

FAITH TALK

The Shield of Faith Church
Hanahan, SC

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*From The
Pastor's
Heart*

Truths to Live By

- The best way to get even is to forget.
- Feed your faith and your doubts will starve to death.
- God wants spiritual fruit, not religious nuts.
- Some folks wear their halos much too tight.
- Some marriages are made in heaven, but they ALL have to be maintained on earth.
- Unless you can create the WHOLE universe in five days, then perhaps giving "advice" to God, isn't such a good idea.
- Sorrow looks back, worry looks around, and faith looks up.
- Standing in the middle of the road is dangerous. You will get knocked down by the traffic from both ways.
- Words are windows to the heart.
- A skeptic is a person who when he sees the handwriting on the wall, claims it's a forgery.
- It isn't difficult to make a mountain out of a molehill, just add a little dirt.
- A successful marriage isn't finding the right person, it's being the right person.
- The mighty oak tree was once a little nut that held its ground.
- Too many people offer God prayers, with claw marks all over them.
- The tongue must be heavy indeed, because so few people can hold it.
- To forgive is to set the prisoner free, and then discover the prisoner was you.
- You have to wonder about humans, they think God is dead and Elvis is alive.
- It's all right to sit on your pity pot every now and again... just be sure to flush when you are done.
- You'll notice that a turtle only makes progress when it sticks out its neck.
- If the grass is greener on the other side of the fence, you can bet the water bill is higher.

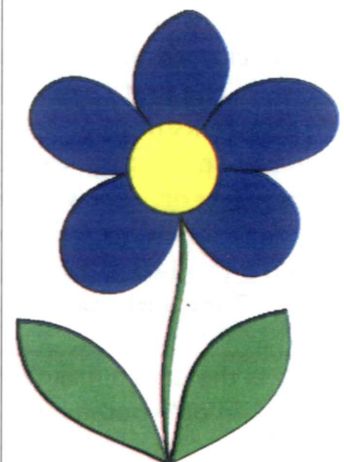
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In the Wonderful Name of Jesus,
Pastors Bob and Susan Tilton



Youth Talk

sometimes,
the things we
can't change
end up
changing us.

So you say, "I'm just 'lovin' these teenage years that my child is going through!" All kinds of things can and will occur during this time in your child's life. Teenagers are being bombarded with drugs, alcohol, sex, witchcraft, peer pressure, bullying, and all along they're trying to fit in and figure out who they really are (and you thought your workplace was bad...). Your teenager's mind, body, and spirit is growing daily and you are being forced to not only keep up with it but accept it as well. This is not a gloom, despair, and agony on me message, but it's a message of hope and commitment.

We have watched them grow up and begin to take care of themselves more each day and we want to say, "Whew!" and relax a little... But the reality is that when our children become teenagers, many times we as parents feel like pulling out our hair and getting straight to our retirement years. So much has been said like, "Just wait until they're teenagers!" or "You haven't see anything yet!." But these curses do not have to govern the way your home life with your teen will be.

Most teenagers are emotional, loud, experimental, and can I say just plain FUN! I thought I just heard you chuckle—or was that an out loud laugh? Well, maybe you haven't laughed in a long while... maybe you've been in desperate need of a LONG vacation because you can't seem to get your teenagers to do what you want them to do. Well, sometimes the things we can't change, end up changing us...

James Dobson with Focus on the Family says it this way: "Rules without Relationship equals Rebellion."
"Rules with Relationship equals Respect."

If you want respect, it means, that you must follow your own rules. If you don't want your children to smoke, have sex before marriage, do drugs, curse, be messy, etc., then you must not do those things. You are the closest example that they have of a parent. Most people say that our view of God is directly related to how we see our earthly parents. In dealing with youth regularly for over 24 years I must say that relationship with parents is the key to successful teen years. I know I don't know it all... who does? But I must ask a few questions:

How do you spell love? Paying the bills? Making dinner? Giving them EVERYTHING they want? Well, I believe love is spelled T. I. M. E. Your child is growing up fast and needs you more now than ever.

How involved are you in your teens daily life? Are you monitoring their computer time? Are you reading with them? Playing games with them? Asking them to call their friend to go to the mall with you or come over for dinner? Sometimes you can learn more about your teen by watching their interaction with their friends. This gives you an edge as a parent to help train them in the way they should go.

Are you entering their world or expecting them to fit into yours? Sometimes, you just need to figure out a way to get into their world. What does your child like to do? Do you even know? Sometimes a volleyball net, basket ball hoop, swimming pool, video game or a simple project (bake cookies, make a volcano, skip rocks, make necklaces, play catch, etc.) is all that's needed to get into their world.

When is the last time you laid hands on your child? Not to spank them but to pray for them out loud! We as parents need to be committed to praying for our children daily. Pray for them out loud before they go to sleep and before they leave for school too. Pick out a 'hot seat' that is to be used regularly for prayer and use it.

Be consistent. You've heard it said, "Rome wasn't built in a day!" Well, your years of training your child in the way they should go are never over... surprise! They will watch and learn from you till you are in heaven.

When's the last time you held your child? I mean really held them and told them how proud you were of them... They might say, "Awkward!" But they will feel your love for them if you really mean it.

Today is the day to make changes. Let's spend quality time embracing, hugging, laughing, playing, and just having some plain old youthful fun!

-Michele Dotter

Cultivate Faith

Brothers and Sisters of the Most High God arise and BE BLESSED! Let us cultivate that faith that has been given to us!

In Romans 12:3, we are told that God has given to every man “the” measure of faith, not just “a” measure of faith. God is no respecter of persons; he gives the same portion of faith to each person. Mark 11:12-14, 20-24.

The measure that has been given is very much like a seed. To operate that faith, we need to grab a hold of it, cultivate, and watch over it till it bears fruit! If that seed is left in the package it will not grow. PRAISE GOD! We all have an opportunity to plant that faith and watch it grow.

Our faith comes to us by hearing, understanding, and believing God’s word. Romans 10:8-17. God gives us a promise in His Word. Then, when a problem arises and we can search the word for our promise, unwrap our faith, plant that seed and watch that provision come to pass! My Brothers and Sisters, let us entertain fear no longer! We have been given faith. Tear open that package! Please don't leave it on the shelf!

We have received a promise from our Heavenly Father in Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, "plans to prosper you, plans to give you a hope and a future." Bless God! He has plans for us! Lets plant that seed, that promise, and look over it to grow in our hearts, our minds, and our spirit till that fruit springs forth. We can shout with a voice of triumph because our Father is Faithful "watching to see that My Word is fulfilled." Jeremiah 1:12. - Emerald Chapman

Recipe of the Month

Easy & Inexpensive Casseroles—Pick one from each group and bake at 325° for 1 1/2 hours.

Meat 1 1/2—2 Cups	Sauce 1 Can	Juice 1/3 Cup	Cooked Veg. 1 1/2 Cup	Cooked Pasta 1 1/2 -2 Cups	Topping 2-4 Tablesp
Cooked Ham or Pork	Cream of Celery	Milk	Browned Green	Noodles	Fresh Bread
Cooked Turkey or Chicken	Cream of Chicken	Buttermilk	Pepper, Celery, & Onions	Macaroni	Crumbs
Canned Luncheon Meats	Cream of Mushroom	Cream	Cooked/Canned: Peas, Green Beans, Carrots, or Asparagus	Rice	Fried Onion
Cooked Beef, Veal, Lamb	Cream of Potato	Sour Cream		Potatoes	Rings
Hard Cooked Eggs	Green Peas	Tomato Juice		Spaghetti	Almonds
Hot Dogs	Cheddar Cheese	Veg. Juice		Corn	Cracked
Tuna Fish or Salmon	Tomatoes	Water	Sweet Potatoes	Wheat Bread	Crushed: Potato Chips Corn Flakes Stuffing Mix

-Rosemary Baker

Chillie's Corner

“Willing to Take a Bullet for Jesus?”

The two thousand member Baptist church was filled to overflowing capacity one Sunday morning. The preacher was ready to start the sermon when two men, dressed in long black coats and black hats entered through the rear of the church.

One of the two men walked to the middle of the church while the other stayed at the back of the church. They both then reached under their coats and withdrew automatic weapons.

The one in the middle announced, "Everyone willing to take a bullet for Jesus stay in your seats!"

Naturally, the pews emptied, followed by the choir. The deacons ran out the door, followed by the choir director and the assistant pastor.

After a few moments, there were about twenty people left sitting in the church. The preacher was holding steady in the pulpit.

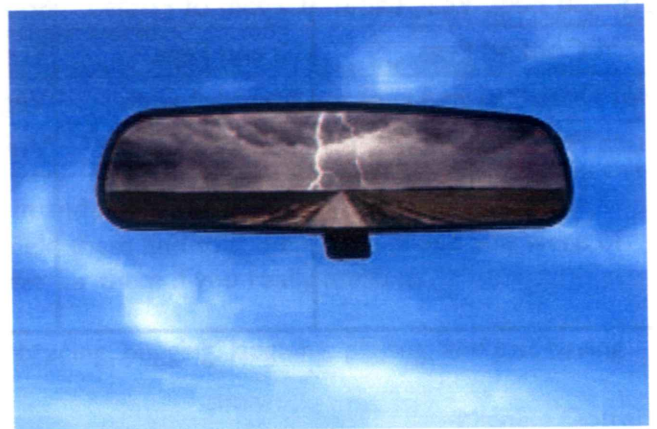
The men put their weapons away and said, gently, to the preacher, "All right, pastor, the hypocrites are gone now. You may begin the service."



Bible Trivia—I Didn't Know That!

- | | |
|---|--|
| <p>A) Abraham's wife Sarai (aka Sarah) was also what to Abraham?</p> <p>B) During a famine, Abraham went where?</p> <p>C) When Lot and Abraham parted, Lot pitched his tents near where?</p> <p>D) After rescuing Lot from villainous kings, Abraham met a priest name Melchizedek, who was the king of what?</p> | <p>E) In the New Testament, James wrote that "Abraham believed God, and it was credited to him as" what?</p> <p>F) How old was Abraham when he died?</p> |
|---|--|
- (See page 6 for answers)*

Don't look back,
you're not going that way



Support



Verb: Bear all or part of the weight of; hold up.

Noun: A thing that bears the weight of something or keeps it upright: "the best support for a camera is a TRIPOD".

Before Jesus left this world He told us this: **John 14:16** (AMP) "And I will ask the Father, and He will give you another Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby), that He may remain with you forever--"

Yesterday, I was exposed to five lives throughout the day that had similarities. It's amazing how many believers have support from the Holy Spirit but a lack of support from God's people.

I write this for two reasons. The first is out of gratefulness for my family, friends, my Pastors, fellow ministers, and congregation at The Shield of Faith Church. You are a great support to me and my family - not just for us but for our ministry to the Lord.

The second is to encourage the Body of Christ to move... Lethargy (a lack of energy; sleepiness) isn't what we should embrace. Saying, "I'll be praying for you..." is great! BUT when we have the means to fulfill the need, we need to get moving and meet the need ASAP.

There are sooooo many opportunities to minister to Jesus, and we have been watching Him suffer as He walks by... Read the entire chapter of **Matthew 25**.

Verse 25 "So I was afraid, and I went and hid your talent in the ground. Here you have what is your own."

Is this what we'll say to the Lord on that day?

Verse 40 "And the King will reply to them, Truly I tell you, in so far as you did it for one of the least [in the estimation of men] of these My brethren, you did it for Me."

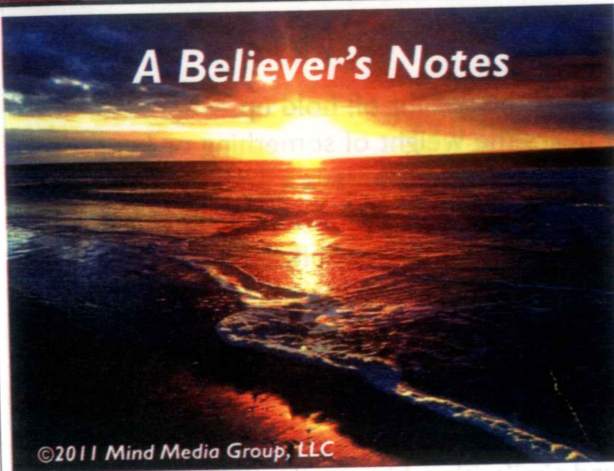
What are we doing to 'support' each other? Do we meet our obligations - are we people of our word? Are we selfish? Are we tired of giving? I'm talking about more than just money here... What about our time? How much time do we entertain ourselves with television, computers, or games?

When was the last time you took it upon yourself to lay hands on someone and prayed for them, out loud?

We are to build each other up in the faith. Support one another. Stand beside one another through thick and thin no matter what!

Ephesians 4:16 (AMP) "For because of Him the whole body (the church, in all its various parts), closely joined and firmly knit together by the joints and ligaments with which it is supplied, when each part [with power adapted to its need] is working properly [in all its functions], grows to full maturity, building itself up in love."
-Michele Dotter

A Believer's Notes



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The Creative Aspect of God - Reborn in His Image

Plant your hope! If you focus your hope on a particular problem in your life, hope will grow up to be greater than the problem. Hope is a very powerful force. And it is inside you if you are born of God.

The moment you received Jesus Christ as your Lord, the Spirit of the living God came to live inside you. Your inner man was reborn in His image. God literally became the Father of your spirit just as you took on the same genes and traits of your natural mother and father... When you were

born, your spirit took on the spiritual 'genes,' so to speak, of your heavenly Father when you were re-born. Your spirit took on His Hope, His Faith, His Love—and all the other spiritual forces that are characteristic of Him. All of them together are called eternal life!

This isn't a human kind of hope. It's God's kind. It's one of the supernatural forces He used to create the universe, and He put it inside you when you were born again. But before you can use it, you must be absolutely certain that you have it. Hebrews 6:19 says in the Contemporary English Version—"This hope is like a firm and steady anchor for our souls. In fact, hope reaches behind the curtain and into the most holy place." It says you have hope.

You may feel totally hopeless right now. This may be the most hopeless moment of your entire life. But, according to the Word of God, you have hope. God Himself is your hope. First, you need to acknowledge that. Say, "Thank God, I have hope!"

Get in agreement with God and His Word. Hope—you have it living within you right now. Realize it, use it, feed it, speak it, guard it, put it to work with the Word of God for a blueprint to Victory. Hope is the anchor of your soul both sure and steadfast!

Bible Trivia

-I Didn't Know That!

(From Page 4)

- A) Half Sister
Genesis 20:11-12
- B) Egypt
Genesis 12:10
- C) Sodom
Genesis 13:12
- D) God Most High
Genesis 14:18
- E) Righteousness
James 2:23
- F) 175 Years Old
Genesis 25:7



When the world says
Give up.
Hope whispers...
Try it one more time

An Ethnic Joke

An Englishman, a Scotsman, an Irishman, a Welshman, a Latvian, a Turk, a German, an Indian, some Americans (including a southerner, a New Englander, and a Californian), an Argentinean, a Dane, an Australian, a Slovakian, an Egyptian, a Japanese, a Moroccan, a Frenchman, a New Zealander, a Spaniard, a Russian, a Guatemalan, a Colombian, a Pakistani, a Malaysian, a Croatian, a Uzbek, a Cypriot, a Pole, a Lithuanian, a Chinese, a Sri Lankan, a Lebanese, a Cayman Islander, a Ugandan, a Vietnamese, a Korean, an Uruguayan, a Czech, an Icelander, a Mexican, a Finn, a Honduran, a Panamanian, an Andorran, an Israeli, a Venezuelan, a Fijian, a Peruvian, an Estonian, a Brazilian, a Portuguese, a Liechtensteiner, a Mongolian, a Hungarian, a Canadian, a Moldovan, a Haitian, a Norfolk Islander, a Macedonian, a Bolivian, a Cook Islander, a Tajikistani, a Samoan, an Armenian, a Aruban, an Albanian, a Greenlander, a Micronesian, a Virgin Islander, a Georgian, a Bahaman, a Belarusian, a Cuban, a Tongan, a Cambodian, a Qatari, an Azerbaijani, a Romanian, a Chilean, a Kyrgyzstani, a Jamaican, a Filipino, a Ukrainian, a Dutchman, a Ecuadorian, a Costa Rican, a Swede, a Bulgarian, a Serb, a Swiss, a Greek, a Belgian, a Singaporean, an Italian, a Norwegian and 47 Africans walk into a fine restaurant ... "I'm sorry," said the manager, as he scrutinized the group one by one, and then barred their entrance saying, "Sorry, you can't come in here without a Thai."

Wisdom



Psalm 111:10 The fear of the LORD is the beginning of wisdom: a good understanding have all they that do *his commandments*: his praise endureth for ever.

In Proverbs 2:1-9 We are told to seek wisdom and with the getting of wisdom to also get understanding.

Proverbs 2:1-9

- 1 My son, if thou wilt receive my words, and hide my commandments with thee;
- 2 So that thou incline thine ear unto wisdom, *and* apply thine heart to understanding;
- 3 Yea, if thou criest after knowledge, *and* liftest up thy voice for understanding;
- 4 If thou seekest her as silver, and searchest for her as *for* hid treasures;
- 5 Then shalt thou understand the fear of the LORD, and find the knowledge of God.
- 6 For the LORD giveth wisdom: out of his mouth *cometh* knowledge and understanding.
- 7 He layeth up sound wisdom for the righteous: *he is* a buckler to them that walk uprightly.
- 8 He keepeth the paths of judgment, and preserveth the way of his saints.
- 9 Then shalt thou understand righteousness, and judgment, and equity; *yea*, every good path.

Seeking wisdom doesn't come easy. We are to seek it with our whole heart. It takes work. It takes a lot of effort and it doesn't come overnight. To get and seek wisdom we need to know where to find it.

Proverbs 2:6-7 says that the Lord gives wisdom and from His mouth comes knowledge and understanding. God is all wisdom, so does He speak it for Himself? No—a definite No!

He doesn't store it for Himself but he stores up sound wisdom for the upright: you and me! As you begin to read the Word, which is one of the ways God speaks to us, seek God with your whole heart. He is the source of all wisdom!

-Rosemary Baker

“Fess It Up!”

Philemon 1:6 (KJV)

That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.

Confession: a formal profession of belief (from dictionary.com). To most people this word carries a negative connotation as in I have done something wrong and now I am voicing it to someone. Not for us believers. Confession is the bridge that brings things we confess from the spirit realm to the natural. For example, when I have the flu and see the symptoms but I still confess I am healed. My body acknowledges the physical realm when I am sick, but my spirit man has the healing already deposited in me as part of my salvation package. I am healed by His stripes, He died for me to be well. I am sure some Christians have died because they did not know about divine healing. I have to speak to those things that are not as though they were and focus on the unseen just like God when He created everything: He spoke and there it was, as He framed the world with His words. I am focusing on the word and the unseen spirit realm, not my five senses and the carnal point of view. The facts do not always line up with the truth.

God has already given me all things I need for life and godliness and equipped me to be victorious all the time. When I confess the word out loud, I am telling my soul and body what is the truth, not facts. Fact is, I may have cancer, be poor or unemployed but when I frame the world with His words, nothing is impossible. I have to take my thoughts captive (stinking thinking) and make sure they line up what the Bible says about me and renew my mind with his thoughts, His way of doing and being right. Mind renewal is not optional, it is about life and death, and my tongue holds the key to victory.

Confession+ believing= manifestations. Whatever is in our hearts, we tend to speak it out, whether it is good or bad. If my heart is full of the word, it will come out and I have positive results, according to the word. If I confess facts seen on the natural, I will have what I say. “Speak the word only,” is the answer for every challenge we may have in life. I already have everything I need inside me in as born again believer, Jesus was not kidding when He said “It is finished.” Finito. Kaput. Done. He bore all of our sins on the cross. Let us not be ignorant but search the word for who we are and read the fine print of our salvation policies.

If we do not know the word and only confess what we see or what is in our hearts, what we believe to be true in the word... speaker beware. I can also pull out good confessions: I must speak to the mountain, not about the mountain. Unbelief can also affect if the word is coming to pass in my life and that's a trust/heart issue who will I choose to believe. The enemy is apt to whisper in my ear and get me to doubt what I am confessing doesn't work anyway, so why bother. We are not ignorant of his devices...

It is of utmost importance to stay in the word and keep seeking the face of God, hungering and thirsting for righteousness, and knowing what His will is for each of our lives and then confessing to manifest that will to come to pass in our lives. It is also important to know what is in our hearts so we can repent and let the Holy Spirit give us a clean heart and right spirit before God. The wages of sin is death but gift of God brings eternal life. Which will you choose today?

So when we insert these, we get “*so the sharing of your faith may become powerful by the precise and concrete knowledge of every good thing that is in Christ Jesus*” (substitutions mine from Strong's)

How do we acknowledge all good things in Christ? We stay in the word and confess it over and over so we can then share our faith in a powerful way. It is awesome!

-Nina Berkeley

Kids Corner
(We are ALL His kids!)

1 Kings 17:9—“Go at once to Zarephath in the region of Sidon and stay there.
I have directed a widow there to supply you with food.”



Kids Corner

“Elijah on Mount Carmel”

1 Kings 18:21-39

²¹ Elijah went before the people and said, “How long will you waver between two opinions? If the LORD is God, follow Him; but if Baal is God, follow him.”

But the people said nothing.

²² Then Elijah said to them, “I am the only one of the LORD’s prophets left, but Baal has four hundred and fifty prophets. ²³ Get two bulls for us. Let Baal’s prophets choose one for themselves, and let them cut it into pieces and put it on the wood but not set fire to it. I will prepare the other bull and put it on the wood but not set fire to it. ²⁴ Then you call on the name of your god, and I will call on the name of the LORD. The god who answers by fire—He is God.”

Then all the people said, “What you say is good.”

²⁵ Elijah said to the prophets of Baal, “Choose one of the bulls and prepare it first, since there are so many of you. Call on the name of your god, but do not light the fire.” ²⁶ So they took the bull given them and prepared it. Then they called on the name of Baal from morning till noon. “Baal, answer us!” they shouted. But there was no response; no one answered. And they danced around the altar they had made.

²⁷ At noon Elijah began to taunt them. “Shout louder!” he said. “Surely he is a god! Perhaps he is deep in thought, or busy, or traveling. Maybe He is sleeping and must be awakened.” ²⁸ So they shouted louder and slashed themselves with swords and spears, as was their custom, until their blood flowed. ²⁹ Midday passed, and they continued their frantic prophesying until the time for the evening sacrifice. But there was no response, no one answered, no one paid attention.

³⁰ Then Elijah said to all the people, “Come here to me.” They came to him, and he repaired the altar of the LORD, which had been torn down. ³¹ Elijah took twelve stones, one for each of the tribes descended from Jacob, to whom the word of the LORD had come, saying, “Your name shall be Israel.” ³² With the stones he built an altar in the name of the LORD, and he dug a trench around it large enough to hold two seahs^[a] of seed. ³³ He arranged the wood, cut the bull into pieces and laid it on the wood. Then he said to them, “Fill four large jars with water and pour it on the offering and on the wood.”

³⁴ “Do it again,” he said, and they did it again. “Do it a third time,” he ordered, and they did it the third time. ³⁵ The water ran down around the altar and even filled the trench.

³⁶ At the time of sacrifice, the prophet Elijah stepped forward and prayed: “LORD, the God of Abraham, Isaac and Israel, let it be known today that You are God in Israel and that I am your servant and have done all these things at Your command. ³⁷ Answer me, LORD, answer me, so these people will know that You, LORD, are God, and that You are turning their hearts back again.”

³⁸ Then the fire of the LORD fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench.

³⁹ When all the people saw this, they fell prostrate and cried, “The LORD—He is God! The LORD—He is God!”

Kids Corner

“The LORD—He is God! The LORD—He is God!”



Kids CornerWord Find

Ahab
 Asherah
 Brook Cherith
 Brook Kishon
 Broom Tree
 Burned up
 Cake
 Chariot
 Drought
 Dust
 Earthquake

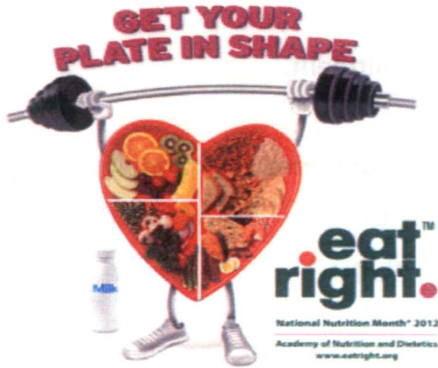
False gods
 Fire
 Forty Months
 Hear Me
 Jezebel
 Jezreel
 Obadiah
 Prayer
 Priests
 Resurrected
 Sacrifice

Seven Times
 Silence
 Stones
 Tishbite
 Twelve jars
 Upper Room
 Widow and son
 Wilderness
 Wind
 Zarephath

F	A	L	S	E	G	O	D	S	T	O	N	E	S	M
F	J	P	B	R	O	O	M	T	R	E	E	K	A	C
O	E	R	R	S	A	C	R	I	F	I	C	E	S	E
R	Z	I	B	A	E	J	S	I	L	E	N	C	E	K
T	E	E	U	R	Y	T	E	M	R	A	E	H	V	A
Y	B	S	N	F	O	E	I	V	B	A	H	A	E	U
M	E	T	U	I	R	O	R	B	L	T	C	R	N	Q
O	L	S	B	R	O	O	K	C	H	E	R	I	T	H
N	A	S	H	E	R	A	H	K	A	S	W	O	I	T
T	S	S	E	N	R	E	D	L	I	W	I	T	M	R
H	A	I	D	A	B	O	C	D	U	S	T	T	E	A
S	Z	A	R	E	P	H	A	T	H	O	H	M	S	E
B	U	R	N	E	D	U	P	P	E	R	R	O	O	M
D	N	I	W	I	D	O	W	A	N	D	S	O	N	E
L	J	E	Z	R	E	E	L	T	H	G	U	O	R	D



Health Check



“Let us cleanse ourselves from everything
That can defile our body or spirit.
And let us work toward complete holiness
Because we fear God.”

2 Corinthians 7:1

March is National Nutrition month. The Academy of Nutrition and Dietetics’ developed a nutrition and information campaign called “Get Your Plate In Shape,” which focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Here are a few ways to “Get Your Plate in Shape” from the food and nutrition experts at the Academy of Nutrition and Dietetics:

Make half of your plate fruits and vegetables: Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.

Make at least half your grains whole: Choose 100 percent whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.

Switch to fat-free or low-fat milk: Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or calcium-fortified soy beverage.

Vary your protein choices: Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry portions small and lean. And be sure to choose seafood as the protein at least twice a week.

Cut back on sodium and empty calories from solid fats and added sugars: Compare sodium in foods and choose those with lower numbers, and season your foods with herbs and spices instead of salt. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert.

Enjoy your foods but eat less: Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home where you are in control of what’s in your food. When eating out, choose lower calorie menu options.

Be physically active your way: Adults need at least 2 hours and 30 minutes of physical activity every week. Choose activities that you enjoy, and start by doing as much as you can.

This information is intended to supplement, not replace, your health care sources.

- Alisa Wetzig

Commitment

“Nothing significant ever happens in life without commitment.

Your commitments determine your future.

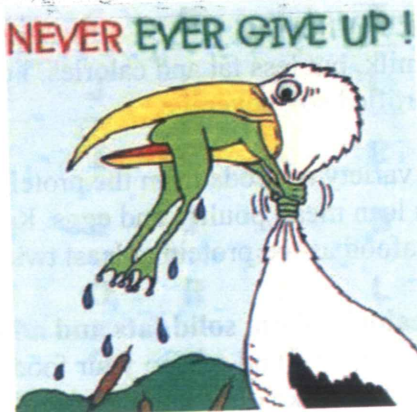
You are becoming whatever you are committed to, so choose your commitments carefully.
If you're committed to the wrong thing, you're going to become the wrong thing.” - Bernie Bowling:

“My Favorite Scripture”

2 Timothy 1:7

“For God has not given us the spirit of fear, but of power and of love and of a sound mind.”

“Every time I ever had an issue, where I was afraid, wondered if I could even pay a bill, had to deal with demonic strongholds, whatever it was, this Scripture has always been my steady.”—Melanie Putnam



Psalms 37:1-5

- 1 A Psalm of David. Do not fret yourself with evil doers; and do not be envious against the workers of iniquity.
- 2 For they shall soon wither like the grass; and fade as the green herb.
- 3 Trust in Jehovah, and do good; you shall dwell in the land, and you shall be fed on truth.
- 4 Delight yourself also in Jehovah, and He shall give you the desires of your heart.
- 5 Roll your way on Jehovah; trust also in Him, and He will work.

“If we are obedient nothing and nobody gets hurt... so I trust Him.”—Michele Dotter

How Stubborn Are You?

The Battleship And A Lighthouse



In the darkest part of the night, a captain cautiously piloted his warship through the fog-shrouded waters. With straining eyes he scanned the hazy darkness, searching for dangers lurking just out of sight.

Then His worst fears were realized when he saw a bright light straight ahead. It appeared to be a vessel on a collision course with his ship. To avert disaster he quickly radioed the oncoming vessel.

"This is Captain Jeremiah Smith," his voice crackled over the radio. "Please alter your course 10 degrees south! Over."

To the captain's amazement, the foggy image did not move. Instead, he heard back on the radio, "Captain Smith. This is Private Thomas Johnson. please alter your course 10 degrees north! Over."

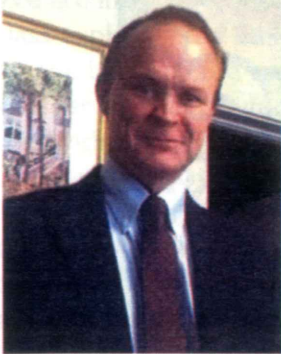
Appalled at the audacity of the message, the captain shouted back over the radio, "Private Johnson, this is Captain Smith, and I order you to immediately alter your course 10 degree south! Over."

A second time the oncoming light did not budge. "With all due respect Captain Smith," came the private's voice again, "I order you to alter your course immediately 10 degrees north! Over."

Angered and frustrated that this impudent sailor would endanger the lives of his men and crew, the captain growled back over the radio, "Private Johnson. I can have you court-martialed for this! For the last time, I command you on the authority of the United States government to alter your course 10 degrees to the South! I am a battleship!"

The private's final transmission was chilling: "Captain Smith, sir. Once again with all due respect, I command you to alter your course 10 degrees to the North! I am a lighthouse!"

All About Me "Floyd Lee Dotter"



Floyd Lee Dotter was born the third of five children, in Clinton, Oklahoma in 1961. Being a part of a military family, he had the experience of living in Oklahoma, California, Delaware, New Jersey, and then his hometown of Charleston in South Carolina. There he married his wife of sixteen years, Michele Dotter, and together they have two boys, David age 11 and Jonathan age 9.

Floyd received Christ when he was a little kid - before he even cared how old he was. As he grew up, he and his brothers grew fond of the sport of wrestling. The 'Dotter Boys' brought wrestling to a whole new level when they began attending school in SC. Floyd went on to become a three time High School State Champion. In college he was a Division I Conference Champion and competed in Division I Nationals.

In 1984, Floyd received his Bachelor of Science Degree from The Citadel. He decided to adventure the United States after college. Traveling through most major airports in our country, he ventured out to most of our states during a few years. He even went to West Germany when the eastern block was up during his days of importing autos.

Even after all of his traveling, if he could go anywhere, he would go on a fact finding, filming expedition to the site of Noah's Ark. Floyd believes that all Scripture is true, not just an allegory. He has studied it and applied history and science to what he studies to find that it all lines up. As it says in 2 Timothy 2:15 "**Study** earnestly to present yourself approved to God, a workman that does not need to be ashamed, rightly dividing the Word of Truth."

One of his favorite Scriptures is in Matthew 19:28, "And Jesus said to them, Truly I say to you that you who have followed Me, in the regeneration, when the Son of Man shall sit in the throne of His glory, you also shall sit on twelve thrones, judging the twelve tribes of Israel." It reminds him that stubbornly held traditional thoughts don't always line up with Scripture. There is so much that we as Christians don't even know or understand. Our traditional views should be tried and tested. Philippians 2:12b "...cultivate your own salvation with fear and trembling."

Not many people know that Floyd can actually be serious... Floyd believes that he is called to 'test the spirits,' mostly of others ;). Loving said, per Floyd himself, his hobby is to be a 'know it all.' If you think he hasn't studied it, try him... If he hasn't, it won't be long and he'll have read it! Just ask his class of youth on Wednesday nights!

Floyd has a diverse background of specialties; anything from working in the television industry as Master Control and remote production, a wrestling referee officiating for AAU and High School League in SC, demolition and metal broker, computer systems designer, contractor in the legal industry, personal assistant to CEO of a major shipping company, warehouse designer for inventory management, as well as an architectural glass craftsman.

In his glass craftsman career, he has also worked on stained glass panels for locations here and abroad. His handiwork can be seen in various places around the low-country to include St. Michaels on the corner of Broad Street and Meeting Street, locations on Rivers Ave, Hwy 17 in Mt. Pleasant, etc. He has also experienced restoring large, priceless Tiffany's studios productions to their original condition.

Floyd is currently a Licensed Life and Health Insurance sales agent specializing in Medicare, final expense and other senior products. We love you Floyd and appreciate you!

Upcoming Events



CATHEDRAL OF PRAISE PRESENTS

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All your favorite characters and all your favorite songs! Great fun for the VeggieFan in your family!

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BALCONY: \$14
GROUP (+10): \$14
VIP (EARLY ENTRY): \$25

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TUESDAY, MARCH 6TH - 6:30PM
DOORS OPEN - 5:30PM
VIP (EARLY ENTRY) - 5:00PM

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Sunday School Events

Children's Sunday School

For the month of March, the Children's Sunday School class will be learning about the prophet Elijah in the book of I Kings. There are so many exciting stories in store for them! We are going to learn about King Ahab and his refusal to worship the one true God. Because of his disobedience, there were consequences to his kingdom. Then we will be focusing on trusting God for the help we need. We will hear the story of the widow who shared her last meal with Elijah, and your kids will be amazed how God provided for them. Then we will learn the story of the miracle at Zarephath. A widow's son died, and Elijah started to pray, and your kids will be surprised to learn what God did next! We should never underestimate our prayers to God. Finally, we will learn the story of when Elijah ordered the contest between Baal and God on Mount Carmel. Guess who won? There is no doubt who the one true God is, and there is only ONE true God.

Please have your kids bring their Bibles as we continually challenge ourselves in His Word. We will be doing more drills and memorization, too. Your children are really blessing me. It is so encouraging to see them want to learn and know more about God. Hope to see them each week. They won't want to miss it!

- Rachel Ferguson

Men's Sunday School

Join us for Men's Sunday School and let us dive into the word of God together!

Sunday School Events—Continued

Ladies Sunday School



*We look forward to
seeing you on
Sunday at 9:45am!*

We are in another month already, and the Ladies are having a wonderful time in class exploring the Bible and memorizing scriptures. We are continuously thanking the Lord for the opportunity to come together to inspire and encourage one another to dedicate more time to the Word of God (building a stronger relationship with the Father). With all of the things that are going on in the natural world today, we have to spend much more time with God (our Protector, Deliverer, Healer, Lawyer etc.). It is the only way that we will be able to build a firm foundation to stand on. God promises to be everything we need for anytime or situation that comes our way; IF we obey, believe, trust and have faith in His commands and leave it (commit it) to His hands, things will work out.

My grandmother always told me that “it is not good to be a follower, being a follower will almost always lead you into some type of trouble that you really didn’t want. But, if you’re going to get in trouble, get in trouble for being a leader”. So, for a long time I tried my best not to be a follower. However, for some years now have been falling in the category of a follower. You may be thinking; she is being disobedient. Why would she not listen to her grandmother? When I decided to make a true commitment to God, I had to learn how to let God lead while I follow. What side do you find yourself on? Is it ever a good thing to be a follower? If so, who are you following? Is he or she a trusted leader? Will you allow God to become the Leader of your life?

One of the main reasons why the Ladies are constantly encouraging one another to study/read the Word is so that we will be able to clearly hear Gods’ instructions as we allow Him to become the leader of our lives. This is also where trust and faith comes in to operate. It is very important that we freely trust God and believe in what He and His Word says. The devil will always try to wreak havoc upon you by interjecting lies in our mind and thought life. Our Sunday School teacher just gave us a great phrase to remember: “The Word I memorize is the Word I will utilize.” It means that the Word that you have taken the time to put on the inside of you (memorize) is the Word that will rise to the top when you are in need.

We must do all that we can to get the Word, which is our armor, on the inside so that we can strengthen our trust and faith in and depend on God in all circumstances. Ask and allow the Holy Spirit to help us recognize the areas that we need to work on. Then be open and still enough to hear what He has to say. The Holy spirit can lead, guide and direct you; however, you have to be willing to hear and listen to His instructions then follow them. Look to God for/in everything and seek out ways to build up your faith and trust in the God (The Trinity).

Psalm 37:5 King (KJV)

⁵Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

Proverbs 29:25 (KJV)

²⁵The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

I John 4:16 (KJV)

¹⁶And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

January: Psalm 62:5 & 6

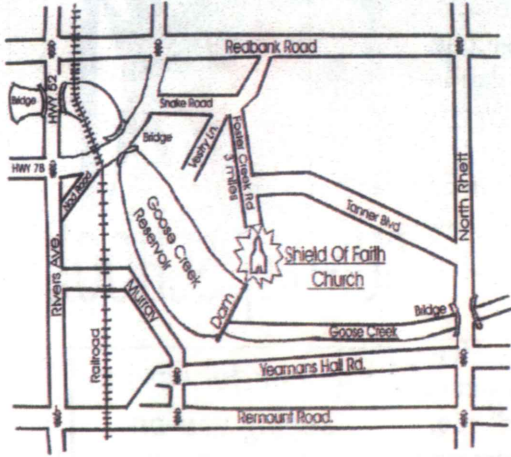
February: I John 4 & 5

-Yolanda Wilson

**The Shield of Faith Church
Hanahan, SC**

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Hanahan, SC 29410
Phone: 843-553-1823

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***Next deadline to submit articles is:
Wednesday, March 21st.***

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 Purim	9	10
11 Daylight Savings Time	12	13	14	15	16 Praise Team Practice 7-8pm	17 St. Patrick's Day
18	19	20 Spring	21 Article Deadline	22	23	24
25	26	27	28	29	30	31 Bridge Run