



“A merry heart maketh a cheerful countenance...”
Proverbs 15:13a

God has given us a prescription that will help us all to have a more abundant life (health wise). It is recorded or written in: Proverbs 17:22, "A merry heart doeth good like a medicine."

William Fry M.D. Professor at Sanford University Medical School said, "Mirthful laughter is a constant mood changer that can erase fear, anger, anxiety and depression." He spent 50 years in the study of laughter research. He says that laughter conditions the heart muscle, exercises the lungs and diaphragm, works all the abdominal and thoracic muscles. It boosts the immune system and even increases adrenaline and blood flow to the brain.

Lee Berk M.D. Associate Professor of family medicine--at the college of Medicine in California--says laughter can also increase alertness, increase tolerance to pain, lower blood pressure, and improve respiration and breathing.

Laughter is a great stress reducer that changes the chemistry of the brain.

Dr. Berk says that if he could come up with a medicine that accomplishes all of the above he would be on his way to Sweden to get a Nobel prize.

And to think God told us that a long time ago!!!!!! Thank you God.

Now to add just a little humor. I am going to give you some hillbilly medicine. Terms like the following:

- | | |
|---|--|
| Benign--What you be after you be eight. | Morbid--A higher offer than I bid |
| Bacteria--back door to cafeteria. | Nitrates--cheaper than day rates. |
| Catscan--searching for the cat. | Tablet--a small table to change babies on. |
| Barium--What you do with dead folks. | Seizure--Roman emperor. |
| Fester--quicker than somebody else. | Terminal Illness--getting sick at the train station. |
| Fibula--a small lie. | |
| Hangnail--What you hang your coat on. | |
| Labor pain--getting hurt at work. | |

by Hugh Morgan

Lilies of the Valley

Newsletter

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

A Ministry of Blackstone Valley Baptist Church



Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. John 14:6

April 2014

PREPARING FOR EMERGENCIES

APRIL 15TH

WITH MRS. MELANIE BERCHTOLD



Upcoming Gatherings:

May 3rd- Mother-Daughter Brunch

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Galatians 2:20



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

Speed Cleaning

By. Ruth Soukup



Bedroom(s) (5-10 minutes each, depending on how much to pick up):

- Always make the bed. Even if there are other things laying around, the room will look much, much cleaner.
- Quickly pick up any clothes, toys, or dishes that are lying around.

Use a duster or dry rag to quickly dust all surfaces, including the headboard and footboard.

Bathroom(s) (5 minutes each):

- Squirt toilet bowl cleaner around the rim; let sit.
- Use disinfectant wipes or a wet rag and disinfectant spray to quickly wipe down the sinks, tub, and shower.
- Use toilet brush to quickly scrub toilet, rim, and seat. Use disinfectant wipes or a wet rag and disinfectant spray to wipe down toilet seat & surrounding floor.
- Store your toilet brush in a container of bleach; replace the bleach once a week.
- Keep daily shower cleaner in the bath/shower and spray down after each use.

Living Room/Dining/Home Office Areas (10-15 minutes):

- Quickly pick up any shoes, dishes, toys, or other items laying around. (Put them in basket to put away later.)
- Use duster to quickly dust all surfaces.
- Use damp cloth to wipe down furniture (if leather), table(s), and dining chairs. Tidy desk area and make sure all paperwork & mail is filed & sorted in its proper spots.

Kitchen (10-15 minutes, depending on how many dishes):

- Quickly pick up any items that don't belong in kitchen and place them in basket (s). Gather any dirty dishes and put them next to sink.
 - Quickly unload (if necessary) then load dishwasher.
 - Hand wash dishes/pots/pans as needed
 - Spray all counters with disinfectant spray, then use soapy water and wet sponge to wipe them all down. Wipe down stovetop.
- Dry and put away any hand-washed dishes, then drain and rinse sink—the secret to a truly clean-looking kitchen is clutter-free counters and a nice clean sink.

Finishing Up:

- Use a dry mop to clean hard floors. Spot clean with a sponge if necessary.
 - Vacuum rugs/carpet.
 - Clean glass surfaces & mirrors as needed with glass cleaner and a lint-free rag. Don't forget to spray & wipe the bathroom fixtures for extra shine!
- Put away items collected in baskets while cleaning.
It may take a little getting used to, but once you are in the habit of speed cleaning each morning, you will be done in no time and free to enjoy a clean house for the rest of the day!

Happy cleaning!

WHO WERE THEY???



Lazarus's Sister

MARY

Hospitality is an art. Making sure a guest is welcomed, warmed, and well fed requires creativity, organization, and teamwork. Their ability to accomplish these goals makes Mary and her sister Martha one of the best hospitality teams in the Bible. Their frequent guest was Jesus Christ.

For Mary, hospitality meant giving more attention to the guest himself than to the needs he might have. She would rather listen than cook. She was more interested in her guest's words than in the cleanliness of her home or the timeliness of her meals.

We first meet Mary during a visit Jesus made to her home. She simply sat at his feet and listened. When Martha became irritated at her sister's lack of help, Jesus stated that Mary's choice to enjoy his company was the most appropriate response at the time. Our last glimpse of Mary shows her to have become a woman of thoughtful and worshipful action. Again she was at Jesus' feet, washing them with perfume and wiping them with her hair. She seemed to understand, better even than the disciples, why Jesus was going to die. Jesus said her act of worship would be told everywhere, along with the Gospel, as an example of costly service.

What kind of hospitality does Jesus receive in your life? Are you so busy planning and running your life that you neglect precious time with him? Or do you respond to him by listening to his Word, then finding ways to worship him with your life? It is that kind of hospitality he longs for from each of us.

Strengths and Accomplishments	<p>*Perhaps the only person who understood and accepted Jesus' coming death, taking time to anoint his body while he was still living.</p> <p>*Learned when to listen and when to act</p>
Lessons from her life	<p>*The business of serving God can become a barrier to knowing him personally.</p> <p>*Small acts of obedience and service have widespread effects</p>
Key Verse	<p><i>"For in that she hath poured this ointment on my body, she did it for my burial. Verily I say unto you, Wheresoever this gospel shall be preached in the whole world, there shall also this, that this woman hath done, be told for a memorial of her. Matthew</i></p>

Taken from the KJV Life Application Study Bible

Spiritual Spring Cleaning

By Mary Fairchild

How to Spring Clean Your Spirit

While you're cleaning out closets and sweeping under the furniture, think about this: Spring cleaning, while worth the effort, will only last for a season, but spiritual cleansing could have an eternal influence. So don't just dust behind those book shelves, dust off that favorite Bible and get ready for a spiritual spring cleaning.

1) Cleanse Your Heart - Get Spiritually Healthy: The Bible encourages us to draw close to God and allow our hearts and bodies to be cleansed. This is the first step in our spring cleaning project. We can't clean ourselves. Instead we must draw near to God and ask Him to do the cleansing. *Psalm 51:10 Create in me a clean heart, O God; and renew a right spirit within me., Hebrews 10:22 Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.*

2) Clean Out Your Mouth - Deep Clean Inside and Out: Spiritual cleansing requires deep cleaning -- it is housekeeping that goes beyond what others see and hear. It's a cleansing from within -- inside and out. As your heart gets clean, your language should follow. This is not just talking about bad language, but also negative talk and pessimistic thoughts that contradict the Word of God and faith. This includes the challenge to stop complaining. *Luke 6:45a A good man out of the good treasure of his heart bringeth forth that which is good;., Philippians 2:14 Do all things without murmurings and disputings:*

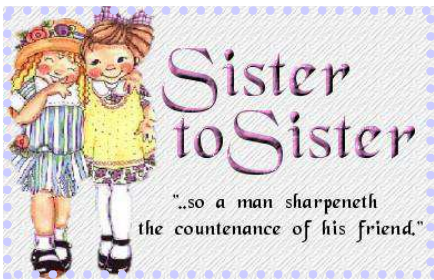
3) Renew Your Mind - Take Out the Garbage: Garbage in equals garbage out. We must feed our minds and spirits the Word of God instead of the garbage of this world. *Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God., 2 Corinthians 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

4) Repent from Hidden Sin - Clean Out Your Spiritual Closets: Hidden sin will destroy your life, your peace, and even your health. The Bible says to confess your sin - tell someone, and reach out for help. When your spiritual closets are clean, the heaviness from hidden sin will lift. **Psalm 32:3-5**

5) Release Unforgiveness and Bitterness - Get Rid of Old Baggage: Any sin will weigh you down, but long kept unforgiveness and bitterness is like old baggage in the attic you just can't seem to part with. You are so familiar with it, you don't even realize how it is hindering your life. *Hebrews 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us., Ephesians 4:31-32 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*

6) Involve Jesus in Your Daily Life - Let the Son Shine In: What God wants most from you is relationship - friendship. He wants to be involved in the big and small moments of your life. *1 Corinthians 1:9 God is faithful, by whom ye were called unto the fellowship of his Son Jesus Christ our Lord., Psalm 56:13 For thou hast delivered my soul from death: wilt not thou deliver my feet from falling, that I may walk before God in the light of the living?*

7) Learn to Laugh at Yourself and at Life: Some of us take life too seriously, or we take ourselves too seriously. Jesus wants you to enjoy yourself, and learn to have some fun. God made you for His pleasure! *Psalm 28:7 The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him., Psalm 126:2 Then was our mouth filled with laughter, and our tongue with singing: then said they among the heathen, The LORD hath done great things for them.*



My Personal Testimony

Without the Resurrection, Christians would be hopeless and still in our sins. I know that for myself, I did not understand or fully comprehend exactly what it was that Christ did for me, for us. I knew that

Christ died on the cross for all mankind. But the massive magnitude of that fact never sunk in until I finally submitted myself to live for and learn about Jesus. It was then that it truly hit me. As I would play out the events that Jesus went through in my mind; the illegal trials, the abandonment of His friends, the torture he endured, and then finally the death on the cross. I was brought to tears with a broken heart for what He went through. Ever since that moment my life has changed dramatically.

I spent so many years living out in the world in sinful conditions. I felt alone and hopeless at most times. Often I would have nothing but negative comments to say to friends and family. My children were subjected to watch their mother slowly self destruct.

That all changed when I started my personal relationship with God. I slowly and effortlessly began to change my way of thinking. My behavior and attitude changed to one of hope and comfort. I never knew the peace that passeth all understanding until I had found Christ. That amazing feeling of "it's going to be OK", no matter what the situation I am going through. It will always be OK if I trust in the Lord.

Today I see so many loved ones that do not know the peace and comfort that you receive when you are filled with the Holy Spirit. It reminds me of where I once was and I praise God for the place He has brought me to in my life today. It was such a blessing to watch my two children get baptized together. My daughter has an incredible love for Jesus and I have seen wonderful changes in my son.

Jesus lived for the benefit of mankind. He died for the benefit of mankind and was resurrected for the benefit of mankind. This is the way all Christians need to be toward our fellow human beings. To keep our focus on helping lead others to the saving grace of Christ.

There is no doubt that my old friends know for a fact that something has changed with me. I am very proud to let the entire world know who it was who turned my life around. I will shout it from the mountain that Jesus has saved my life! I pray that I can be light to those who are lost in the dark.

What does Christ's Resurrection mean for us?

1. The power of the resurrection saves and redeems us

Psalm 19:14 *Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer*

John 3:16-17 *For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through Him might be saved.*

Romans 10:9-10 *That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.*

2. The power of the resurrection empowers us to live victoriously

1 Corinthians 15:57 *But thanks be to God, which giveth us the victory through our Lord Jesus Christ.*

Galatians 2:20 *I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me.*

Ephesians 1:19-20 *And what is the exceeding greatness of His power to us-ward who believe, according to the working of His mighty power, Which he wrought in Christ, when He raised Him from the dead, and set Him at his own right hand in the heavenly places,*

3. The power of the resurrection gives us hope

1 Peter 1:3 *Blessed be the God and Father of our Lord Jesus Christ, which according to His abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead.*

1 John 3:2-3 *Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as He is. And every man that hath this hope in Him purifieth himself, even as He is pure.*

1 Thessalonians 4:16-18 *For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words.*

Remembering His death, burial and resurrection

Death - Luke 23:33-49

Burial - Luke 23:50-56

Resurrection - Luke 24:1-31

Written By: Ms. Ann Myers

