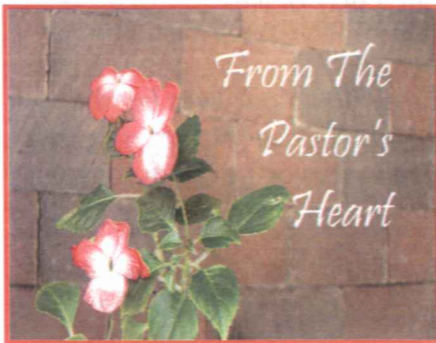


# Faith Talk

The Shield of Faith Church  
Hanahan, SC

Volume 2, Issue 14  
November 2012



## Speaking God's Word in Prayer and Blessings

The Lord bless you, and keep you:  
The Lord make His face shine upon you,  
And be gracious unto you:  
The Lord lift up His countenance upon you,  
And give you peace and safety, healing, and  
Prosperity, favor, and success.  
In Jesus Name...Amen (Numbers 6:24-27)

Now the God of Peace, that brought again from the dead, our Lord Jesus, that great Shepherd of the sheep, make you perfect in every good work to do His will, working in you that which is well pleasing in His sight, through Jesus Christ; to whom be glory for ever and ever. In Jesus Name...Amen (Hebrews 13:20-21)

- Jehovah—Shammah: "The Lord is there."
- Jehovah—Shalom: "The Lord our peace."
- Jehovah—Ra-ah: "The Lord my shepherd."
- Jehovah—Jirah: "The Lord will provide."
- Jehovah—Nissi: "The Lord our banner."
- Jehovah—Tsidkenu: "The Lord our righteousness."
- Jehovah—Rapha: "The Lord thy physician."  
or "The Lord that keepeth thee well."
- Jehovah—Shaddai: "The God who is enough (the All-Sufficient One),  
God Almighty."

Let's always bless, and not curse.  
It's always the season to be thankful for everything that our Lord is to us.

### HAPPY THANKSGIVING!!

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

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## Youth Talk Servanthood

I thank God for the office of 'servanthood.' It is a special calling that should embrace each of us as Christians. To lay down our life for the sake of others is a not only a command but a way of life.

### 1 John 3:16-18

"16 We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren. 17 But whoever has the world's goods, and sees his brother **in need** and closes his heart against him, how does the love of God abide in him? 18 Little children, let us not love with word or with tongue, but in deed and truth."

**Sees his brother in need** in the Greek means—lack, need, to furnish what is need, touch slightly, employ.

Who is **in need** around us? Do we even take the time to interact with our brothers and sisters in Christ, to know them, and to understand them? When's the last time we invited the 'brethren' to our home? NEVER? Why? Let's really pause and think about this... A lot of times it is our pride. Are we more concerned about what others would say than obeying God's word? It's none of our business what others think about us anyway.

Who do we really 'know?' Do we take time to listen or just talk? Being secure in the Lord and His love for you will bring you to another level of ministry unto Him. You will find yourself listening more than talking, watching over each other instead of looking at each other.

Watching over each other and seeing needs requires us to stop looking at ourselves and our needs. Take a moment and think of your next door neighbor... Do you know them? What do they need? Do you think they have everything they need? Do you have neighborly chats? Have you ever prayed for them or with them? Have you ever told them that you are praying for them? Ever left them a card? i.e. "Happy Thanksgiving, I'm thankful you're my neighbor!" Giving of ourselves takes effort.

In a world full of selfishness, pride, greed, and depression, it's such a breath of fresh air when someone gives of themselves to help another. It lightens the load and lifts the human spirit.

Thanksgiving is a perfect time to encourage someone. Who is elderly, single or a single parent among the brethren? Have you asked them to Thanksgiving dinner? Offered them a special pie or treat?

Our Youth, along with members of The Shield of Faith Church, have reached out so many times to others. We have been to nursing homes and the orphanage as well as promote many opportunities to share the Gospel to our community through activities and events. I cannot say how proud I am of each of those who spend quality time reaching the hearts of others.

The Youth are so excited to announce one of our 'servanthood' activities... our upcoming Valentine's Day dinner theme... get your costumes ready for a "Barnyard Valentine's Day Party!" Dress up as a barnyard animal, a farmer, or farm equipment... more information to follow.

See you soooooon!!!!!!

-Michele C. Dotter

## Our Hope of Glory

Greetings my Brothers and Sisters in Christ Jesus. Let us rejoice in the Hope of Glory we have in Jesus. No matter how the election goes, we have our trust in Jesus. No matter what the economy does, we put our hope in Jesus. No matter the Dr.'s findings, phone calls, checking account, pink slip, or the words of others, gas or grocery prices; we can trust in the Maker of Heaven and Earth!

We rejoice in the salvation provided for us. Salvation for every need and every good work. Each day we have a fresh start. There is nothing more wonderful than the provision for the new day. Let us rejoice in the provision of the cross. Look beyond the fears of this present day and see our sweet loving Father. He has made a way, paid the price, brought us out, and made a plan for us. THANK YOU JESUS!

Have a wonderful Thanksgiving celebrating all that Lord has provided for His children!!!

-Emerald Chapman

When life gives you more than you can stand....  
*kneel.*

## Recipe of the Month

### Easy Homemade Sloppy Joes

- 1 1/2 Pounds of ground beef
- 1 tsp. White vinegar
- 1 tsp. Lemon juice
- 1 tsp. Yellow mustard
- 2 Tbsp. Brown sugar
- 1 cup Ketchup
- 1 Chopped small onion and/or green pepper



### Cooking Directions:

1. Brown ground beef with onion and/or green pepper and drain fat.
2. Add remaining ingredients, stir and let simmer for 10 minutes.

Serves 4-6 depending on what size buns you are using.

- Jackie Ball

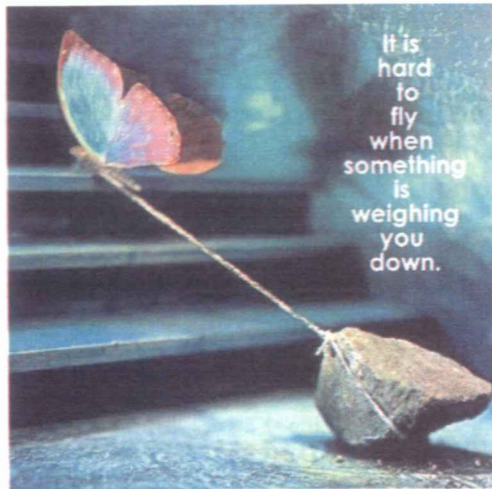
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## Chillie's Corner

### Sympathetic Visitor - The Landlord

A big, burly man visited the pastor's home and asked to see the minister's wife, a woman well known for her charitable impulses. "Madam," he said in a broken voice, "I wish to draw your attention to the terrible plight of a poor family in this district. The father is dead, the mother is too ill to work, and the nine children are starving. They are about to be turned into the cold, empty streets unless someone pays their rent, which amounts to \$400." "How terrible!" exclaimed the preacher's wife. "May I ask who you are?" The sympathetic visitor applied his handkerchief to his eyes. "I'm the landlord," he sobbed.



### Bible Trivia—I Didn't Know That!

- A) After sprouting, budding, and blooming, what type of fruit did Aaron's staff produce
- B) Eleazar's aunt Miriam died *where*?
- C) Who denied the wandering Israelites passage through their land?
- D) Eleazar's dad, Aaron, died *where*?
- E) Moses and Aaron were refused entry into the Promised Land because they *what*?
- F) The name of the father of Balak, king of Moab, was *what*?
- G) Fill in the blank: "Just as Moses lifted up the \_\_\_\_\_ in the wilderness, so the Son of Man must be lifted up." (John 3:14 NIV)
- H) The son of Eleazar who continued the priestly line was named *what*?
- I) Who took over the leadership after Moses died?

**(See page 6 for answers)**



God's purposes are often hidden from us.  
He owes us no explanations.  
We owe Him our complete love and trust...

-Warren Wiersbe

What is hateful to you, do not do to your neighbor:  
That is the entire Torah;  
The rest is commentary;  
go and learn it.

-Hillel the Elder

I love the way Joseph Prince put it on a Facebook post:

And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."—Luke 10:41–42

In our lives today, there are many legitimate things for us to be concerned about. But if there is one thing that Jesus wants us to attend to, what would it be? It is to sit at His feet and receive from Him. Like Martha who was only concerned about doing and serving, when we fail to do that one thing needful, we'll end up being bitter and troubled about many things.

On the other hand, when you, like Mary, do that one thing that is needful, you'll end up restful, and filled with the fullness of Jesus. Beloved, it is only when we FIRST receive from Jesus that we are able to give to others. So do that one thing that is needful today—rest at Jesus' feet and receive from Him!

God knows every single thing about you,  
and He still loves you.  
That is amazing.  
No matter who rejects you, God will never reject you.  
Your happiness does not depend on other people.  
God says, no matter what, He WILL take care of you.

-Bernie Bowling

## Living in the 'Life Cycle' Everyday

### A Believer's Notes



Imitate Jesus. He lived His life by doing what He saw His Father do, and by saying what He heard His Father say.

John 8:28-29

“28 Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am he, and that I do nothing of myself; but as my Father hath taught me, I speak these things. 29 And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.”

He lived His life by copying His Father. How do you know what to copy? By reading the word and by spending time in prayer and continual fellowship with your Father, beginning today.

- He will tell you what to do.
- He will show you how to do it.
- He will teach you how to live in the 'Life Cycle' every day.
- Speak the Word.

Romans 8:2

“For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.”

### **Bible Trivia** **-I Didn't Know That!** (From Page 4)

- |  |  |
|--|--|
| A) Almonds<br>Numbers 17:8                       | waters of Meribah<br>Numbers 20:24       |
| B) Kadesh<br>Numbers 20:1                        | G) Zippor<br>Numbers 22:2                |
| C) Edom<br>Numbers 20:21                         | H) Snake in the wilderness<br>John 3:14  |
| D) Mount Hor<br>Numbers 33:38                    | I) Phinehas<br>Numbers 25:11             |
| E) Rebelled against the<br>Lord's command at the | J) Joshua son of Nun<br>Deuteronomy 34:9 |

If you want your children  
to turn out well,  
spend twice as much time  
with them and  
half the money.

-Abigail Van Buren



## NEVER Judge

It's easy to look at people and make quick judgments about them, their present and their pasts, but you'd be amazed at the pain and tears a single smile hides. What a person shows to the world is only one tiny facet of the iceberg hidden from sight. And more often than not, it's lined with cracks and scars that go all the way to the foundation of their soul.

—Sherrilyn Kenyon

## All About Me “Rachel Ferguson”



Rachel Ferguson was saved over 33 years ago. Although she doesn't have a huge testimony because she's been saved most of her life, she's hasn't always been "sold" out to Him. She went through a phase between high school and college where she thought she had to experience some of the "world," although she knew most of it was wrong. She is so thankful for a praying Dad and Mom, who were always there for her. Rachel never lost sight of her Father, God, and she's always known that He was with her. She says that she is still learning how to walk every day, and though she knows she's not perfect, her heart and life is now "sold out" to God.

Rachel is the wife of our Deacon, Charles Ferguson, and mother of 3 children, Jacob age 8, Joshua, age 4, and Calah, 2. She stays busy most days with homeschooling and being a mom/housewife as well as a legal videographer for depositions and day in the life recordings for Home and Legal Media of Charleston, LLC. She generally start the day off with Bible/devotions and then spends most of the day tidying things up. She actually truly likes to clean, but not organize. She's not very good at throwing things away and going through clutter.

One of the main reasons she homeschools is to instill God's values and morals and the importance of family relationships into her children. She practices an attitude of servitude in her home with regards to her husband. Rachel always make his meals and washes and fold his clothes because he is out there making a living to support the family. She says that's the least that she can do.

As her first calling is to raise her children in the admonition of Him, her second is to make a difference and be witnesses to all the little children that come into her home. She always makes sure to have some type of fun with the kids. Rachel feels that children really need to go back to the old traditions and roots that we were brought up with. She enjoys bringing back some of those old songs in Sunday school class. She sometimes longs for a return to the "Leave it to Beaver" days, even though that is a secular show. Life was so simple and unpolluted. In today's world, kids all have iPhones, video games, and computers, and kids are really being negatively affected by it. A small portion of technology is fine, but she believes it is important for Dads to take their kids fishing and Moms to take their kids to the park and have a picnic.

Rachel doesn't really have hobbies like she used to, because there is no time for them. In high school and college, she LOVED to play volleyball and she LOVED to sing, which is probably still her favorite hobby. Rachel believes that God has called her to use her talents for Him, otherwise they would be wasted. If someone listens to the songs she sings, and really hears the words, maybe their life will be changed by it.

**-Continued on Page 14**

## Excuse Me, Are You Jesus?

A few years ago a group of salesmen went to a regional sales convention in Chicago. They had assured their wives that they would be home in plenty of time for Friday night's dinner. In their rush, with tickets and briefcases, one of these salesmen inadvertently kicked over a table which held a display of apples. Apples flew everywhere. Without stopping or looking back, they all managed to reach the plane in time for their nearly-missed boarding.

ALL BUT ONE!!! He paused, took a deep breath, got in touch with his feelings and experienced a twinge of compassion for the girl whose apple stand had been overturned. He told his buddies to go on without him, waved good-bye, told one of them to call his wife when they arrived at their home destination and explain his taking a later flight. Then he returned to the terminal where the apples were all over the terminal floor. He was glad he did.

The 16-year-old girl was totally blind! She was softly crying, tears running down her cheeks in frustration, and at the same time helplessly groping for her spilled produce as the crowd swirled about her; no one stopping and no one to care for her plight.

The salesman knelt on the floor with her, gathered up the apples, put them back on the table and helped organize her display. As he did this, he noticed that many of them had become battered and bruised; these he set aside in another basket. When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$40 for the damage we did. Are you okay?"

She nodded through her tears. He continued on with, "I hope we didn't spoil your day too badly."

As the salesman started to walk away, the bewildered blind girl called out to him, "Mister...." He paused and turned to look back into those blind eyes. She continued, "Are you Jesus?"

He stopped in mid-stride... and he wondered. He gently went back and said, "No, I am nothing like Jesus - He is good, kind, caring, loving, and would never have bumped into your display in the first place."

The girl gently nodded: "I only asked because I prayed for Jesus to help me gather the apples. He sent you to help me, so you are like Him - only He knows who will do His will. Thank you for hearing His call, Mister."

Slowly he made his way to catch the later flight with that question burning and bouncing about in his soul: "Are you Jesus?"

Do people mistake you for Jesus? That's our destiny, is it not?

To be so much like Jesus that people cannot tell the difference as we live and interact with a world that is blind to His love, life and grace.

If we claim to know Him, we should live, walk and act as He would. Knowing Him is more than simply quoting scripture and going to church. It's actually living the Word as life unfolds day to day.

You are the apple of His eye even though we, too, have been bruised by a fall. He stopped what He was doing and picked up you and me on a hill called Calvary and paid in full for our damaged fruit.

Sometimes we just take things for granted, when we really need to be sharing what we know....



**Kids Corner**  
**(We are ALL His kids!)**

<u>E</u>	<u>Y</u>	<u>A</u>	<u>D</u>	<u>S</u>	<u>R</u>	<u>U</u>	<u>H</u>	<u>T</u>	<u>U</u>	<u>O</u>	<u>M</u>	<u>Y</u>	<u>L</u>	<u>P</u>
<u>P</u>	<u>O</u>	<u>T</u>	<u>A</u>	<u>T</u>	<u>O</u>	<u>E</u>	<u>S</u>	<u>T</u>	<u>O</u>	<u>R</u>	<u>R</u>	<u>A</u>	<u>C</u>	<u>S</u>
<u>U</u>	<u>G</u>	<u>D</u>	<u>H</u>	<u>U</u>	<u>G</u>	<u>D</u>	<u>S</u>	<u>E</u>	<u>U</u>	<u>C</u>	<u>O</u>	<u>R</u>	<u>N</u>	<u>E</u>
<u>M</u>	<u>R</u>	<u>A</u>	<u>O</u>	<u>F</u>	<u>S</u>	<u>N</u>	<u>A</u>	<u>T</u>	<u>I</u>	<u>R</u>	<u>U</u>	<u>P</u>	<u>G</u>	<u>D</u>
<u>P</u>	<u>A</u>	<u>L</u>	<u>L</u>	<u>F</u>	<u>A</u>	<u>P</u>	<u>I</u>	<u>E</u>	<u>L</u>	<u>A</u>	<u>K</u>	<u>A</u>	<u>F</u>	<u>A</u>
<u>K</u>	<u>C</u>	<u>A</u>	<u>I</u>	<u>I</u>	<u>G</u>	<u>I</u>	<u>G</u>	<u>S</u>	<u>R</u>	<u>N</u>	<u>B</u>	<u>E</u>	<u>S</u>	<u>R</u>
<u>I</u>	<u>E</u>	<u>S</u>	<u>D</u>	<u>N</u>	<u>R</u>	<u>H</u>	<u>R</u>	<u>H</u>	<u>S</u>	<u>B</u>	<u>S</u>	<u>P</u>	<u>Y</u>	<u>A</u>
<u>N</u>	<u>L</u>	<u>N</u>	<u>A</u>	<u>G</u>	<u>A</u>	<u>S</u>	<u>A</u>	<u>O</u>	<u>A</u>	<u>E</u>	<u>A</u>	<u>V</u>	<u>H</u>	<u>P</u>
<u>P</u>	<u>I</u>	<u>I</u>	<u>Y</u>	<u>P</u>	<u>T</u>	<u>R</u>	<u>T</u>	<u>C</u>	<u>V</u>	<u>R</u>	<u>R</u>	<u>T</u>	<u>E</u>	<u>R</u>
<u>R</u>	<u>N</u>	<u>F</u>	<u>V</u>	<u>R</u>	<u>E</u>	<u>O</u>	<u>I</u>	<u>I</u>	<u>A</u>	<u>R</u>	<u>V</u>	<u>D</u>	<u>R</u>	<u>O</u>
<u>A</u>	<u>C</u>	<u>F</u>	<u>A</u>	<u>A</u>	<u>F</u>	<u>W</u>	<u>T</u>	<u>G</u>	<u>U</u>	<u>Y</u>	<u>R</u>	<u>E</u>	<u>B</u>	<u>A</u>
<u>Y</u>	<u>O</u>	<u>U</u>	<u>R</u>	<u>I</u>	<u>U</u>	<u>A</u>	<u>U</u>	<u>P</u>	<u>E</u>	<u>C</u>	<u>A</u>	<u>N</u>	<u>S</u>	<u>S</u>
<u>E</u>	<u>L</u>	<u>M</u>	<u>G</u>	<u>S</u>	<u>L</u>	<u>S</u>	<u>D</u>	<u>D</u>	<u>E</u>	<u>S</u>	<u>S</u>	<u>E</u>	<u>R</u>	<u>T</u>
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<u>S</u>	<u>M</u>	<u>I</u>	<u>R</u>	<u>G</u>	<u>L</u>	<u>I</u>	<u>P</u>	<u>F</u>	<u>E</u>	<u>A</u>	<u>S</u>	<u>T</u>	<u>B</u>	<u>S</u>

Asparagus  
 Biscuits  
 Bread  
 Cabbage  
 Carrots  
 Corn  
 Cranberry  
 Dessert  
 Dressing  
 Family

Feast  
 Grace  
 Grateful  
 Gratitude  
 Gravy  
 Harvest  
 Herbs  
 Holiday  
 Indians  
 Lincoln

Muffins  
 November  
 Parades  
 Pecans  
 Pilgrims  
 Plymouth  
 Potatoes  
 Praise  
 Prayers  
 Pumpkin

Puritans  
 Relatives  
 Roast  
 Salad  
 Stuffing  
 Thursday  
 Turkey  
 Worship

## Kids Corner

### A Wife for Isaac

#### Genesis 24:1-26

<sup>1</sup> Abraham was now very old, and the LORD had blessed him in every way.<sup>2</sup> Abraham said to his oldest servant, who was in charge of everything he owned, "Put your hand under my leg.<sup>[a]</sup><sup>3</sup> Make a promise to me before the LORD, the God of heaven and earth. Don't get a wife for my son from the Canaanite girls who live around here.<sup>4</sup> Instead, go back to my country, to the land of my relatives, and get a wife for my son Isaac."

<sup>5</sup> The servant said to him, "What if this woman does not want to return with me to this land? Then, should I take your son with me back to your homeland?"

<sup>6</sup> Abraham said to him, "No! Don't take my son back there.<sup>7</sup> The LORD, the God of heaven, brought me from the home of my father and the land of my relatives. And he promised me, 'I will give this land to your descendants.' The LORD will send his angel before you to help you get a wife for my son there.<sup>8</sup> If the girl won't come back with you, you will be free from this promise. But you must not take my son back there."<sup>9</sup> So the servant put his hand under his master's leg and made a promise to Abraham about this.

<sup>10</sup> The servant took ten of Abraham's camels and left, carrying with him many different kinds of beautiful gifts. He went to Northwest Mesopotamia to Nahor's city.<sup>11</sup> In the evening, when the women come out to get water, he made the camels kneel down at the well outside the city.

<sup>12</sup> The servant said, "LORD, God of my master Abraham, allow me to find a wife for his son today. Please show this kindness to my master Abraham.<sup>13</sup> Here I am, standing by the spring, and the girls from the city are coming out to get water.<sup>14</sup> I will say to one of them, 'Please put your jar down so I can drink.' Then let her say, 'Drink, and I will also give water to your camels.' If that happens, I will know she is the right one for your servant Isaac and that you have shown kindness to my master."

<sup>15</sup> Before the servant had finished praying, Rebekah, the daughter of Bethuel, came out of the city. (Bethuel was the son of Milcah and Nahor, Abraham's brother.) Rebekah was carrying her water jar on her shoulder.<sup>16</sup> She was very pretty, a virgin; she had never had sexual relations with a man. She went down to the spring and filled her jar, then came back up.<sup>17</sup> The servant ran to her and said, "Please give me a little water from your jar."

<sup>18</sup> Rebekah said, "Drink, sir." She quickly lowered the jar from her shoulder and gave him a drink.<sup>19</sup> After he finished drinking, Rebekah said, "I will also pour some water for your camels."<sup>20</sup> So she quickly poured all the water from her jar into the drinking trough for the camels. Then she kept running to the well until she had given all the camels enough to drink.

<sup>21</sup> The servant quietly watched her. He wanted to be sure the LORD had made his trip successful.<sup>22</sup> After the camels had finished drinking, he gave Rebekah a gold ring weighing one-fifth of an ounce and two gold arm bracelets weighing about four ounces each.<sup>23</sup> He asked, "Who is your father? Is there a place in his house for me and my men to spend the night?"

<sup>24</sup> Rebekah answered, "My father is Bethuel, the son of Milcah and Nahor."<sup>25</sup> Then she said, "And, yes, we have straw for your camels and a place for you to spend the night."

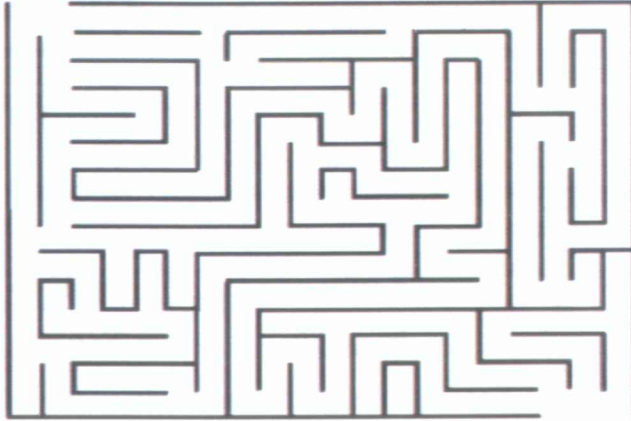
<sup>26</sup> The servant bowed and worshiped the LORD<sup>27</sup> and said, "Blessed is the LORD, the God of my master Abraham. The LORD has been kind and truthful to him and has led me to my master's relatives."



Kids Corner

Isaac and Rebekah

Eliezer



Rebekah



Kids CornerAbraham and Isaac

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

Abraham	Obey
Altar	Provide
Donkeys	Ram
Isaac	Servants
Knife	Spares
Moriah	Stones

The next time you feel like God can't use you, just remember...

Noah was a drunk

Abraham was too old

Isaac was a daydreamer

Jacob was a liar

Leah was ugly

Joseph was abused

Moses had a stuttering problem

Gideon was afraid

Samson had long hair and was a womanizer

Rahab was a prostitute

Jeremiah and Timothy were too young

David was an adulterer and a murderer

Elijah was suicidal

Isaiah preached naked

Jonah ran from God

Naomi was a widow

Job went bankrupt

John the Baptist ate bugs

Peter denied Christ

The disciples fell asleep while praying

Martha worried about everything

The Samaritan woman was divorced (more than once)

Zaccheus was too small

Paul was too religious

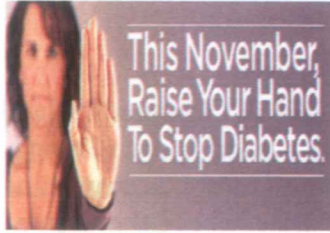
Timothy had an ulcer

Lazarus was dead!





## Health Check



“The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well watered garden like an ever-flowing spring.” Isaiah 58:11 (NLT)

<http://www.fargo.va.gov/images/2011/Images/210diabetes11111.jpg>

**November is American Diabetes Month**, a time to rally individuals, communities and families to join the millions of people in the Stop Diabetes movement. Diabetes mellitus (MELL-ih-tus) is a condition characterized by hyperglycemia resulting from the body's inability to use blood glucose for energy. In Type 1 diabetes, the pancreas no longer makes insulin and therefore blood glucose cannot enter the cells to be used for energy. In Type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly.

### **Diabetes Statistics**

- Nearly 26 million children and adults in the United States have diabetes.
- Diabetes is the leading cause of kidney failure.
- Diabetes is the leading cause of new cases of blindness among adults.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.
- An estimated 79 million adults have pre-diabetes, a condition that places them at increased risk for developing type 2 diabetes and heart disease.

### **Who is at Greater Risk for Type 2 Diabetes?**

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth.

### **How to Reduce Your Risk**

Diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. In addition, eating healthy, being physically active and quitting smoking can help lower the risk of diabetes complications.

[Sources: [www.fargo.va.gov](http://www.fargo.va.gov) and [www.diabetes.org](http://www.diabetes.org)]

*\*\* Disclaimer: The medical information provided in this article is obtained from a variety of public resources and is intended as an education resource only and should not be used for diagnosing or treating a health problem as it is not a substitute for expert professional care. If you have or suspect you may have a health problem, please consult your health care provider.*

-Alisa Wetzig

## All About Me—Continued “Rachel Ferguson”

She also enjoys working out when she gets the chance. Most everyone knows she REALLY loves coffee and chocolate and if she had the time, would sit for an hour or two at a coffee shop with a good friend. Going out to eat with her family, even if they drive many hours/miles just to get to a good restaurant, is something she looks forward to. Rachel thoroughly enjoys taking cruises with her husband, Charles, where they can eat and relax all they want. They haven't taken one in 6 years now, so it is about time again. Hint! Hint

Something that not many people know about Rachel is that she loves to paint. She has a true gift for finished work, probably due to her Dad's training. She can take a wall with big holes in it, fill it, and made it look new again. When trying to sell/rent their condo, she painted the entire interior of the condo, while 4 months pregnant! She has also scraped a popcorn ceiling and smoothed it out with a whole bucket of plaster!

Something else many don't know is that Rachel also drove a forklift for many years at Sam's Club. She would drive it all night long and stock their shelves, and then sleep most of the day! It was exhilarating, but exhausting too. She also used to be in the marching band in high school where she played piccolo and flute.

If Rachel could go anywhere, it would be an exotic island with clear blue water, where she could lay on the white sandy beach and do absolutely nothing, but eat/drink and talk to God. (Of course, she would enjoy Charles coming along too.) She also thinks it would be cool to get a glimpse of heaven or even hell, so that she could really express the circumstances/sights to others. She truly wants to be a witness for Him in whatever she does, and she believes that the things that she sees and have been through can help others.

Rachel has this to say about her favorite Scripture:

“I have always loved Proverbs 3:5 and 6, “Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge Him and he shall direct thy paths.” It is my favorite because it sums it all up! It will take you through every day. We as a people tend to start our day and our lives trying to discover what our purpose is, and if we simply take it all to Him and trust in Him for our supply, He will make it happen. We have to have faith that it will happen. We must simply trust Him in EVERY situation. And remember, it only takes the faith of a mustard seed. God has already imparted into us everything we need. We just need to take a hold of it, really believe it, then act on it! If God tells you to stop and be still, then stop! If God tells you it is time to move, you have got to get up and do something! The more you seek Him, the more you will be able to learn and discern His voice. Spend time in the Word and talk to Him throughout the day. Yes, we all make mistakes, too, but you have to not get down on yourself. Go to I John 1:9, confess your sins to Him and the one you wronged, and make a change in your life. Keep going instead of sulking in your sin. God is not a God of condemnation and regret. He wants you to move on and learn from your mistake and help others with your testimony. So, put your head up, know that your confidence is in Him and enjoy your day and your life! God is a good God.”

Rachel has a few childhood friends, whom she really loves, and she knows some of them are not “sold out” and are still very much a part of the “world”. It hurts her to see how deceived they are, and she unashamedly gives them little tidbits of encouragement and God's Word. Those seeds are one day going to come forth! She is so eager for all of God's children to really see their worth, and to put their chin up and realize that they are the “righteousness of God” and really live it out! We can live in victory every day!

We are so proud of you Rachel! You are such a great example and an encouragement to us all... AND a beautiful woman too!!! May God continue to bless you and your family as you serve our Lord.



## Adults in Childhood

Mark 10:15 reads, "...whoever does not receive the kingdom of God as a little child will by no means enter it." I've usually seen this as pointing to the positives of innocence, trust, and simplicity. Adults will have difficulty approaching the Lord with suspicion, pride, self-sufficiency, dull conscience, or a know-it-all attitude. There are certain advantages to accepting Christ at a young age, such as more years available to serve the Lord.

The Old Testament makes frequent references to the "children of Israel" or the "children of men." Notably, the same phrase occurs in Ps. 107:8, 15, 21, and 31, "Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men!" But in Judges, another phrase is repeated, "...the children of Israel did evil in the sight of the Lord."

God, the Ancient of Days, saw His people as children, whether on the good or the bad side.

Plusses and minuses appear in the New Testament as well. As 1 Cor. 14:20 states, "...in malice be babes, but in understanding be mature." Yet with the coming of Christ, God expects an corporate maturation of His people. Gal. 3:24-25 states that children study under tutors (the Law), but that Christian faith has superseded this. The maturing saint in 1 Cor. 13:11 no longer speaks, understands, nor thinks as a child. We are encouraged to eat solid food, exercise our spiritual senses (Heb. 5:14), and be able to receive spiritual wisdom (1 Cor. 2:6).

However, not everyone lives up to the ideal. Paul had to preach milk to the Corinthian church due to their continuing immaturity. He reproved the Galatians for backsliding into bondage. Children were described as "tossed to and fro and carried about with every wind of doctrine, by the trickery of men..." (Eph. 4:14) Others were spiritually held back in school, when they should have been teachers (Heb. 5:12-13). The Lord who said, "I do not want you to be ignorant," (1 Cor. 12:1) can only do so much with those who don't grow, even though they are still loved. As it says in 1 Cor. 14:38, "But if anyone is ignorant, let him be ignorant."

When a whole nation refuses to grow in accordance with God's will, don't be surprised if God's judgment begins to manifest. One such judgment appears in Isa. 3:4, "I will give children to be their princes, and babes shall rule over them." In a nation that permits the ballot box, immature voters may well elect immature candidates. An immature media will be unable to discern what is continuing to happen. People will follow immature Hollywood stars. But we should be well aware of the works of the flesh listed in Gal. 5:19-21. I could add a few others to that list, characteristics of immaturity using modern language: Lack of respect, not exercising or accepting responsibility, having a sense of entitlement, ingratitude, having only a short term perspective, remaining ignorant, and blaming others when things don't turn out as expected.

We are not surprised when these characteristics appear in grade school children, but I would like to think that as adult Christians we can put these things behind us. Here is an opportunity for us to examine ourselves and repent where needed. If nothing else, we can be examples to an unrepentant society.

-Phil Rust

## Upcoming Events

### Please take the time to vote on November 6th Scriptures To Pray For Our National Election

It is critical that Christians pray for the coming presidential election. There is amazing power in united prayer. Pray with others whenever possible. The power of prayer can overcome any obstacle or ungodly influence and, indeed, do great things!

**II Chronicles 7:14** - If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, will heal their land.

**Acts 17:30** - Pray for repentance for yourself and for our nation.

**Psalms 32:6-7** - Pray that Christians will be motivated to pray faithfully for this election and that the Lord would deliver us from the wrong leaders.

**Proverbs 16:13** - Pray that our nation will listen to the truth and not be led astray.

**Psalms 125** - Pray that those who trust in the Lord will not be shaken.

**Psalms 86:14-17** - Pray that the Lord would defeat those who have no regard for Him in this election.

**II Kings 13:16** - Pray that the Lord would put His hands on the man of His choice for president (and his team) and guide them in this election.

**Daniel 2:20-22** - the Bible tells us that God sets up kings and God deposes kings. God is in control.

**Luke 12:54-57** - Pray that God's man and our nation will be discerning and do what is right.

**Psalms 16:7-8** - Pray that the Lord would give wise counsel and guidance to His choice for president in this campaign.

**Proverbs 1:5-6** - Pray that God's man will listen with discernment, add to his knowledge, and receive wise counsel in this campaign.

**John 16:33** - Pray that the man of God's choice would be given wisdom and ability from the Lord to overcome any obstacle or difficulty during this campaign.

**Philippians 4:13** - Pray that the Lord's choice for President will have special strength and unusual ability from God.

**Psalms 18:32-36** - Pray that the Lord would arm the man of His choice with strength; would guide him in battle (this election); and would sustain him and give him victory.

**Hebrews 11:32-34** - Pray that God's man could, through faith, persevere and maintain his courage throughout this election.

**2 Corinthians 12:9** - Pray that the Lord would empower and enable his man in any area of weakness.

**Habakkuk 1:5 and 3:2** - Pray that the Lord would do something that would utterly amaze us and give His servant victory.



## Upcoming Events—Continued



### Holiday Festival of Lights

James Island County Park  
November 9-December 31, 2012  
(843) 795-7275

Every year the James Island County Park lights up over 2 million lights to provide you with an enchanting 3-mile driving tour. Fun for everyone - in fact, they also offer a marshmallow roast and a 54 passenger train ride through the park to view the lights. To tour the lights in your car is \$12/car and if you'd like you can ride the train around the lake for \$3/person and children under 2 are free if they sit in the lap of an adult.

### Parade of Boats

Charleston Harbor  
December 1, 2012

Parade begins along Mt. Pleasant at 5:00pm  
Viewing from the peninsula begins at 6:30pm  
(843) 724-7305

You may participate in the parade by simply registering with the city, decorating your boat from stem to stern with lights, and joining us on the water. Thousands of spectators view the parade along the route from Mt. Pleasant to Charleston each year.

The parade begins at approximately 5:30PM near the Mt. Pleasant side and ends in the Ashley River, (after processing down the Charleston side of the Cooper River), at approximately 7:30PM. We say approximately, because of various factors, including wind, current, and the ability of the boats to maintain headway.

Captains and crews will be invited to the Captain's Party at a date, time, and location to be announced. Prizes will be awarded to the 1st, 2nd, and 3rd place boats in both the power and sail categories, with the best-in-show award going to the highest scoring boat overall.

For those who also wish to attend the City of Charleston's tree lighting ceremony in Marion Square on the same evening, there is ample time to get to the waterfront and enjoy both. We look forward to seeing you on the water!

### Charleston Christmas Tree Lighting Ceremony

December 1, 2012, 4:30pm-6:00pm  
Marion Square

Location: Marion Square - Between King, Meeting & Calhoun Streets  
Phone: (843) 724-7305.

Join Mayor Joseph P. Riley, Jr. and Santa Claus in lighting the magnificent 60-foot Tree of Lights, the official City of Charleston Christmas Tree at Marion Square.



## Sunday School Events

### Children's Sunday School

#### Ages 6-11

For the month of November, the children's Sunday school class will be focusing on trust. We will continue reading in the book of Genesis. Our study will begin in Genesis 13 as we learn the story of the land dispute between Abraham and Lot. We will talk about how it is more important to get along with others, than just to get what we want. God wants us to keep the peace rather than push our way.

We will further our study of Abraham and Sarah when we hear about the promise that God had made and how it is revealed to Sarah. Sarah is told at age 90 that she will bear a son. God keeps all His promises! Luke 1:37 tells us that "Nothing is impossible with God"!

We will also delve into the story of the hardest test ever, and I believe one of the greatest examples of faith in the whole Bible. Abraham did, indeed, have a son, and then God instructed him to offer his only son to God as a burnt offering. How many of us would obey that call? How many of us would sacrifice our own child out of obedience? Of course, God doesn't want us to hurt our children, but He wants to know that you would trust Him to do as He says, and then to know that the outcome will be alright. We must not worry, simply trust. We must trust Him, when the hardest thing to do is to trust Him. No exceptions! Of course, God spared Abraham's son, Isaac.

Finally, we will see how Isaac prayed to God to send him a bride. God heard his prayer and showed him that Rebekah was to be his wife. Psalm 34:17 says, "The righteous cry out, and the Lord hears them; he delivers them from all their troubles. "

Let's continue to be faithful to Sunday school, so our precious children can continue to learn about their great Savior and Lord, and how to function in today's world. We are raising up warriors in God's army. Praise the Lord!

- Rachel Ferguson

### Men's Sunday School

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

### Ladies Sunday School

The Ladies are now in **Unit 3: Where Does Faith Take Us?** This unit places emphasis on Courage. The first lesson, *Lesson 10: Paul before King Agrippa*, will take us through how to share our testimony of faith. Cook says that, "This unit follows Paul as he presents his case for faith to King Agrippa and Governor Felix and then sails to Rome, where he boldly proclaims the Gospel, even though he is a prisoner."

**Lesson 10:** Step 1, we will discuss how everyone has a testimony to share. In Step 2, we will discover how Paul gave his testimony of faith even while a prisoner. Step 3, will help us understand how a person's testimony is very powerful. Step 4, wants us to think of some people who may need to hear your testimony this month. As we go through this lesson we will see that we don't have to be a person called by God as a pastor or minister to share our testimony with others. We just have to be a willing witness. Sharing your

- Continued Next Page

## Sunday School Events—Continued

### Ladies Sunday School

testimony does not require any professional education; just a spiritual obedience. God wants us to faithfully plant testimonial seeds. As we grow and mature in the Word and in faith, we can then start adding in the Plan of Salvation seeds. Our testimonies can help someone with their decision to choose Christ even when we can't see the immediate results. **1 Corinthians 3:6 (KJV)** <sup>6</sup> **I have planted, Apollos watered; but God gave the increase.**

The story of our life experiences (with focus on our acceptance of Jesus) is our "testimony". We all have a story of how we came to accept Jesus as our Lord and Savior. Are you willing to share your story to help those who are lost (or even on the fence) in their decision to accept Jesus? Jesus wants to reveal Himself through the testimonies of His followers. **Romans 3:22-24 (KJV)**<sup>22</sup> **Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe: for there is no difference:**<sup>23</sup> **For all have sinned, and come short of the glory of God;**<sup>24</sup> **Being justified freely by his grace through the redemption that is in Christ Jesus:**



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

As we give our testimony, we are making ourselves a witness for the one who has changed our lives. Let's not make excuses on why we can't share our testimony. Remember, continue committing the scriptures to memory; it can also help someone choose the Kingdom (Jesus as their Lord and Savior). It's not too late to begin if you haven't started. **Plant your seeds of bold faith, testimony and witness for the Kingdom and watch how you'll grow!**

-Yolanda Wilson

### June

#### **Hebrews 4:16 (KJV)**

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

### July

#### **Proverbs 30:5 (KJV)**

Every word of God is pure: he is a shield unto them that put their trust in him.

### August

#### **Psalms 146:2 & 5 (KJV)**

<sup>2</sup>While I live will I praise the Lord: I will sing praises unto my God while I have any being.<sup>5</sup>Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God:

### September

### Ephesians 2:8 (KJV)

For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

### October

#### **Romans 3:22 (KJV)**

Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe: for there is no difference:

### November

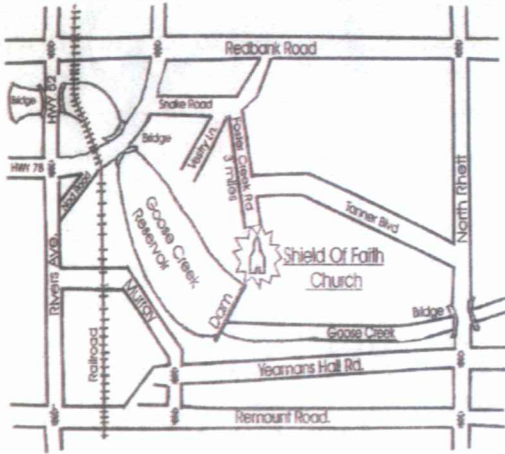
**Colossians 2:6-7 (KJV)** <sup>6</sup>As ye have therefore received Christ Jesus the Lord, so walk ye in him:<sup>7</sup>Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.



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

1612 Foster Creek Road  
Hanahan, SC 29410  
Phone: 843-553-1823

Deepening our Relationship with Him...



**We're on the Web!**  
[www.shieldoffaithchurch.net](http://www.shieldoffaithchurch.net)

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

**November 2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Article Deadline	22 Thanksgiving	23	24
25	26	27	28	29	30	