in homemade deodorant
  - as eye makeup remover (amazing!)

# WHO WERE THEY???



EVE

We know very little about Eve, the first women in the world, yet she is the mother of us all. She was the final piece in the intricate and amazing puzzle of God’s creation. Adam now had another human being with whom to fellowship—someone with an equal share in God’s image. Here was someone alike enough for companionship yet different enough for relationship. Together they were greater than either could have been alone.

Eve was approached by Satan in the Garden of Eden, where she and Adam lived. He questioned her contentment. How could she be happy when she was not allowed to eat from one of the fruit trees? Satan helped Eve shift her focus from all that God had done and given to the one thing he had withheld. And Eve was willing to accept Satan’s viewpoint without checking with God.

Sound familiar? How often is our attention drawn from the much which is ours to the little that isn’t? We get that “I’ve got to have it” feeling. Eve was typical of us all, and we consistently show we are her descendants by repeating her mistakes. Our desires, like Eve’s can be quite easily manipulated. They are not the best basis for actions. We need to keep God in our decision-making process always. His Word, the Bible, is our guidebook in decision making.

<b>Strengths and Accomplishments</b>	*First wife and mother *First female. As such she shared a special relationship with God, had co-responsibility with Adam over creation, and displayed certain characteristics of God.
<b>Weaknesses and mistakes</b>	*Allowed her contentment to be undermined by Satan. *Acted impulsively without talking either to God or to her mate. *Not only sinned, but shared her sin with Adam. *When confronted, blamed others
<b>Lessons from her life</b>	*The female shares in the image of God. *The necessary ingredients for a strong marriage are commitment to each other, companionship with each other, complete oneness, absence of shame (Genesis 2:24,25) *The basic human tendency to sin goes back to the beginning of the human race.
<b>Vital statistics</b>	*Where: Garden of Eden *Occupation: Wife, helper, companion, co-manager of Eden *Relatives: Adam, Cain, Abel, Seth, numerous other children
<b>Key Verse</b>	“And the LORD God said, It is not good that the man should be alone; will make him an help meet for him” Genesis 2:18

Eve’s story is told in Genesis 2:16-4:26. Her death is not mentioned in the Scriptures

*Taken from the Life Application Study Bible*

## Putting Off Procrastination

By: Charles Stanley

Read Acts 24:24-27

Some people like to say that they are “born procrastinators.” According to Scripture, that is impossible for believers. Procrastination can be a form of bondage in a person’s life, and the Lord, who wants the best for His followers, didn’t design us to be enslaved.

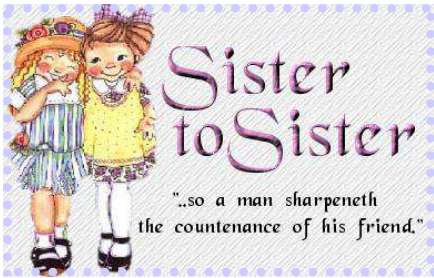
Procrastination has several common causes. The first is an attempt to dodge discomfort. Many people put off taking action because they feel uncomfortable or anxious about the ramifications. In today’s passage, Felix sends Paul away, fearing the apostle’s talk about righteousness, self-control, and judgment.

This can show up in our spiritual life— we sometimes delay Bible reading and meditating because we are afraid God will bring to the surface a matter we need to confront. Then, if such a subject comes up, we often choose to procrastinate about dealing with it. Issues like pride, self-control, or guilt may not be comfortable to face, but dodging them obstructs God’s purpose in our life.

The second cause for putting things off is self-doubt. Those who consider themselves inadequate to complete a task may choose not to begin it. Related to this is another factor: fear of making a mistake or failing in an endeavor can make postponement seem preferable.

Procrastination is no laughing matter, particularly in the spiritual realm since delaying on an assignment from God is the same as disobeying Him. Are you prone to delay? Identify problem areas and the feelings that accompany them. Then confess your tendency, and rely on God’s strength to overcome it.





## Christ makes the Difference!!

2014 already!! I know we say every year that the year has flown by, well I think this year has especially flown by for me. This has been one of the most trying years in my life so far. The year started off with my grandmother passing away and then two weeks later unexpectedly my father passed away. My niece spent many nights in the hospital. My oldest son also spent many hours in the hospital, went through many tests, and had stitches put in his forehead. This is not a sob story; I wanted to relay to you how good God is and how His mercies are everlasting. (Psalm 100:5) Though we may not understand why things may happen we can know that God's plans are best. *"For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."* Isaiah 55:8-9. We need to trust that God knows what He is doing.

Throughout these trying times God has been there and He never forsook me. His Word is filled with hundreds of promises ready to be claimed. We must remember who we are in Christ and what He is to us. We *can* have the hope and comfort that God has promised us in His Word. We *can* have the confidence that He will do as He promised. Psalm 73:26 *"My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever."* 2 Corinthians 4:8-10 *"We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed; Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body."* 2 Corinthians 4:16-18 *"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. 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."*

We need to have our focus on what Jesus did for us and not on our circumstances. This world will fail us but God will never. He can't!!! That thought alone should give us great joy and comfort in times of hardship. Here are just a few of the hundreds of promises God has given us:

- We are justified (declared "not guilty" of sin).....Romans 3:24
  - No condemnation awaits us.....Romans 8:1
  - We are made free from the law of sin and death.....Romans 8:2
  - We are sanctified (made holy) in Jesus Christ.....1 Corinthians 1:2
  - We are pure and holy in Christ.....1 Corinthians 1:30
  - We will be made alive at the resurrection.....1 Corinthians 15:22
  - We are new persons.....2 Corinthians 5:17
  - We are made right with God.....2 Corinthians 5:21
  - We are one in Christ with all other believers.....Galatians 3:28
  - We are blessed with every spiritual blessing in Christ...Ephesians 1:3
  - We are holy and without fault.....Ephesians 1:4
  - We are adopted as God's children.....Ephesians 1:5,6
  - Our sins are taken away, and we are forgiven.....Ephesians 1:7
  - We will be bought under Christ's authority.....Ephesians 1:10-11
  - We are marked as belonging to God by the Holy Spirit..Ephesians 1:13
  - We are God's masterpiece.....Ephesians 2:10
  - We have been brought near to God.....Ephesians 2:13
  - We share in the promise though Christ.....Ephesians 3:6
  - We can come with freedom and confidence into God's presence...Ephesians 3:12
  - We have been given fullness in Christ.....Colossians 2:10
  - We are made free from our sinful nature.....Colossian 2:11
  - We will have eternal glory.....2 Timothy 2:10
- (List compiled from the Life Application Study Bible)

We must purpose in our hearts to let God be first in our thoughts and life. Establish a relationship with God before the trying times come. I don't know how I would have handled things this past year without that relationship with God. The way we react will make the difference. James 4:8a says *"Draw nigh to God, and he will draw nigh to you."*

Written By: Mrs. Erica Bissonnette

