



REFLECT

Christian Resource Magazine

Antelope Valley

FALL 2014

"Be as mirrors that brightly reflect the glory of the Lord."

2 Cor. 3:18 LB

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"...be as mirrors that brightly reflect the glory of the Lord. And as the Spirit of the Lord works within you, and become more and more like Him, you will reflect His glory even more." 2 Corinthians 3:18 (LB)

why REFLECT?

REFLECT is a Christian magazine designed to reach people with the Good News as well as help them grow. It has practical, biblical encouragement, inspiration, and ministry resources. Our purpose is to challenge and motivate those who want to live a life that reflects God and to let the Holy Spirit change them into the likeness of Christ.

We provide biblical articles, personal interviews, creative poetry, and helpful resources all written by Christian leaders with the desire to reach the community outside the four-walls of the church. All of our contributing writers aspire to live to love God with their whole heart, soul, mind and strength through the power of Christ Jesus.

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SOUL

MIND

BODY

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DIRECTORY

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IMMEASURABLE



Value

Our mission at Grace Resources is to empower people to thrive with dignity, not just survive; through training, education, food, clothing, shelter, medical care, and spiritual investment. Behind that mission is the realization that every human being has **immeasurable value**.

"Father, make of me a crisis man. Bring those I contact to decision. Let me not be a milepost on a single road; make me a fork, that men must turn one way or another on facing Christ in me."

*Jim Elliott prayed this way.
Let us do the same.*

PAUL ENCOURAGED US THIS WAY:

1 Thessalonians 4:14-18

14 And we earnestly beseech you, brethren, admonish (warn and seriously advise) those who are out of line [the loafers, the disorderly, and the unruly]; encourage the timid and fainthearted, help and give your support to the weak souls, [and] be very patient with everybody [always keeping your temper]. **15** See that none of you repays another with evil for evil, but always aim to show kindness and seek to do good to one another and to everybody. **16** Be happy [in your faith] and rejoice and be glad-hearted continually (always); **17** Be unceasing in prayer [praying perseveringly]; **18** Thank [God] in everything [no matter what the circumstances may be, be thankful and give thanks], for this is the will of God for you [who are] in Christ Jesus [the Revealer and Mediator of that will].



/GraceResourceCenterAV

Grace with Purpose

HEART

Everything that we do for those in need in our community has a purpose.

Giving people food doesn't solve anything, but it does encourage people to trust us. When we give away coats, diapers, baby food, clothing, or anything else it is always given without strings attached. No one needs to attend a

chapel service, or pray, or believe anything to receive the things we give away. But we give them away in the hopes that they will grow to trust us, and allow us to influence their lives through our classes. More than that, **we want them to see the love of Christ in us, and be drawn to Him.**

by Steve Baker
Grace Resource
Center
Director

45134 Sierra Hwy
Lancaster

661.940.5272

Nov. 14-15

**Grace-a-Thon Fundraiser
for Thanksgiving Baskets**

Nov. 21-22

Pack Thanksgiving Baskets

Nov. 27

**Thanksgiving Dinner
at Grace Resource Center**



**See what's in store this
Christmas season at
GraceResources.org**



"This is probably the most meaningful thing that we do, because we're taking our love outside of the walls of church, bringing it to the people and sharing what we think is an amazing experience, and that's just love."

Christian Kassoff | Laundry Love Coach – Orange County

Laundry. It never seems to end. We're barely finished folding a newly cleaned and dried load when our family is shucking off a day's worth of clothes that will need to go in the next spin cycle. We are so blessed, aren't we? The truth is, we get frustrated about all that laundry, but we know how fortunate we are to be able to wash our clothes so conveniently. And we know how many people don't have that option.

That's why, at **The Connection Church**, as we considered how to "**Connect Our Community through God's Love**" we decided on the Laundry Love program. People can relate to laundry and the importance of sending their kids to school in clean clothes, or wearing clean clothes to their jobs. Our Laundry Love project meets at the Palmdale laundromat to help those who are homeless or living in poverty.

Our volunteers spend time with the sweet people they serve in between helping fold laundry and handing out laundry detergent and quarters for the machines. Some of our volunteers bring fun projects to keep kids occupied while waiting for their clothes to wash and dry.

We realized over the years not all people want more used clothes given to them, they just want their own clothes cleaned; **a renewed level of self-respect.**



/TheConnectionCFC

by Pastor Martin and Lydia Garcia
The Connection Church
 38458 Sierra Hwy, Palmdale, CA
 661.273.0603
 Worship Service: Sunday @ 10am

 **the connection church**
 Connecting our Community
 through God's Love

The Story at the Beginning

The story of Laundry Love began with T-Bone (Eric), a homeless gentleman living in Ventura Calif. In one particular conversation, a question was asked of him: "T-Bone, how can we come alongside your life in a way that would matter?" His response was honest and practical. **"If I had clean clothes I think people would treat me like a human being."**

Every single Laundry Love effort, or Laundry Love spin off and/or partnership around the U.S. is attached to this man. His desire for worth and welcome is found in us all. We all yearn to be treated as human beings. We never thought that this simple conversation 12 years ago would spark an idea that continues to influence and care for tens of thousands of people every month. The creative and collective energy used to sustain, expand and share Laundry Love with you reminds us that every human being has tremendous worth, value and possibility.

A Growing Movement To Spread Faith, Love – And Clean Laundry

The Mission and Dream

Laundry Love is a neighborhood movement that partners with individuals, groups and laundromats to care for the poor, vulnerable and marginalized throughout the U.S.

Laundry Love believes that through the neutral space of a laundromat, every guest and stranger can become a friend.

Our dream? There are 30,000+ laundromats nationwide, one in your city and town. We exist to see a Laundry Love effort established in all of them.

Join us, smuggling love and hustling hope.

The Laundry Love initiative consists of regular opportunities to help people who are struggling financially by assisting them with doing their laundry. For those living below the poverty line, washing clothes presents both a logistical problem and a financial hardship. Laundry Love partners with local laundromats in cleaning the clothes of those living in shelters, motels, cars, garages and on the streets.

The Steps How to Help

STEP 1:



Build a committed group. This could be friends, family, co-workers, community groups or church groups.

STEP 2:



Download the Laundry Love Guide online at **LaundryLove.org** and read thoroughly. If you have questions, contact a Laundry Love Coach OR **The Connection Church** for more info.

STEP 3:



Find a local laundromat to partner with. Consider location, mass transit, bus lines, walkability, near low-income areas, etc

STEP 4:



Register your Laundry Love effort on our site's national map. This allows others to find you as a guest or as a volunteer.

STEP 5:



Develop funds to sustain your Laundry Love effort. Build partnerships that will care for Laundry Love participants.



THE *Desire* OF THE AFFLICTED

**AV hope on the what?
AV what on the where?
Antelope Valley Hope on the Go!**

AVHG is a faith funded ministry and neither pastor receives a salary. For more information on volunteering and supporting AVHG please see their website at www.AVHopeOnTheGo.org.

It may take a time or two to get the name said correctly, but it only takes one glance at the 35 foot RV to know that **AV Hope on the Go (AVHG) is the mobile ministry dedicated to serving our desert community.** The RV, in which volunteers ride as they set out to do relational evangelism, boldly displays God's Ten Commandments, as well as the words 'Jesus Loves You'.

Pastor Sandy Weinberg, an ordained minister and her husband Seth, a lay pastor, responded to God's Call to begin the ministry in January 2011.

The instruction received during months in prayer: Go throughout the AV and intentionally seek out people who have a longing to be heard and listen to them. Often, people feel abandoned and invisible. God desires for His children to know that neither is true. He is with us and He sees us.

And for nearly four years, the Weinberg's, and volunteers from within various assemblies throughout the AV, have responded to the Call, going to places like the train stations, parks, hospital emergency rooms,

high schools, motels, bus stops and homeless communities, as the Spirit leads, in search of folks with whom to share God's goodness. **"We pray for holy courage and humility; then go",** explains Pastor Sandy.

Whether someone needs a listening ear, a word of encouragement, a bottle of water, something to eat, toiletries, a Bible or prayer, AVHG responds as God leads. As a result, **supernatural healing, restored hope, renewed faith and salvations occur** regularly out on the streets of the AV.



/AV Hope On The Go

HEART

Baptisms have taken place at Courson Park and the Malhi's Inn in Palmdale, as well as out in the desert within a homeless community in Lancaster. Pastor Sandy stated, "The church has left the building but as we also encourage folks we meet to get into a local church to receive on-going teaching of God's Word".

The 1994 RV was donated by a man whom the Weinberg's had never met and the donor gave one instruction, "Use it for God's glory".

One of the ways AVHG fulfills that commitment is by making the RV available for local assemblies for their outreach events. Use of the sound system and full access of the RV is included. There is no fee. "God has always provided and we've never had to include a price tag for anything," Pastor Seth says joyfully.

The homeless ministry is fully mobile. Folks are invited inside the RV to shower, receive a clean change of clothes and have something to eat. Prayer is always offered but never imposed.

by Sandy Weinberg
Minister and Founder
AV Hope On The Go

PO Box 4812
Lancaster, CA 93539

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Psalm 10:17 is the ministry mission verse:

"You hear, Oh Lord, the desire of the afflicted: You encourage them and You listen to their cry".



Inspire THEM TO Dream AGAIN

"God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessings." 1 Peter 4:10 TLB

The Antelope Valley Dream Center

is a volunteer driven, faith-based non-profit organization founded by John and Denise Perry. The desire was placed on their heart to start a Dream Center in the Antelope Valley after seeing, first hand, the incredible impact the Los Angeles and Phoenix Dream Centers were making in the lives of people.

Our mission is to reach people in order to build them up, restore hope in their lives and **inspire them to dream again**. As we share the good news of God's redeeming love, our vision is to meet people where they are physically, emotionally, and spiritually. Our desire is to instill hope to the destitute, and assist in providing basic needs to those struggling financially. More importantly, to promote a community of people who build and support one another by sharing their time, resources, and love to others.

DONATE to dc

AVDreamCenter.org

John & Denise Perry, Directors/Founders
661.418.6818



/AVDreamCenter

OUR DREAM

Our dream is to see individuals, churches, businesses and other organizations come together with the goal to reach, help, support, train, and empower others.... encouraging the holistic neighbor-helping-neighbor philosophy. But, most of all, our dream is to **see people come to know Jesus Christ and the overwhelming love that God has for them.**

One of our most successful ministries is our Adopt-A-Block program. Adopt-A-Block is a ministry where volunteers go out in to the community to "find a need and fill it". We currently have three Adopt-A-Block sites that we meet twice a month; the last Saturday to canvas and first Saturday to do kids activities and give out free meals. In partnering with the City of Lancaster Neighborhood Impact House Program and the local churches in charge of those houses, we have had the opportunity to build relationships with the people in the community. In doing this, we discover the needs of the families, such as food, diapers, shoes, etc.

We also use this time to do clean up in nearby areas and distribute food and water to people in need.

Adopt-A-Block sites are strategically based in "high-risk" areas, as our goal is to speak life into the people of those communities, direct them to nearby churches, share Jesus Christ, and change the atmosphere of their community. In building relationships with people we gain trust and are able to be more effective in encouraging them and praying for them.

We are currently looking for a permanent location where our goal is to provide Bible based youth and creative arts programs, GED and tutoring programs, guidance classes, work/job skills trainings, and store food and clothing for distribution.

GET INVOLVED

Individuals can get involved by becoming a volunteer, financial supporter, donate items (food, clothing, diapers, craft supplies, etc.), and PRAY!

Your church, business or organization can get involved by becoming a Supporting or Strategic Partner. Supporting Partners support us on a monthly basis financially, donating supplies, and/or volunteering. Strategic Partners provide resources we may not have, but can direct people to, in order to get the help they need.

To find our more, visit our website at avdreamcenter.org



Antelope Valley
DreamCenter

building a community with a cause

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POLITICS and the CHURCH

As Christians we are called to be salt and light in a dark world. We are to live our lives in such a way that impacts the world around us and shows the world who we are by how we love one another. But what does that have to do with our politics, how we vote, and who we put in office to govern us? Believe it or not the answer is quite simple: It really boils down to our worldview.

Your worldview is your whole belief system. It encompasses everything you believe as a whole, and it manifests itself when applied to the decisions that you make. For example, you may believe that abortion is okay, or that homosexuality is good, and that same sex marriage should be instituted. Or you may believe that the opposite is true. Your belief system is your worldview.

If you don't believe in Jesus, or that he is the Son of God, or that Bible is true, then you have a worldly (non-Christian) worldview. Your belief system says that anything goes! Such as, same sex marriage, sex outside of marriage, belief that all religions lead to God, or that there are multiple gods, you can do just about anything you want. Anything that requires a moral standard would go against this belief system.

But on the other hand if you are a Christian, then your worldview (depending on your maturity in Christ) would and should line up with how Christ would answer on a matter. As Christians, our view on abortion would be that it is murder. We should believe that life begins at conception; that a fetus is not a just a blob of tissue growing in a womb. It is alive; there is a soul attached it. Psalms 139:13 says: "For You formed my inward parts; You wove me in my mother's womb."

When voting in public elections, we choose people based on our worldview. Even though we don't about think it – that is exactly what we are doing. So if we discover that someone we really like believes differently than we do, we should not vote for that person, even if they are from our so-called political party. As a Christian your worldview; your "measuring stick" so to speak, should align itself with the values of your heavenly father. We must do all in our power to align ourselves with God, not to have Him align himself with us. **If we yield our view to God's view, then when we vote, we will vote for like-minded people who have the same moral character of Christ.**

SOUL

by David Schroeder

The 20th President of the United States, James Garfield said:

"Now more than ever the people are responsible for the character of their Congress. If that body be ignorant, reckless, and corrupt, it is because the people tolerate ignorance, recklessness, and corruption. If it be intelligent, brave, and pure, it is because the people demand these high qualities to represent them in the national legislature. . . . If the next centennial does not find us a great nation . . . it will be because those who represent the enterprise, the culture, and the morality of the nation do not aid in controlling the political forces."

by John Stratton

Musician/Worship Leader

The Highlands Christian Fellowship

Worship HAVE WE LOST OUR Focus?

When we as believers gather together, unify, and lift up the name of Jesus, we make room for God to literally speak to us and lead us as a collective family.

Worship in the United States is true to our national reputation, a melting pot. We see some people returning to the tried and true hymns worshipping in full-fledged harmony. On the opposite side of the spectrum, groups like Hillsong Young and Free are stretching the boundaries by incorporating elements of our music culture. Some folks are really enjoying the stripped down approach and have adopted a style like Mumford and Sons and Rend Collective, while others are diving into the power and passion of groups like Bethel and Jesus Culture. I believe there is an even greater question to be answered than "What should our music sound like?"

What is the point?

What is the point of gathering together corporately to worship? Increasingly over the last two decades, I've noticed a trend in our church services. We've made it all about the music. You can still find groups or an artist that seem cookie cutter or plastic, like in any genre or demographic of music; but reality is that we are getting better at making good Christian music!

The issue is no longer, are we incompetent? Are we lacking ability? Are we relevant to our culture? I would argue that we are musically quite relevant to where our culture is. Rather, **I wonder if many of us have just lost our focus.**

Why do we worship?

Is it for the sake of community? Is it so that we can be encouraged by inspiring leaders, who lead us in songs that lift our hearts? These are wonderful results of entering into corporate worship but they cannot compare to the greatest gift of corporate worship. That gift is our one, true living God. It is in corporate worship where we as a community engage God's life transforming presence and remember our identity as His children. It is in corporate worship where we are able to show God our love and thankfulness, together! It is in His presence that we are healed, set free from our shame and catalyzed to make a difference in this world.



When we as believers gather together, unify, and lift up the name of Jesus, **we make room for God to literally speak to us and lead** us as a collective family. So honestly, it's not really about the music. It is about the God who is at the center of all the music. The Psalmist says the following about our relationship with God. **You make known to me the path of life; in Your presence there is joy; at Your right hand are pleasures forevermore."**
- Psalms 16:11

More than our human creativity and ingenuity, we need God to lead us in that path of life.

In His presence is our fullness of joy and what our hearts are craving most. As we desire God's presence to become the most important part of our church services rather than our human efforts and musical contributions, we will begin to see incredible life **transformation happen in our congregations**, even if the music is "sub-par." We know that even if man is lacking, God is constant.

Do we truly believe He is who He says he is? Imagine God's presence is a Christmas present. Are we afraid to open the box only to find there's nothing inside worth being excited about?

I truly believe that if we are faithful to give Him room and permission to move in our churches, we will be blown away at the results regardless of the physical contexts of genre, style and venue.

It is time to put the focus back on God and on His promises. Regardless of what church or denomination you belong to, I pray that we would all agree that God's presence needs to be at the center our church services, not our skills or personal goals. May Christ move through you and your ministries to help people encounter the life transforming presence of God; and may we never be the same for it. Amen

IF YOU 3 ONLY HAD

Ask Yourself....

How would I spend my time if I knew I only had three years left?

What would I be?

I might strive to be an artist, an author, or an inspirational speaker
- To leave a legacy.

What would I see?

I may want to travel the historic sites of America, the 7 Wonders of the World, or maybe just Hawaii
- In all it's Glory.

What would I flee?

I might quit my job, stop paying my credit cards or cancel the gym
- That one, especially!

What would you be?
What would you see?
What would you flee?

But what is called of me?
What is God's expectancy?
What can I do in 3 years...REALLY?

Well, Jesus changed the world in 3....
.....Past, Present and Future, for you and me!

He lived out His purpose.....
.....Opened the eyes of the blind!
.....Healed the broken hearted!
.....Set the captives free!
It wasn't easy! He prepared, preached, persevered, perished and was perfected on day 3!

So, now I ask, "What is YOUR destiny, if YOU only had 3?"

by Suzi Torres

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HOW FAITH Flourishes

by James MacDonald
Author/Pastor/Founder,
Harvest Bible Fellowship
WalkintheWord.com

SOUL

...meet together and encourage
one another— Hebrews 10:24–25 ESV

The book of Hebrews is saturated with lessons, illustrations, and reasons for faith. The writer understood what we can easily forget: **faith flourishes in community.** We don't go off by ourselves to grow spiritually. The condition of our faith is a result of the quality of our relationship with God, and this is heavily influenced by our relationships with other believers.

Hebrews points to “**stirring up one another**” and “**encouraging one another**” as two key growth habits for followers of Jesus. And it makes clear that this process starts not by expecting others to do for us, but by considering how we may cause the faith of others to flourish.

The phrase “stir up one another” has an edge to it in the original. It can be translated as “provoke one another.” The idea is to lovingly challenge one another to love and do good. Mutual accountability is about sharing with each other how we're doing, but it's at least as much about emboldening each other to do better. This can happen spontaneously, but if we want

to do it effectively, we must continually pray about how best to do it boldly and in love.

Encouraging one another is connected to the importance of living in community with other believers. We can't encourage one another unless we are regularly together. When we are invested in **mutual encouragement and standing with one another**, we are also learning to function well as Christ's body, whatever may happen—all the more as “the Day” (the return of Christ) draws near. (Heb. 10:25)

If you don't have relationships with others who are following Jesus, you are undermining your own faith. Too many accept living among doubters instead of intentionally seeking and maintaining company with other encouraging believers.

You may feel like you can't get away from unbelief at places like work, but **are you intentionally connected with other Christians?** When you have an evening to spare, who do you spend time with? What do you talk about?

Faith also flourishes in the household of God.

Going to church should be a continual exercise in faith strengthening. This is an important weekly dose of fellowship that will spur faith to grow.

Is your faith struggling? You can almost always trace the problem to the absence of one of these factors: exposure and **obedience** to God's Word, **encouragement** of God's people, or involvement in **worship**. Leave any of these out and you will undermine your faith.

So go to church, and go every week. **Make it your lifestyle.** If you feel there's a problem with your church, first make sure the problem isn't with you. Then if God truly isn't attending your church, find one where He does show up.

Go meet with God and His people, and fire up your faith! As Hebrews 10:25 says, “Not neglecting to meet together, as is the habit of some, but encouraging one another.” Don't forsake or neglect gathering with other believers. **Your faith will flourish.**

TODAY'S ENTERTAINMENT IS DESENSITIZING THE CHURCH

Famed radio host, Janet Parshall, recently aired a program about new movie sensations that are depicting ungodly themes, such as the Hunger Games, Twilight, etc. Her guest made the point that the church is losing the power of discernment. I couldn't agree more.

Before sending this article to print, I asked my mother for feedback and perspective from an earlier generation. She had recently received an email from a friend, though much more liberal in her beliefs, who was concerned about movies such as The Hunger Games...noting that it feels like we've returned to the gladiator mentality, and that we are being entertained by a **"hunger for blood and spiritual darkness"**...by throwing our young into the death arena."

My mother continued, "The older generation has seen the slow digression from standards of excellence in movie making to movies that distort and destroy, and are far removed from themes of integrity.

Fifty years ago these types of programs were recognized as wrong. Although we might watch them, few, if any, would dare justify them."

The unavoidable truth is that we are becoming desensitized. The Holy Spirit no longer fills our hearts with a **passion for purity and holiness**. As a result, there is a general lack of conviction.

Desensitization can be well illustrated through a story that I heard years ago. Eskimos in the barren North often kill wolves by taking a razor sharp knife and dipping it in blood. They allow the blood to freeze to the blade. Then they bury the handle of the knife in the snow with the blade exposed. As the wolf begins to lick the blade, his tongue becomes numb and desensitized due to the cold. As he continues, his tongue begins to bleed, and he licks even faster—unaware that he is consuming his own blood and slowly killing himself.

Within time, the Eskimos return and bring the dead animal home. In the same way, the enemy numbs us through compromise by what we allow into our mind. Within time, we, like the wolves, don't see that **we are dying—dying spiritually**.

The enemy desensitizes us until we are numb to the things of God...until conviction fades. For example, **why do so many enjoy movies and programs that glorify illicit sex, witchcraft, the occult, extreme violence, vampires, and child sacrifice?** Incredibly, what God calls an abomination is today's entertainment.

We rationalize watching and listening to questionable material because, in many cases, we have been desensitized. Excuses are often packaged in phrases such as, "I have liberty to watch this", or, "It's no big deal...everyone is doing it." But we must remember that liberty has limits. The key is to ask, **"Will it build me up spiritually or pull me down?"**

by **Shane Idleman**, Author/Pastor
Westside Christian Fellowship
KTLLW / WCAFAV.org/OnePlace.com

To suggest, as some have, that these types of programs are neutral, **simply reflects a lack of spiritual discernment.** Some animated allegories of good and evil can carry a good message; however, when evil is portrayed as good, we've crossed the line: **"Woe to those who call evil good, and good evil"** (Isaiah 5:20).

There are gray areas, this I clearly understand, but illicit sex, enchantments, witchcraft, familiar spirits, wizards, extreme violence, and child sacrifice are not gray areas; even if "por-trayed" as good. Darkness should not entertain the church—**there should be a different influence guiding us.**

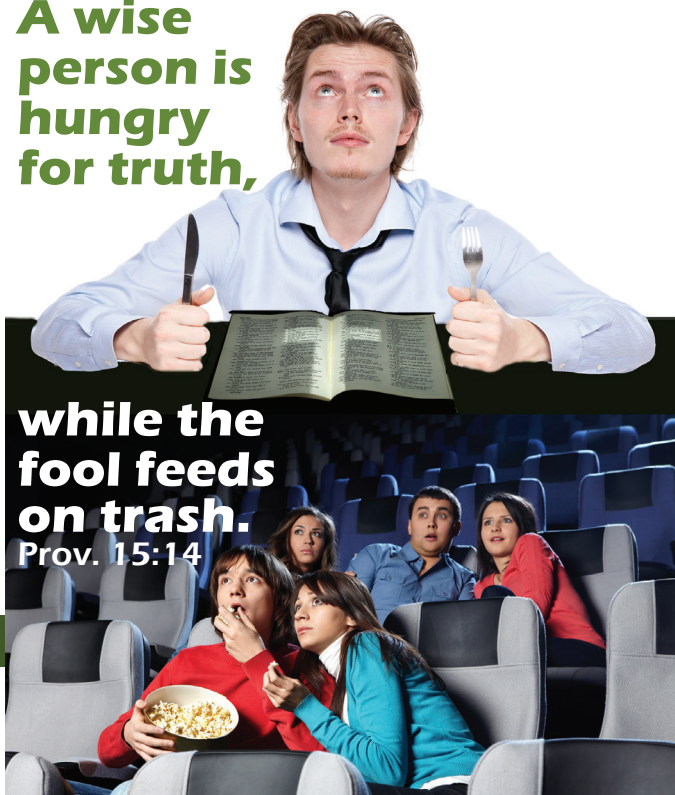
What we watch and listen to affects the heart; it's impossible to separate the two. This generation, in large number, suffers from hopelessness and depression...suicide is an epidemic among young adults. Surely, one has to wonder if there is a correlation. Do we really think that these types of movies are not going to affect us or our children? Do we really believe that these are simply fun, entertaining shows with no spiritual ramifications?

Ephesians 6:12 reminds us that "our struggle is not against flesh and blood, but against the rulers, against the powers, against the **world forces of this darkness**, against the spiritual forces of wickedness in the heavenly places." For this reason, Psalm 101:3 warns us **not to put anything wicked before our eyes**, and 1 Timothy 4:12 exhorts us to be examples of purity and decency. Philippians 4:8 says to fix our thoughts on what is **true** and **honorable** and **right**, and to think about things that are **pure** and **lovely** and **admirable** and **worthy of praise**.

Everyone who claims Christ must depart from anything that goes against His standard of holiness if they truly desire discernment. It cannot come from a polluted mind. We've become comfortable with ungodly entertainment, and what once alarmed us now amuses us. We continue to hear: "It's not that bad, everyone's watching it!" We have been desensitized one generation at a time, one movie at a time, one compromise at a time. We must once again seek God's standards of purity and holiness. **"Do not be deceived. God is not mocked, for whatever one sows, that will he also reap"** Galatians 6:7.

A wise person is hungry for truth,

while the fool feeds on trash.
Prov. 15:14



PRAY and fill the BOWLS

Many Christians are looking at the present state of the church and the world and feel as if we are entering into the worst time of the world and church's history. Many feel that the church has hit an historical all time low spiritually and morally. In many ways there may be truth in this assessment, but I want to pull back the veil and show you what is truly happening.

It is true that much of what we see in the church today is a watered down version of what the church is supposed to look like; however, there are those who have not given up on the church. There are untold numbers of Christians that have been **crying out to God in prayer and intercession on behalf of the Body of Christ.** These nameless faces are the true heroes that will capture God's heart and pull the church from its lethargy and weakness.

These "Prayer Warriors" that have been crying out to God are filling the bowls in heaven, and these bowls are about to be poured out on the coals of the altar.

In Rev. 5:8 we see the four living creatures and the 24 elders each have a **golden bowl full of incense, which are the prayers of the God's people.**

And according to Rev. 8:4 these prayers will eventually be put upon the coals of the altar and the smoke of the incense along with the prayers of God's people will rise before the Lord. At this point the smoke of the incense and the prayers of the saints become a fragrant odor to God that captures His attention in a manner that almost demands that He moves on behalf of His people.

Many have been praying for years feeling as if God isn't listening to their prayers. The opposite is true.

God is listening, but He is also waiting for the bowls to be filled. Once filled and poured upon the coals of the altar the fragrance will cause God to move in power and dominion.

Keep praying! Keep pressing in! Don't let up! The bowls are almost full, and when our prayers are poured out on the altar and the smoke rises before our God, He will move. The result will be a move of God unseen unlike any other period of time. This is greater than revival for it will change nations and entire people groups.

These are the Last Days, but not our worst days.

The church is rising in the power of God and will do mighty exploits that will bring great glory to our God. Many will come into the Kingdom of God as a result. The church is about to enter into its finest hour. Now is the time to intercede knowing we are about to see the hand of God move powerfully.



MIND

by **Robert Enos**
Senior Pastor
Greater Works
Christian Center

1034 W. Ave. L-12
Lancaster

661.917.3628

After the Lamb took the scroll, the four living creatures and the 24 elders bowed down before the Lamb. Each one of them had a harp. Also, they were holding golden bowls full of incense, which are the prayers of God's holy people.

**Revelation 5:8
Easy-to-Read
Version (ERV)**



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throughout the Week

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A PLACE OF:

**Salvation
Healing
Deliverance
Revelation
Power**



YOUNIQUELY Redeemed

MIND



/SoulfireBeauty

Picture a spunky, curly-haired little 6 year old girl wanting to be on stage who loved having her picture taken. That girl was me. The highlight of my week was going to Los Angeles to take head shots and reading for commercials. That is until the enemy decided that he would try to snuff out my glittering fire with struggles within my family. This caused me to hide within myself; trying to stay out of the way and never be a burden. I realized early on that when I attempted to shine, some people didn't seem too keen on it. So I stayed in the background, appeasing the appetites of those whose **fires had been snuffed out just like mine.**

I began eating my emotions, not caring about my hygiene and let my naturally unruly hair stay a mess. I did that because it seemed that people liked me better when I wasn't my best, everyone except me.

God, in all His wondrous beauty, had a **redemption plan for me.** A plan to return what the enemy had worked so hard all those years to steal and keep from me. A plan to bring back that spunky, camera-loving girl who loved everyone and wasn't afraid of anything. To take the beauty and love I'd accumulated on the inside all those years of hiding into something that brought out the best in not just myself but OTHERS!

That's when YOUNIQUE came into my life. I had NO idea God had been preparing me to use what the enemy had stolen into the EXACT weapon he had mercilessly assailed me with - identity. Bringing out the natural beauty and purpose in every woman placed in my life and helping her see herself as GOD sees her, has turned my flickering flame into a blazing fire of love and hope radiating through my soul. The devil didn't win in the end and I know **God has a unique redemption plan for YOU!**

"I praise you because you made me in such a unique way! Your workmanship is marvelous—how well I know it."
Psalm 139:14 ERV



Amber Torres - 661.540.3149
SoulfireBeauty.com
YOUNIQUE Cosmetics Independent Presenter

joyful HOLIDAYS with your RELATIVES

by Nancy Burroughs

Inspirational Christian Speaker
and Relationship Expert
NancyBurroughs.com

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8 NIV

Let's get real for a moment; family interactions can get interesting during the holidays can't they? Family members not only add extra dishes to the table; they also add emotional dynamics. Our family knows how to best "push each other's buttons". Why do we have these reactions? We are on the hunt for certain experiences to make us feel whole and complete.

Five things that we perceive will make us happy are power, admiration, approval, acknowledgment, and Love. These are wonderful but when we see others as the source of getting these, we give away who we are. As we awaken to this understanding,



we can see the problem of becoming dependent on others to validate or create our self-worth.

God is the true source of our self-worth!

He has given us everything we need to live an authentic life. When we can acknowledge this it frees us up to love ourselves and others unconditionally.

We can also put on more compassion and less judgment. Can you imagine how powerful it would be to show up during the holidays not needing something from someone? How wonderful to make others feel important without needing them to make you feel important as well.

10

PRACTICAL STEPS

TO ENJOYING THE HOLIDAYS WITH RELATIVES

MIND

1. Stop looking to others as the source of your happiness or your value. Only you can create your value of yourself through your own meanings.

2. Love others without needing to change them. We always want the best for people and trying to change people causes conflict.

3. Don't put up with disrespectful or violent behavior.

4. Don't take what others say too seriously. An opinion is just an opinion. Don't let other people define you.

5. Don't try to be the authority in the room all the time.

6. Give people room to make mistakes. No one is perfect.

7. Realize that kindness is a way of life. Common courtesy and respect are what you can give others and receive in return.

8. Be yourself. Staying authentic in a world that is trying to change you every moment is one of the hardest battles that you can fight and in the end the most rewarding.

9. Know you have a choice every minute. You get to choose your attitude. That is one of the privileges of life.

10. Love with all your heart. Some people make it difficult to love them and in the end it is the only thing we can do.

Live Your Love on Purpose

If you want to grow in your relationships email me at nancy@nancyburroughs.com for Patrick Dean's book. This passage is from his book, *The Journey*.



THE AMAZING MIRACLE OF APPLES

**The freshest apples are in the fall, usually
from September through November**

Apples in 36 varieties were cultivated by the Romans in the first century A.D., and now there are 7,000 types of apples recognized just in the U.S. Bite into an apple, and you'll taste anything from sweet and juicy flesh to tart, hard flesh that's nearly too sour to eat. Choose the right apple, Gala, Gravensteins, Red Delicious, Golden Delicious, Bramley, Empire and Granny Smith apples, just to name a few, and you've got a good-for-you-snack that can be eaten on the run.

Health Benefits

Apples are one sweet treat that you can feel good about eating. They are packed with disease-fighting vitamins, antioxidants and more, easily making them one of the top-ranked fruits for your health.

Apples are loaded with phytochemicals that give them plenty of antioxidant power. They can decrease oxidation of cell membrane fats, a risk factor for atherosclerosis and other cardiovascular problems. Polyphenols found in apples influence digestion and absorption of carbs, which means they may help regulate blood sugar levels.

One medium apple with skin contains 25g of carbs. Most will benefit from restricting their fructose to 25 grams a day, and as little as 15 grams a day if you have insulin or leptin resistance. Eating one after a meal, instead of on empty stomach, has a slower rate of fructose absorption in the blood stream.

One raw apple delivers about 10 percent of your daily vitamin C requirement, according to the USDA. Although apples aren't an amazingly high in dietary fiber, the fiber they do have is especially good. About 50 percent of it is pectin, a soluble fiber that interacts with phytonutrient in the skin. Yes, you should eat the skin. Apples are one of the most pesticide-contaminated fruits, so buy organic!

Can an Apple a Day Keep the Doctor Away?

According to the New York Fruit Quarterly:

Since apples are so high in antioxidants, especially apple peels, it is no surprise that apples, specifically, are associated with a

decreased risk of chronic disease such as:

- ♦Liver, Colon, Lung Cancers
- ♦Asthma
- ♦Coronary Heart Disease
- ♦Type II Diabetes
- ♦Stroke
- ♦Alzheimer's

Research shows that eating a whole apple before a meal may lead you to eat 15 percent fewer calories – an effect that was not associated with applesauce or apple juice. Eating a whole apple was also linked with greater feelings of satiety after a meal AND helps with indigestion and acid reflux.

"Timely advice is as lovely as gold apples on a silver setting."

Proverbs 25:11

BODY

Apple Harvest Muffins

100 calories each!

Cooking Time: 18 min.

Temp: 350 degrees

Yield: 12 muffins

Organic Ingredients:

Coconut cooking spray
or muffin paper cups

1 ½ cups whole wheat
or almond flour

½ cup oat bran

1 Tbsp. cinnamon

1 Tbsp. baking powder

½ tsp. baking soda

¾ cup apple butter,
(no sugar added)

½ cup Greek plain
yogurt

2 large eggs

1 medium apple

(1 cup chopped)

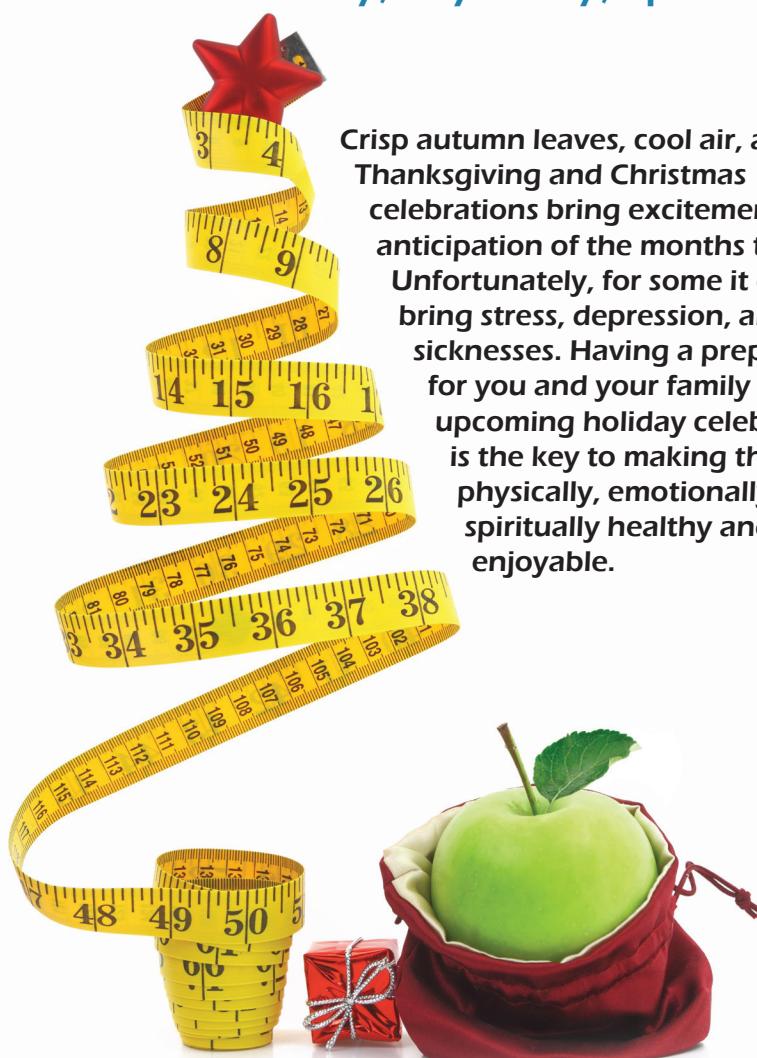
½ cup prunes
(chopped pitted)



by Liza Uriarte
BRIO FITNESS
Personal Trainer
FB/Brio Health

healthy HOLIDAYS

Be Prepared
Emotionally, Physically, Spiritually



Crisp autumn leaves, cool air, and Thanksgiving and Christmas celebrations bring excitement and anticipation of the months to come. Unfortunately, for some it can also bring stress, depression, and some sicknesses. Having a prepared plan for you and your family for the upcoming holiday celebrations is the key to making them physically, emotionally, and spiritually healthy and enjoyable.

EMOTIONAL

The Holidays are a good time to connect with family, friends and the community. If you are far away from you're your family, then help in your community to bring joy to the underprivileged. **"A cheerful heart is good medicine, but a crushed spirit dries up the bones."** (Prov. 17:22 NIV) Giving and connecting with others is the best antidote to the depressed and lonely feelings that affects many during this time of year. Local food banks, organizations and churches have great need for volunteers. There are plenty of opportunities at CareNet, Grace Resource Center, Courson Park Outreach, AV Dream Center, AV Hope on The Go, and Jane Reynolds Park Outreach. It may take a little of your time, but keep giving; it will be given back to you. **"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."** (Luke 6:38 NIV) It's also a good opportunity to teach your children it's not all about getting gifts, but the importance of giving to community and nurturing relationships.

PHYSICAL

Since holidays are a great time to gather together it often means sharing a lot of "treats". On average, the sugar consumption in our country is about 12 teaspoons per day. From the end of October through the end of the year it increases to approximately 21 teaspoons per day! It's time to change the way we think about sweets and how the consumption of sugar and processed foods are ruining our health. Too many desserts weakens our immune system and also contributes to depression, PMS, ADHD and many other health issues, including cancer, supported by research on the effects of sugar. Another part of your planning should include doing a "makeover" of some of your favorites treats. Take the time to find a healthier version. It has taken some time to convert my family, but they now look forward to my new recipes.

Boost your immune system by cooking food that will nourish; less fast food and more home cooked foods. Soups and crockpot creations are an excellent way to make nutritious and simple meals. Prevention is the key to a healthy holiday. Don't wait to get sick and spend money on medication a doctor visits.

SPIRITUAL

Connecting with our creator is the best way to have more meaningful holidays, family time, work, and a good life. Our souls need to be fed also. We can do a lot of things right but there is still a longing; a God shaped hole built inside of us that only God can fill. Even science supports the fact that we need to connect with someone greater than ourselves. The standard holiday traditions are important but it is also important to add Godly traditions during the holidays for your spiritual health. Be sure to have daily prayer and meditation during this busy and some what hectic time of year. It is good for your wellbeing and will help you to not lose your focus on **the real reason for the season**, Jesus Christ, our Savior.

Minimizing stress, good nutrition, plenty of sleep, exercise, volunteering and family time all help to set you up for a healthier holiday season.



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