

**Harmony Ministries USA, Inc.**

*"The Word Made Alive"*

**GOD  
IS!**

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**News Magazine**

# *In This Issue...*

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# God Is All And In All

*“I am the Alpha and the Omega, the Beginning and the End,” says the Lord,  
“who is and who was and who is to come, the Almighty.” (Revelation 1:8)*

What is the one single thing on this planet that has not changed and is still the same since the origin of man? Yes, you are right – The word of God. Now I realize that there are those who would disagree with me, but you and I both know that anyone intelligent, even just a little, realizes that there is a being superior to man. In this article I want to share with you, from the word of God, that “GOD IS ALL, AND IN ALL”. Once this truth has been embraced and received by mankind as a whole the gospel of Jesus Christ can readily be accepted.

When Jesus appeared to John on the island of Patmos He said “I am the beginning and the end... who is and who was and who is to come. ...” If we listen very carefully to Jesus we will understand that when He said “I am the beginning,” there is nothing and no one *before* Him; and when He said that He is “the end,” we understand there is nothing and no one *after* Him. Following that statement He said, “who is” -- meaning that *He is everything in between*. So, intelligence would dictate if Jesus is the beginning, the end and everything in between, then He would BE ALL, AND BE IN ALL.

Look with me at Hebrews 1:1-3,” *God, who at various times and in various ways spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son, whom He has*



*Pastor Owen L. Alston*

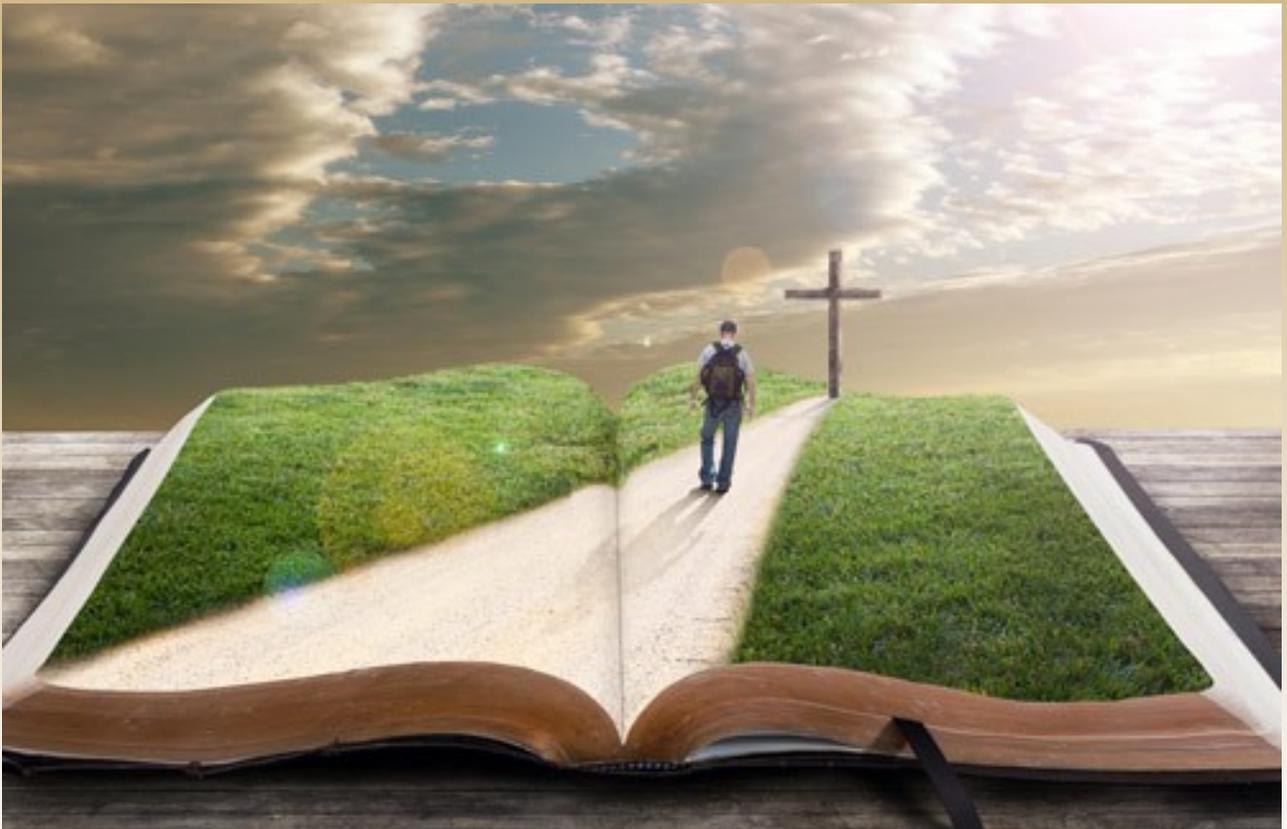
*appointed heir of all things, through whom also He made the worlds; who being the brightness of His glory and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high,”*

God is omnipresent, meaning that He is everywhere at the same time. *“Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there! If I make my bed in hell, behold, You are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there Your hand shall lead me and Your right hand shall hold me.*

*If I say, "Surely the darkness shall fall on me, even the night shall be light about me. Indeed, the darkness shall not hide from You, but the night shines as the day. The darkness and the light are both alike to You (Psalm 139:7-12).*

When we understand the nature of God and how He loves and cares for us, we can only honor and praise His greatness. Isaiah depicts God's greatness in chapter 43:10-13, "You are My witnesses," says the Lord, "and My servant whom I have chosen, that you may know and believe Me, and understand that I am He. Before Me there was no God formed, nor shall there be after Me. I, even I, am the Lord and besides Me there is no savior. I have declared and saved. I have proclaimed and there was no foreign god among you therefore you are My witnesses," says the Lord, "that I am God. Indeed before the day was, I am He and there is no one who can deliver out of My hand; I

*work, and who will reverse it?" God is omnipotent, meaning He has all power. All power you see among men has been given from above. "Then Pilate said to Him, 'Are You not speaking to me? Do You not know that I have power to crucify You, and power to release You?' Jesus answered, 'You could have no power at all against Me unless it had been given you from above. Therefore the one who delivered Me to you has the greater sin'" (John 19:10-11). God is omniscient, meaning He has all knowledge. Matthew 10:30, "But the very hairs of your head are all numbered". My prayer for the readers of this article is to know and understand the greatness of God to the point of accepting His Son Jesus Christ as your Lord and Savior. Jesus says in John 14:6, "I am the way, the truth, and the life. No one comes to the Father except through Me".*



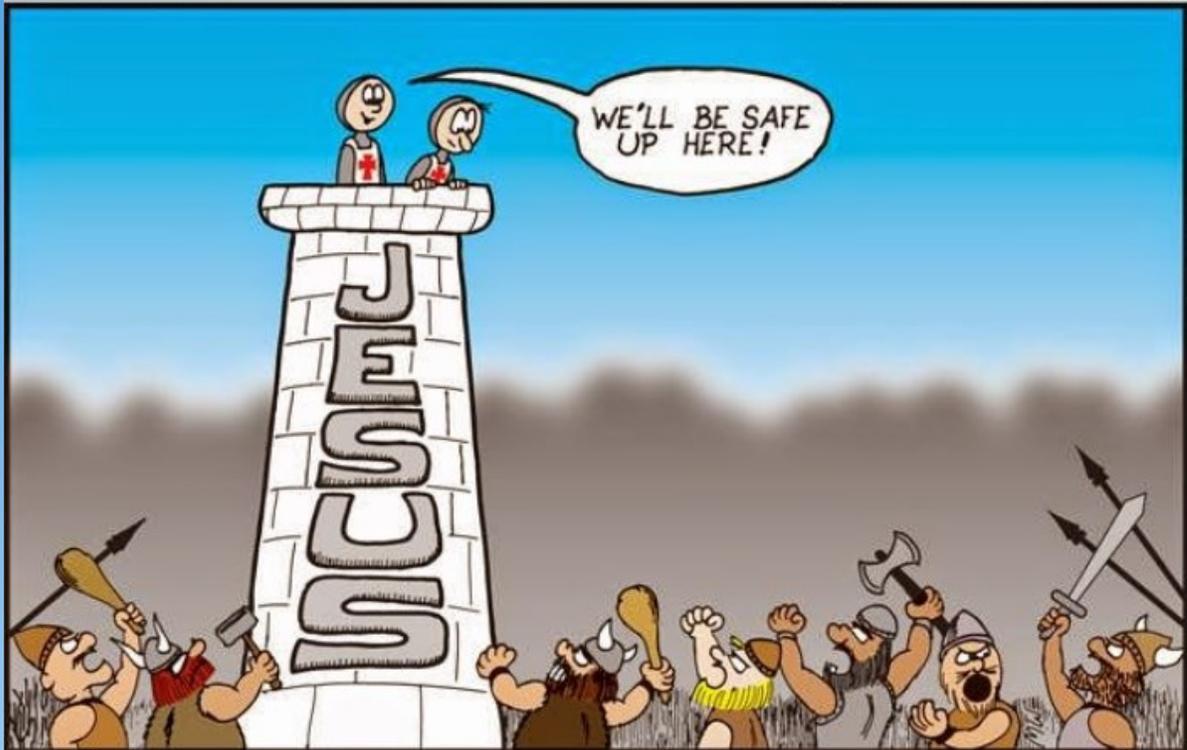
# WORD the of GOD



# God IS My Strong Tower

by Cindy T. Brown

The name of the Lord is a strong tower; the righteous run to it and are safe. (Proverbs 18:10)



Some days life can seem like a bummer – discouraged at work, disappointed at home, letdown at school, annoyed on the road, pestered at the grocery store – just everywhere you turn something is wrong!

If you're anything like most people then you've probably been conditioned throughout your life to try to resolve day-to-day issues that crop up by using your own ingenuity. I'd guess that many have heard and believed sayings such as, "if it's going to be, then it's up to me" or, "when the going gets tough, the tough get going." I recently saw a bumper sticker that proclaimed, "I had a life but my job ate it!", and that statement might actually be humorous except for its sad implications. Too often we find ourselves hustling, bustling, and running around trying to make things "right" in our lives only to make ourselves more tired and more stressed attempting to fix stuff

and get what we think we need. The problem is that neither you nor I are omniscient, so even our best efforts reflect only a limited understanding of a given situation and what it really takes to make things right, regardless of how deeply we are involved.

So here's what I have found to do, and it has profoundly influenced my life: *when the world leans in on me, I know that I must lean in to **the Word*** – that's it, period! In the Word I find comfort, shelter, peace, and joy because I know that nothing that comes against me can stand up under the Word of God. This is a fact that I have put to the test time and again, and never once have I been disappointed. I can attest that God has indeed been *a shelter for me, a strong tower from the enemy (Psalm 61:3)*. I have an awareness of the love and omnipotence of my Savior that has enveloped

me and buoyed me throughout my life to such an extent that I truly live life without fear of others, because I know that *the fear of man lays a snare, but whoever trusts in the Lord is safe (Proverbs 29:25).*

Having an established and long-standing relationship with Jesus, which is maintained and strengthened through my daily prayer, worship, and meditating on His word, is what sustains me, and the knowledge that the Holy Spirit residing in me is guiding my every step emboldens me. People who lack understanding may view hopefulness in someone else as being a “Pollyanna,” or say “she’s out of touch,” or they may mistake confidence for arrogance because they cannot comprehend relying on Almighty God in the face of adversity, but without a real and honest relationship with Jesus it is difficult for anyone to grasp such a level of confidence in His word and to also have the boldness to act upon it. Nevertheless, what others think about us is ultimately inconsequential because only God knows the truth, and He certainly knows our hearts.

The confidence that I have in knowing that God is my strong tower has not only impacted the way that I approach life, but it has empowered me to instill this principle in my children, and because of this understanding they are confident and productive adults who have trust and faith in the power of Almighty God as they stand on His word, and live life victoriously, overcoming any adverse circumstances that dare to challenge them. *Proverbs 3:25 Do not*

*be afraid of sudden terror, nor of trouble from the wicked when it comes; 26 For the Lord will be your confidence, and will keep your foot from being caught.*

One saying that I’ve always heard that I actually do believe is the saying, “God helps those who help themselves.” However, the “help yourself” part of that saying comes in to play when you actually *open your mouth and call upon the mighty name of Jesus*, because His name alone opens the floodgates of Jesus’ loving care and protection over your life, and allows you to confidently run into his strong tower and be safe!

It is for our own wellbeing that God instructs us *to seek first His kingdom and His righteousness so that all these things shall be added unto us (Matthew 6:33)*, because He alone is omniscient, omnipotent, and omnipresent, so that He knows what we need, when we need it, and the means by which we will receive it. *Job 28:24 For he looks to the ends of the earth and sees everything under the heavens.* Therefore, you can stop hustling and bustling to accomplish for yourself what God has already predestined for you. Only by focusing your life on mastering God’s principles, can you achieve any true and lasting measure of success. *Jeremiah 1:5 “Before I formed you in the womb I knew you; before you were born I sanctified you; I ordained you a prophet to the nations.”; Matthew 10:30 But even the hairs of your head are all numbered.*



**~ Rejoice and Praise God! ~**



**If** our hearts and minds are fixated on worldly events, and we live according to the world's standards, based on what we see, hear, and read in the newspapers we will think there is no good news in the world today; this is absolutely not true! The **"good news"** is Jesus Christ died to pay the penalty for our sins, was resurrected on the third day, and is seated at the right hand of the Father; so that we could become the children of God through our faith in Christ Jesus. There is no greater sacrifice of love we will ever experience than Jesus' sacrifice on the cross for us.

There are so many distractions in the world today, designed to take our attention from God's word, we have to stay focused on the Word. God never told us that we wouldn't go through trials and tribulations in our lives as Christians. We were told, however, that when those trials come, God would be with us and we should cast our cares on Him for He cares for us. In Isaiah 43:2, God lets us know that whatever circumstances we find ourselves in we

don't have to be afraid, for God is in control of our lives and is with us: ***"When you pass through the waters, I will be with you, and through the rivers, they will not overwhelm you. When you walk through the fire you will not be burned or scorched, nor will the flame kindle upon you."***

The Bible was written as an instruction manual for us so we can take our rightful place, living a fulfilling life and imitating our Father so we walk, talk, and act like Him. No matter what situations we find ourselves in, we know that God is faithful and in control of our lives. He has already given us the authority to overcome everything.

If you experience health issues, know that God is a healer.

***"My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And health to all their flesh."*** Proverbs 4:20 – 22

*“Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,” Psalm 103:2 - 4.*

*“who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness--by whose stripes you were healed.” 1 Peter 2:24*

If you experience financial issues continue to bless the Lord with your tithes and in trust Him.

**“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**

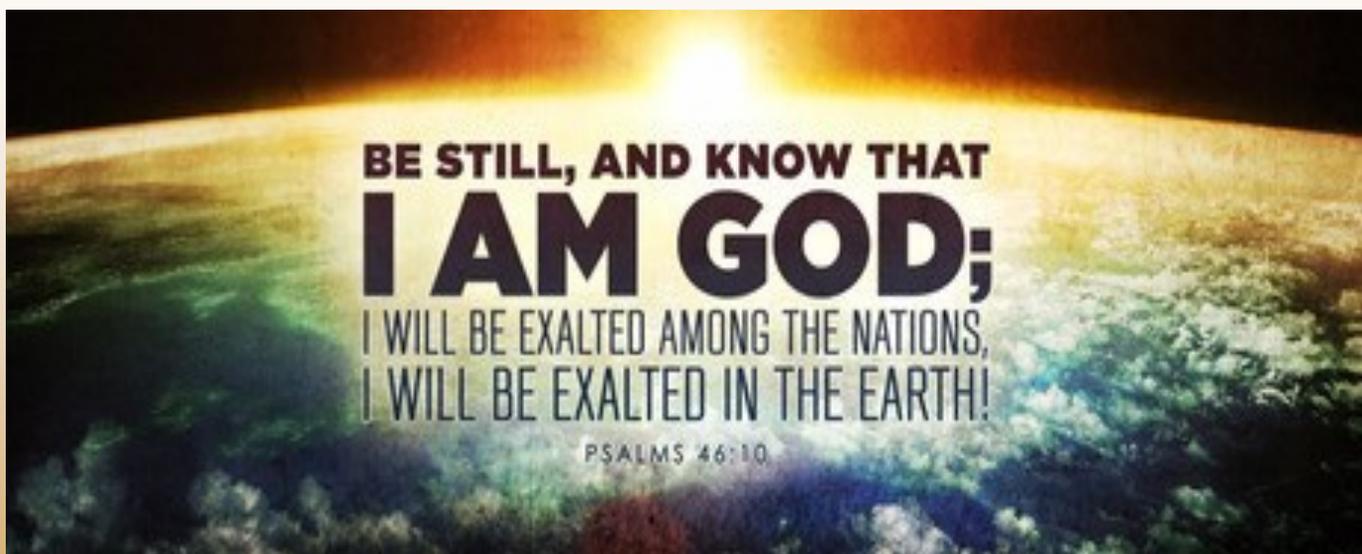
**“And my God will meet all your needs according to the riches of his glory in Christ Jesus.” Philippians 4:19**

**“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heaven-**

**ly Father already knows all your needs.” Matthew 6:31 - 32**

God’s message to us is to love Him with our whole hearts, have faith in His word, demonstrate His agape love that He showered on us, and freely love one another. Know the adversary’s intent is to kill, steal and destroy so don’t be discouraged by what’s going on in this world. Know there is nothing that is a surprise to God for He is the source of all wisdom and power. Remember God did not tell us to imitate the world; instead we are to be examples for those who do not know the Lord.

**“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].” Romans 12:2 (NLT)**



# MEMBER SPOTLIGHT

**By Janice Bright**

**T**his month it is our great joy at Harmony Ministries to pay honor and tribute to Sister Rose Lester, the Mother of our church.

Mother Rose has been a vital part of Harmony since its inception in 1991. She served as treasurer of Harmony Ministries for many years and has been active in Women's Fellowship and the intercessory prayer group. Her devotion to Harmony is phenomenal. When Pastor Alston was looking for someone to play the piano, she remembers saying to herself, "I will play for him," and she did. At age 64, she took piano lessons and became the first pianist to accompany the praise team.

Rose Mae Fulton was born in Georgia. She and her grandparents lived for a time in Upstate New York and then came to New Jersey and settled in Long Branch. While attending Long Branch High School, she met George Lester who later became her beloved husband. With her husband in the Air Force, Rose traveled the world. Four children were born to the couple, Philomena, Denise, Kurt, and Raphael. She now has eleven grandchildren and five great grandchildren. When the couple settled in Manchester, New Jersey, they became members of Harmony Ministries. George was a devoted husband. Daughter Denise



**Mother Rose Lester**

remembers, "On Sunday, Dad would take Mom to church and then to dinner and the boardwalk." George was the head of the ushers at Harmony. James Milton, present head of the ushers remembers George: "He was a quiet low key man, firm and effective. I loved coming to church and submitting to him as my leader." George Lester went to be with the Lord in June 2010.

Mother Rose's hobbies are gardening and bowling. Denise recalls, "She always had a big garden out back. She grew collards, string beans, corn, squash, and tomatoes." While her

husband was stationed in Germany, she joined a bowling league. Daughter Philomena adds, "My mother loved cooking and baking. She would often make food and take it to the sick and shut-ins. She was also great at knitting and crochet. She made sweaters, hats, gloves, even socks. I remember when she was pregnant, she made her own layette. Sometimes I saw her knitting with four needles."

Brenda Benjamin has a special love for Mother Rose. "I think of her as my spiritual mother. She and Pop were very essential and prominent in my spiritual growth. She taught me how to pray the Word of God. When I had no car, she and George would drive from Manchester to Whiting to get me and bring me to Bible Study. They were the hands and feet of Christ to me and I always knew they loved me as their own."

"A true woman of God," is how First Lady Rose Alston describes Rose Lester who is well known for her knowledge of and firm belief in the word of God. "I carry my Bi-

ble with me everywhere. Whenever something happens, I go to Him and say, 'You are my Father, I am your daughter and your Son is in me.' When the devil hears the Word, he has to run. There's no way he can get in." Mother Rose advises, "Don't go to other people. Get on your knees and talk to the Lord. Your Bible is your medicine. Go to your Bible." Mother Rose will tell you how much she loves Jesus and she shares that love with everyone she meets. She admits, "I wear my *I Love Jesus* hat wherever I go and men and women always come up to me and say, 'I love Jesus too.'" It's no surprise that her favorite song is "How I Love Jesus."

Pastor Owen Alston says of Mother Rose Lester, "I have observed her grow and become an excellent example for our younger women. Rose Lester's service to this ministry had played a major part in making us what we are. The excellent spirit that she displays is second to none." Mother Rose will celebrate her eighty-eighth birthday on September 16th.

## ***Happy Birthday, Mother Rose!***

**We at Harmony love you and appreciate you!**



## Health Corner: Stress Management

*"God is our salvation and our glory, the rock of our strength and our refuge is our God. Trust in Him at all times, pour out your heart before Him God is a refuge for us". Psalm 62: 7-8.*

*By: Marilyn Phillips*

Stress is a reaction that disturbs our mental and physical equilibrium by causing adrenaline and hormones to surge through the body.

Acute stress is a type of stress that causes an individual to become more alert and aware, and dissipates once the stimulus decreases.

Chronic stress is constant and prolonged in nature, and it produces physical effects on our bodies. This is the type of stress Job referred to in Job 30:27 when he said, "My inward parts are in turmoil and never still; days of affliction come to meet me." Job realized that the human mind in conflict can cause sickness.



As Christians, we have the ability to eliminate the effects of chronic stress in our lives. The Word declares, "to be carnally minded is death, but to be spiritually minded is life and peace." (Romans 8:6). The human race can be divided into two categories: those who are controlled by their sinful nature, and those dominated by the Holy Spirit; all of us would have fallen into the first group if it were not for Jesus and His shed blood. Once we accept Jesus we have the opportunity to shift our decisions and therefore our destination; not only our eternal destination, but also our lives here on Earth. It is this shift and renewed mind that affects our behavior, our thinking and ultimately our health.

The word says, "peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:27). God's word also states, "He crowns us with steadfast love and mercy, and satisfies us with good so that our youth is renewed like the eagles." (Psalm 103:5). We can therefore "trust in the Lord with all our heart and do not lean on your own understanding. In all our ways acknowledge him, and he will make straight our paths." (Proverbs 3:5).

In our daily lives, we face challenges and disappointments that may cause anxiety and stress which can damage our health, disrupt productivity, reduce our ability to trust God, and negatively affect the way we treat others. Additionally, chronic stress may cause a variety of symptoms in an individual's mind and body. Stress is often manifest in illnesses that disrupt the central nervous system, respiratory system, cardiovascular system, digestive system, muscular system, immune system, and the reproductive system.

However, we can know that God is in control despite what is transpiring in our lives. In the Book of Psalm, David was not afraid of bad news. He said his heart is firm, trusting in the Lord (Psalm 112:1-7). Blessings of peace, joy prosperity and health will accompany us as we trust, highly esteem, and believe in God. The Word declares, "therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?" (Matthew 6:25). God never promised us a life without struggles, disappointments, suffering, and pain, but He says He will see that it has a glorious conclusion. All things are working for good for those who love the Lord. In the book of Daniel, we saw Daniel was thrown in the Lion's Den. God could have prevented him from being delivered to the

lions, but He did not. God chose to allow Daniel to experience His presence while in danger and turmoil. Undoubtedly, this experience may have had an indelible impact on Daniel's mind. We can remember that whatever the circumstance it's all working out for our good, and we will surely come out victorious. Jesus tells us not to worry; He said, "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9). His word also mentioned, "blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has

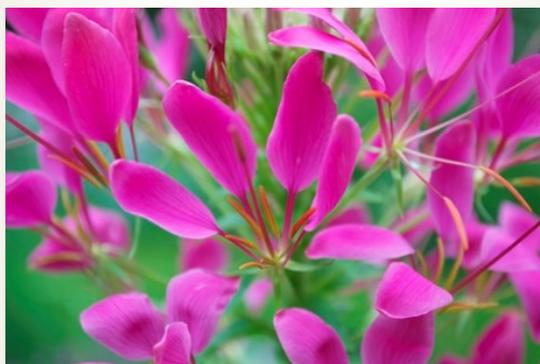
*promised to those who love him." (James 1: 12). We can find rest in Jesus despite what is happening in our lives. His word explained, "The Lord will fight for you, and you have only to be silent." (Exodus 14:14).*

No matter what we are going through God is right there with us. God will guard our mind with His peace. He will never leave or forsake us. (Hebrews 13:5). He upholds us in our struggles. He says the battle belongs to Him. We can trust Him because He has won every battle. Let's remember to put our trust solely in God and to constantly rely on Him. "For it's impossible to please Him without believing in Him". (Hebrews 11.6).

### SOME PRACTICAL TIPS ON STRESS MANAGEMENT

- Identify the cause of the stress.
- Maintain a positive, realistic attitude: accept that although you can't control certain things, you're in charge of how you think and respond.
- Meditation and prayer: pray and talk to God about the situation, like you are talking to a friend. Increase time in prayer.
- Learn and practice relaxation techniques such as breathing exercises.
- Exercise regularly to release mood-lifting endorphins in the body.
- Avoid sugary foods, and eat more fruits, vegetables, whole grains, and lean protein, and remember that unhealthy "comfort foods" tend to only add to your problems.
- Avoid wasting time on situations that are unimportant.
- Say no, when you can, to things that would lead to stress in your life. Use Godly wisdom.
- Make time for social activities, hobbies, and interests. Spend time with people you love.
- Get enough sleep and rest to allow your body necessary time to rejuvenate your mind and organs.
- Don't rely on alcohol, drugs, or food to help against stress. Try to avoid caffeine as well.
- Speak to another Christian who you can trust and rely on his/her advice. Avoid discussing your situation with non-Christians.

When we allow our Shepard to guide we will have peace. He said "So, be still, and know that He is God."



# GOD IS...

# *My Comfort*

By Deborah Peniston

*Jesus wept* (John 11:35). This scripture always baffled me. I always wondered why Jesus wept knowing that He could and would raise his friend Lazarus from the dead. Although many commentaries suggest more than one reason why Jesus groaned in the spirit and was troubled (John 11:33b), those who have experienced the death of a loved one are comforted with His tears. The Bible tells us He was tempted on all points like us (Hebrews 4:15), so it would stand to reason that not only did this give proof of His humanity but shows us He understands grief. God even tells us in 1 Corinthians 15:26 that the last enemy that will be destroyed is death, but He also tells us not to grieve as though we have no hope. He is God of the living and the dead, ruler of heaven and earth, and He's speaking loudly in these last days. Even in light of the recent passing of my husband, God has shown me how to shift my focus from the cares of this world to His ultimate plan for His people and I have found so much comfort in this plan.

I remember clearly. The call came late in the night, actually morning... 1:08AM to be exact. I did not hear the phone ring, but my children did and they saw the number flash across the television screen. I had just fallen asleep, when my door opened abruptly. I looked into the eyes of my children as my son held the phone in his hand and told me it was the hospital. For a few seconds we were frozen... disbelief for me, but fear filled their eyes. In that instant, God took control.

As I look back over that night and the days that followed, I am reminded of the poem, *Footprints in the Sand*. If you were able to see the path of footprints over the days, weeks, and months that followed, without a doubt they were His and not mine. For those of you who have experienced the passing of a loved one, you may feel like God has forsaken you. Rest assured, He has not and will not. However, He has a plan that exceeds far beyond the realm of this world. It's His plan of salvation that gives us eternal life.

*For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life* (John 3:16NKJ). Life in this scripture is the same translation as life in John 10:10 NKJ which states, *the thief does not come except to steal, and to kill, and to destroy.*

*I have come that they may have life and that they have it more abundantly.* Too often we look only at the first part of this scripture which brings sadness and grief to people whose loved ones have passed away. We're left questioning God and our faith. No one could have told me my husband would not be healed. So when he passed, I was confused and began searching and seeking God for answers. He told me I had to change my thinking, that it was no longer business as usual. He gave me the term, *paradigm shift*. I didn't know what it meant, but I looked it up. The Cambridge Dictionary defines it as a time when the usual and acceptable way of doing or thinking about something changes completely. I was then reminded of Isaiah 55:8-9 NKJ, God says His thoughts and ways are not like ours. He says His thoughts and ways are higher than ours. Well, to understand I had to see the mind of God ... to see what His thoughts are for His people. He took me back to John 10:10b *I have come that they may have life and that they have it more abundantly.* This time I read the entire chapter in the Amplified and stopped at verses 27-30.

*The sheep that are My own hear and are listening to My voice; and I know them, and they follow me. And I give them eternal life, and they shall never lose it or perish throughout the ages. [To all eternity they shall never by any means be destroyed.] And no one is able to snatch them out of My hand. My father, Who has given them to Me, is greater and mightier than all [else]; and no one is able to snatch [them] out of the Father's hand. I and the Father are One.*

So, (even though) the thief may come to steal, and to kill, and to destroy, **we can still have life...** a good life here, but an even better life in eternity with the Lord. While we may miss our loved ones, those who died in Christ are enjoying that better life. We tend to focus too much on this world, as if it's our final destination and those who have passed on are missing something greater than being present with the Lord. When we do that, we lose sight of God's ultimate plan. He tells us to lay hold on eternal life. 1 Timothy 6:12. He doesn't tell us to lay hold to this world. The good things we experience here are just glimpses of what will be when Jesus returns.

I Corinthians 15:20-26

*But now Christ is risen from the dead, and has become the first fruits of those who have fallen asleep. For since by man came death, by Man also came the resurrection of the dead. For as in Adam all die, even so in Christ all shall be made alive. But each one in his own order: Christ the first fruits, afterward those who are Christ's at His coming. Then comes the end when He delivers the kingdom to God the Father, when He puts an end to all rule and all authority and power. For He must reign till He has put all enemies under His feet. The last enemy that will be destroyed is death.*

God's ultimate plan is to restore what was lost in the garden. He wants to live among us. He wants us to live forever. After Adam sinned, mankind was banned from the garden. We could not eat from the tree of life in sin. Then Jesus came that we might have life and have it more abundantly... whoever believes in Him will have eternal life.

*Therefore we do not become discouraged (utterly spiritless, exhausted, and wearied out through fear). Though our outer man is [progressively] decaying and wasting away, yet our inner self is being [progressively] renewed day after day. For our light, momentary affliction (this slight distress of the passing hour) is ever more and more abundantly preparing and producing and achieving for us an everlasting weight of glory (beyond all measure, excessively surpassing all comparisons and all calculations, a vast and transcendent glory and blessedness never to cease!) Since we consider and look not to the things that are seen but to the things that are unseen; for the things that are visible are temporal (brief and fleeting), but the things that are invisible are **deathless and everlasting** (2 Corinthians 4:16-18 Amplified).*

Revelation 21:1-4

*Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also there was no more sea. Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from heaven saying, "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God.*

*And God will wipe every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."*

Revelation 22:1-3, 12-14

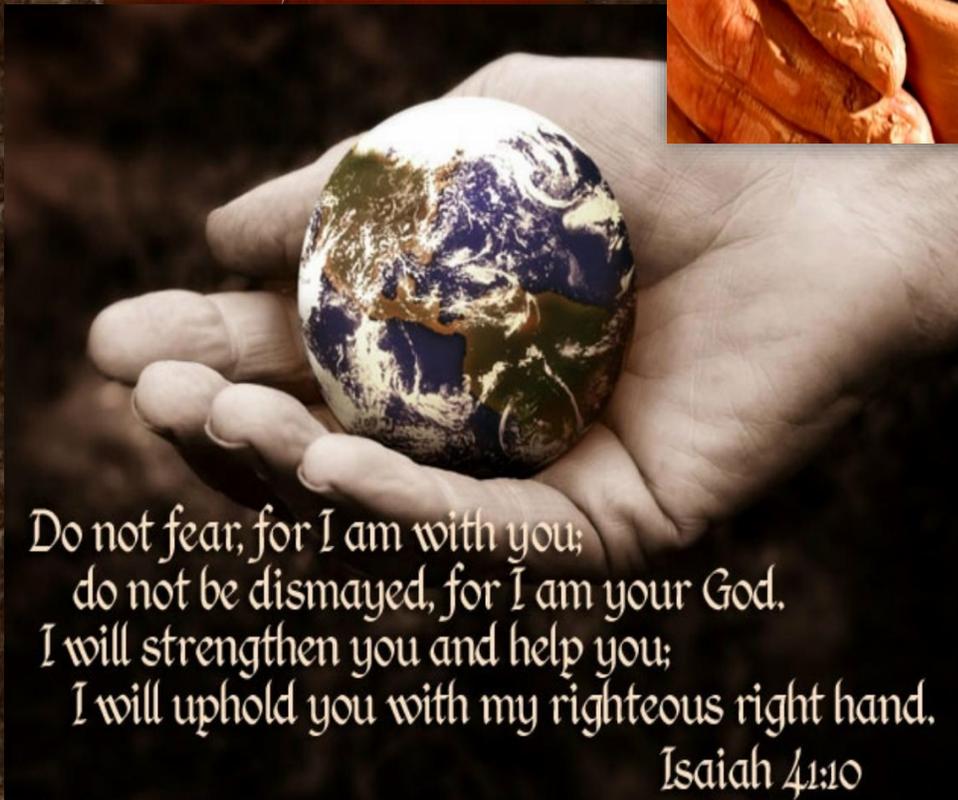
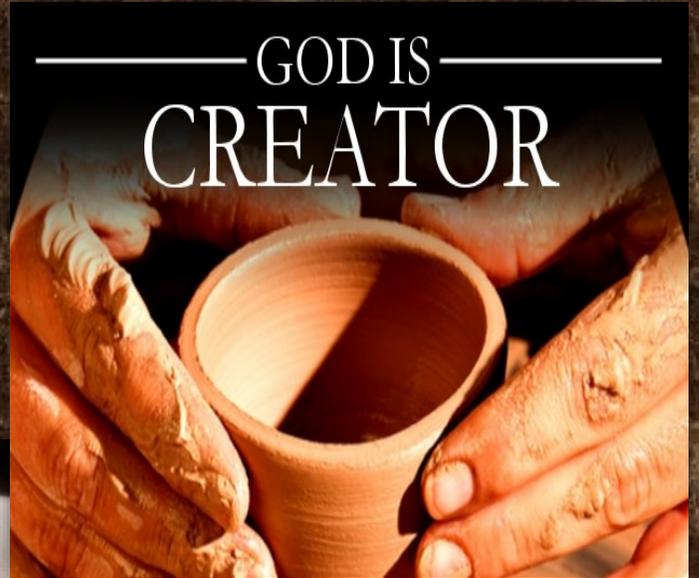
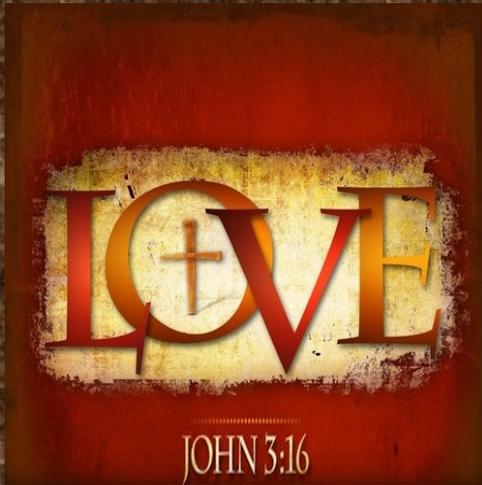
*And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each tree yielding its fruit every month. The leaves of the tree were for the healing of the nations. And there shall be no more curse, but the throne of*

*God and of the Lamb shall be in it, and His servants shall serve Him.*

*"And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work. I am the Alpha and the Omega, the Beginning and the End, the First and the Last. Blessed are those who do His commandments that they may have the right to the tree of life, and may enter through the gates into the city."*

*This is His ultimate plan and this was my paradigm shift. It wasn't that I didn't know this, but I wasn't laying hold to it. We are fighting that good fight of faith to have health and prosperity, but too often that fight becomes our goal. Those who have passed on are resting in Him and waiting for us to finish the work so that Jesus can return. We may miss them and yes, we cry as Jesus wept... because that's the human side of us. However, when I think about eternity, my spirit is renewed, and an excitement comes over me. I am comforted because a joy fills my heart and replaces my sadness with gladness. My husband would want me to have a good life, as do your loved ones who have crossed over. More importantly, God wants us to have a good life, and He says so in Matthew 6:33. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. We are seeking the things... we have our own plans and agendas. However, God's ultimate plan far outweighs any personal plans we may have. So no matter where you are in your walk, lay hold to eternal life and watch a shift take place in you. Will you still have to fight for your peace and joy? Of course. The enemy is still free (for now) and he comes to steal, kill, and destroy. But one day... he will be no more. Jesus will return and we will be reunited with our loved ones. Now that's all the comfort I need.*





Do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.  
Isaiah 41:10



# 2016 Winner

## ***Harmony Ministries'*** **Scholarship** **Essay Contest** **Isiah Sams**



Harmony is more than just a church to me. It is a community of believers and people who have committed themselves to the service of our Lord. I've been a member of the Harmony Ministries USA congregation for as long as I can remember, and have had a number of experiences that have shaped my identity and life as a Christian. One of these experiences was the mission trip to Haiti, which was truly life-changing.

When we arrived to the newly-built church in Haiti, I was blown away. I remember having the impression that their faith was absolute; The Haitian churchgoers seemed to have a relationship with God that was powerfully personal, and much deeper than I believed was possible. Each word they sang hung boldly in the air like a branch on a leafless tree. I was astounded. They had no air conditioning, no reliable internet, and many only had access to water of questionable cleanliness, yet the congregation of that Haitian church had a connection to God that was so strong that I still remember exactly how I felt when I found myself in its midst. There, in that church, in Haiti, was the presence of God.

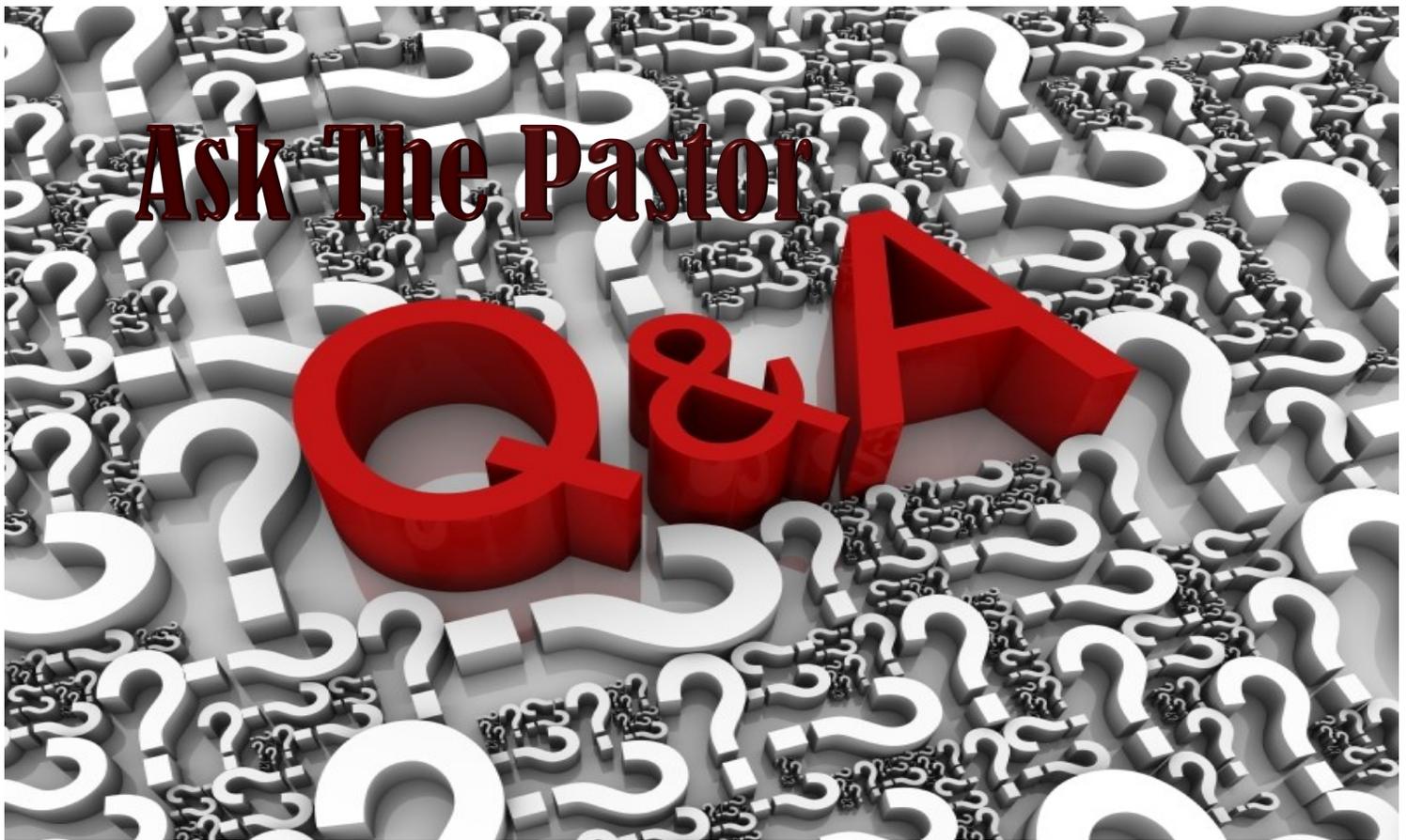
The honest joyfulness of the worship of the Haitians was enough to inspire me to reinvigorate my own relationship with God. I made it my mission to become more acquainted with the Bible, and take part in more activities at Harmony. Through Harmony Ministries' Purity program, I have learned a great deal about the meaning of sexual immorality, and its

effects on the body as well as the soul.

Being a member of Harmony Ministries has given me a drive for uncovering Biblical truth, which led me to join my high school's Bible Club. Though the Bible Club has never been the school's most popular after-school activity, I was sure to attend every meeting I could, occasionally bringing friends with me. From Bible Club, I learned the contemporary implications of living a positive, Christ-centered life.

Harmony Ministries is a church that values relationship over ritual, and love over condemnation. As the Bible states time and time again, it is only through love that evil can be washed away. The love of Christ is the same love that we, as Christians, should show to the lost people of the world. Harmony Ministries welcomes all people into the congregations, just as Christ welcomed all people to come into his fellowship while he lived on Earth, and to spread his ministry until his return. It is this Agape love, this unconditional love, that all people should strive to have for others, and that all people need before they can live meaningful Christian lives.

It is my hope that while I'm in college, and after I graduate, I will be able to apply what I've learned at Harmony Ministries to my life as a responsible Christian adult. My values and convictions, molded and strengthened by the Bible, will be the guiding principles behind my attitude and behavior for the rest of my life.



### **Question:**

People often say, “God won’t give you more than you can bear.” What is the best way to respond to them?

### **Answer:**

I will give scripture rather than my opinion. First of all, God won’t give you anything but GOOD. James 1:17, “Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.” Secondly, the devil is your problem, not God. I Peter 5:8, “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.” And finally, I Corinthians 10:13, “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.” You CAN overcome every temptation the devil brings against you, the question is, WILL you overcome it?

**Question:**

Why should every born again believer receive the fullness of the Holy Spirit with the evidence of speaking in other tongues?

Why should we pray in tongues as a way of life?

How much time should we set aside daily praying in the Holy Spirit?

**Answer:**

Again let me share the word of God with you because the Bible is our example, not our opinion. Acts 1:8, "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." Also consider Acts 2:4, "And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance." I recommend that you read Acts 19:1-6.

The benefit of praying in tongues is that we edify or build up ourselves. First Corinthians 14:4 reads "He who speaks in a tongue edifies himself, but he who prophesies edifies the church." First Corinthians 14:14-15, "For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding."

How much time you should spend in prayer daily is your call. Your RELATIONSHIP with Jesus will determine your FELLOWSHIP with Him.

# God Is My Wisdom

***“I will instruct you (says the Lord) and guide you along the best pathway for your life; I will advise you and watch your progress.” (Psalm 32:8 NLT)***

***By Brenda Benjamin***

The Lord accomplishes this wonderful promise in the life of a believer through the guidance and direction of the Holy Spirit.

John 16:13-14 (AMPC) says, *“But when He the Spirit of Truth (the truth-giving Spirit) comes, He will guide you into all truth (the whole full Truth). For He will not speak His own message (on His own authority); but He will tell whatever He hears (from the Father; He will give the message that has been given to Him), and He will announce and declare to you the things that are to come (that will happen in the future). He will honor and glorify Me [Jesus] because He will take of (receive, draw upon) what is Mine and will reveal (declare, disclose, transmit) it to you.”*

What a powerful promise that Jesus has given us! When we receive Jesus Christ as our Lord and Savior, we receive the power of The Living God on the inside of us to take us from where we are to where God has planned for us before the foundation of the world.

According to John 14:16-17 (AMPC), *“The Father has given us a Comforter, Counselor, Helper, Intercessor, Advocate, and Strengtheners, who will remain with us always, the spirit of Truth, whom the world cannot receive (welcome, take to its heart) because it does not see Him or know and recognize Him, for He lives with us constantly and will be in us.”*

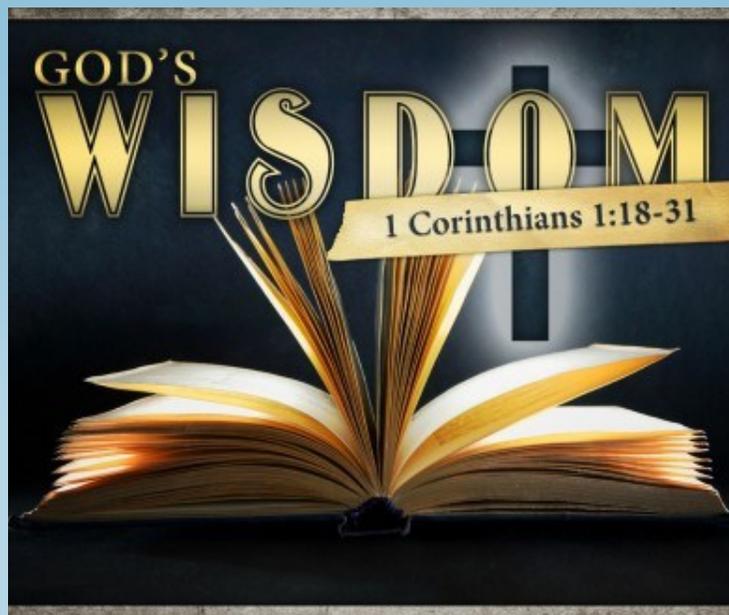
This is so exciting to know! We don't have to walk through this life in darkness because we have the light, the truth, the knowledge, the wisdom and the power of God living on the inside of us through the indwelling of the Holy Spirit. We are inside out people. Everything we need and desire is on the inside of us. Every answer, revelation, success, and the fruit of the spirit are part of our new birth in Christ Jesus. We must

seek the guidance of the Holy Spirit daily, through the Word of God, fellowship with the Spirit of God by praying in other tongues, praying in our natural language, being silent, and listening to the still small voice of the Holy Spirit.

The Word of God must be in first place and the final authority in the life of every believer who is willing to follow the plan of God and live a victorious life in Christ Jesus. We live in a time of great conflict, terror, threat, upheaval and confusion. This world is not getting better but more turbulent and dangerous. We must have divine guidance for our secured safety and that of our families, friends, health, property, businesses, investments and finances. Psalm 119:105-106 (AMPC) reads, *“Your word is a lamp to my feet and a light to my path. I have sworn (an oath) and have confirmed it, that I will keep your righteous ordinances (hearing, receiving, loving and obeying them.”* Joshua 1:8 (AMPC) states, *“This book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success.”* This is God's instruction to us about the importance of keeping His Word in first place so as to complete his plan for our lives.

The second way to seek the guidance of the Holy Spirit is praying in the spirit. It is essential today, because 1 Corinthians 14:2 (AMPC) says, *“For one who speaks not to men but to God, for no one understands or catches His meaning, because in the (Holy) Spirit He utters secret truths and hidden things (not obvious to the understanding).”*

1 Corinthians 2:12-13 (AMPC) states, *“Now we have not received the Spirit (that belongs to) the world, but the (Holy) Spirit who is from God, (given to us) that*



*we might realize and comprehend and appreciate the gifts (of divine favor and blessing so freely and lavishly) bestowed on us by God.” And we are setting these truths forth in words not taught by human wisdom but taught by the Holy Spirit combining and interpreting spiritual truths with spiritual language to those who possess the Holy Spirit.” Hallelujah!*

The third way to seek the guidance of the Holy Spirit is the Peace of the Inner Witness. Colossians 3: 15 (AMPC) states, *“And let the peace (soul) harmony which comes from Christ rule (act as umpire continually) in your hearts deciding and settling with finality all questions that arise in your minds, in that peaceful state to which as (members of Christ’s) one body you were also called to live and be thankful (appreciative) by giving praise to God always.”*

As a new believer in Christ Jesus, I remember Pastor Alston instructing us on the importance of getting in the Word of God daily, praying in the spirit for at least a half hour every day. He encouraged us to ask for wisdom, interpretation, discernment, revelation, knowledge and comprehension, so that we could hear the still small voice of the Holy Spirit clearly and develop strong trust in Him, as stated in Colossians 1:9-10 (NLT), *“So, ever since we first heard about you we kept on praying and asking God to help you understand what He wants you to do; asking Him to make you wise about spiritual things; and asking that the way you live will always please the Lord and honor Him, so that you will always be doing good, kind things for others, while all the time you are learning to know God better*

*and better.”*

Knowing God’s Word determines our confession of faith, because life and death are in the power of the tongue according to Proverb 18:21. We rise or fall to the level of our confession, because Jesus is the High Priest of our confession, when we are speaking the Word of God. Hebrews 3:1 (NKJV) states *“Therefore, holy brethren partakers of the heavenly calling, consider the Apostle and High Priest of our confession Christ Jesus.”*

We are to think the Word, Speak the Word and then Act on the Word. I can’t encourage you enough to be a person who develops a love for the Kingdom of God and the ways of God by spending time in fellowship with Him daily because that is where the victory is in every part of life.

Lastly, I want to close with these words written in Roman 12:1-2 (Message Trans.) *“So here is what I want you to do, God helping you: Take your everyday, ordinary life- your sleeping, eating, going to work, and walking around life- and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him. Don’t become so well adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God wants the best out of you and wants to develop well-formed maturity in you.”*

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**\*\*\* PRAYER OF SALVATION \*\*\***

**DO YOU KNOW...?**

GOD LOVES YOU

JESUS DIED FOR YOUR SINS

YOU CAN RECEIVE JESUS NOW AND KNOW GOD'S LOVE

The basis of the Prayer of Salvation comes from Romans 10:9-10, "If you confess with your mouth the Lord Jesus, and shall believe in your heart that God has raised Him from the dead, you shall be saved."

However, I would like to direct you to Ephesians 2:8-9, "For by Grace are you saved through faith; and that not of yourselves: it is the gift of God; Not of works, lest any man should boast."

Grace is mentioned over 100 times in the Bible. Grace is God's unmerited favor and because of God's grace, we receive eternal life and a promise of heaven. Grace is necessary for salvation as we cannot do enough good works or make enough right choices to earn our salvation. The Bible teaches that we are justified by the grace of God (Romans 3:24; Titus 3:7). Justified means declared not guilty. When we accept Jesus as our Lord and Savior, all charges against us are dropped and we are free from sin. When God forgives our sins, the record is wiped clean. It is as if we had never sinned.

A preacher once explained grace with this acronym:

**God's - Riches - At - Christ's - Expense**

**PRAY THIS PRAYER OUT LOUD:**

Heavenly Father, In Jesus' name I repent of my sins and open my heart to let Jesus come inside of me. Jesus, You are my Lord and Savior. I believe you died for my sins and you were raised from the dead. Fill me with your Holy Spirit. Thank you Father, for saving me in Jesus' name. Amen.

If you've prayed this prayer of salvation with true conviction, you are now a follower of Jesus.

Welcome to the family of God! We encourage you now to find a local church where you can be baptized and grow in the knowledge of God through His Word, the Bible.

By: Jacqueline Cuavers



# FUN PAGES

24

## THE ARMOR OF GOD

Find the way to the Armor of God

START



END



## BIBLE QUIZ

Find the **COLORS** in the Scriptures

1. Exodus 10:19
2. Luke 9:29
3. Psalm 37:2
4. Job 28:7
5. Numbers 4:6
6. Daniel 5:7
7. Acts 7:36
8. Revelation 6:5
9. Leviticus 13:32
10. Genesis 1:30


### THEY DID IT FIRST

1. What king had the first birthday party in the Bible?
2. Where was the first beauty contest in the Bible, and who won?
3. Who was the first Christian martyr?
4. What is the first dream mentioned in the Bible?
5. What is the first war mentioned in the Bible?
6. Who was the first drunk?
7. Where was the first piggy bank?
8. Who was the first person to fall asleep during a sermon?
9. What is the first commandment in the Bible?
10. What is the first purchase of land in the Bible?
11. What was the first instance of book burning?
12. What was the first military coup in Israel?
13. Who used the first pseudonym?
14. Who built the first city?
15. Who was the first hunter?
16. Who was the first murderer?
17. What is the first book of the Bible named after a woman?
18. Who is the first prophet mentioned in the Bible?
19. Where did Jesus work his first miracle?
20. What was the first of the ten plagues of Egypt?

### THEY DID IT FIRST

1. \_\_\_\_\_
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# FUN PAGES

25

## BIBLE WORD SEARCH

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

FAITH

GOLIATH

GRACE

MOSES

SERPENT

DEUTERONOMY

GALILEE

GOOD FRIDAY

PAUL

LAST SUPPER

GALATIANS

ETERNAL LIFE

CHURCH

BETHLEHEM

REDEEM

SANCTIFY

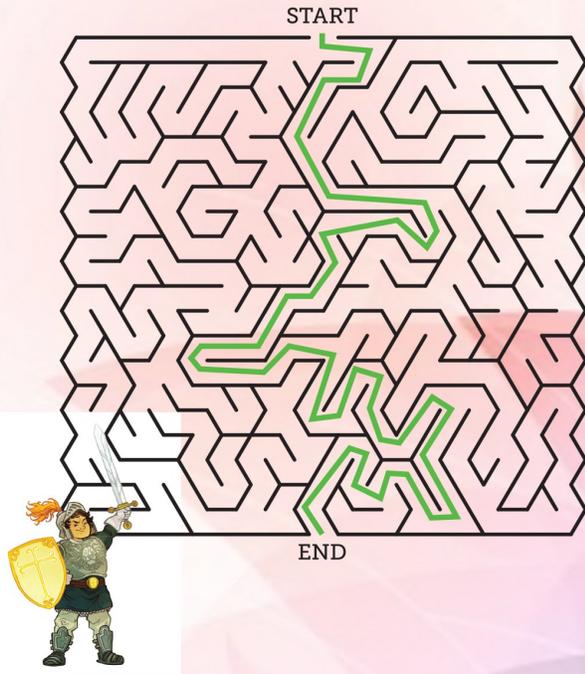
PSALMS

PARABLE

# FUN PAGES ANSWERS

## THE ARMOR OF GOD

Find the way to the Armor of God



- They Did It First (Answers)**
1. Pharaoh, at the time Joseph was in Egypt (Genesis 40:20)
  2. The one at the court of Persian ruler Ahasuerus; the winner was Esther (Esther 2).
  3. Stephen (Acts 6:7-8:2)
  4. The dream of Abimelech, in which he was told to return Sarah to Abraham (Genesis 20:3-8)
  5. The war of the kings of the north, led by Chedorlaomer, king of Elam (Genesis 14)
  6. Noah, who planted a vineyard after leaving the ark (Genesis 9:21)
  7. In the temple at Jerusalem; it was a chest, ordered by King Joash, who had a hole bored in the lid to keep priests from stealing funds (2 Kings 12).
  8. Eutychus, who dozed off and fell out of a window during Paul's sermon (Acts 20:9)
  9. "Be fruitful and multiply" (Genesis 1:28).
  10. Abraham bought the Cave of Machpelah as a tomb for Sarah (Genesis 23:3-20).
  11. Jeremiah's scroll, sent to King Jehoiakim, was burnt piece by piece as it was being read to the king (Jeremiah 36:21-23).
  12. Absalom led an attempt to overthrow his father, David (2 Samuel 15-18).
  13. Esther, whose real name was Hadassah (Esther 2:7)
  14. Cain (Genesis 4:17)
  15. Nimrod (Genesis 10:9)
  16. Cain (Genesis 4:8)
  17. Ruth
  18. Abraham (Genesis 20:7)
  19. Cana (John 2:1-11)
  20. The river turns to blood (Exodus 7:14-24).

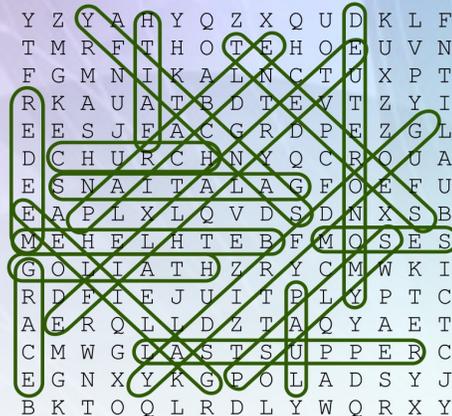
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6. Daniel 5:7
7. Acts 7:36
8. Revelation 6:5
9. Leviticus 13:32
10. Genesis 1:30

RED
WHITE
GREEN
BROWN
BLUE
PURPLE
RED
BLACK
YELLOW
GREEN

## BIBLE WORD SEARCH



- |             |              |           |
|-------------|--------------|-----------|
| FAITH       | GALILEE      | CHURCH    |
| GOLIATH     | GOOD FRIDAY  | BETHLEHEM |
| GRACE       | PAUL         | REDEEM    |
| MOSES       | LAST SUPPER  | SANCTIFY  |
| SERPENT     | GALATIANS    | PSALMS    |
| DEUTERONOMY | ETERNAL LIFE | PARABLE   |

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*“The Word Made Alive”*

MAGAZINE

Harmony Ministries USA, Inc.  
401 Chestnut Street  
Lakehurst, NJ 08733

*Selected letters may be edited  
for length and clarity.  
Harmony Ministries USA, Inc.*

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**TO:**

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***Weekly Service***

**Monday through Friday Early Morning Prayer & Devotion 6-7am**

**Saturday Morning Prayer & Devotion 8-9am**

**Wednesday Bible Class 10am**

**Thursday Evening Bible Class 7pm**

**Sunday Service 9am**

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***Youth Ministry Department***

**Youth Group 1st and 3rd Wednesday each month.**

**Purity Program meets 1st Saturday of each month at 1:30pm**

**Special Programs To Be Announced!**