

COLM



COMMUNITY OF LOVE MINISTRIES

WHERE LOVE LIVES... LOVE FOR GOD... LOVE FOR PEOPLE

FEBRUARY 2024

THE WORD
WAS MADE
FLESH

GUARD
YOUR
HEART!

IT'S GREEK
TO ME
(HIDDEN)
(FLESH)

HOW HEALTHY ARE
YOUR CELLS





THIS IS HOW I SEE IT...

Vashti

We have all been blessed to have
our own opinion, perspective,
or point-of-view.....

It's not necessary that we all agree.
It is my hope that you see
the truth within my words for
this is how I see it....

bycherylvashti

THE MANIFESTATION OF God's Plan

'THE WORD WAS MADE FLESH AND WALKED AMONG US.'

The condition of our heart profoundly shapes our thoughts and influences our actions. By internalizing God's teachings, we arm ourselves against temptation and guide our steps towards a path of righteousness and spiritual fulfillment.

God's Word, when hidden within our hearts, becomes our delight and infuses itself into our very being as we find quiet moments to meditate on it. It is the hidden force that resonates within us in the moments before our final decisions or choices are made. In other words, the hidden word is our guide.

His Word is living, active, and operative. It provides us with the necessary spiritual energy and is sharper than any two-edged sword. It penetrates to the deepest parts of our being, interprets our thoughts, and reveals the true motives of our hearts.

The words are God's voice, and when we allow them to be the meditation of our hearts, they become the voice from which we speak. They are the only words acceptable in God's sight, for words spoken apart from God's voice are worthless.

We are often remembered and identified by the fruit we bear, which includes the fruit of our lips. The words that come from our mouths reveal and reflect our heart's motives and influence our actions.

Hiding God's Word within our hearts helps us discern the negative places and people we have become familiar with and accustomed to, and urges us to come away and separate. However, this separation should not hinder us from being the light of the world. Therefore, we can make our decision to separate by asking ourselves this question: 'Am I influencing the world in which I live, or is that world influencing me?' Your choice of separation can be guided by your answer.

If we allow God's Word to enter our hearts and be hidden within it, we will experience our heart of stone (human nature) being exchanged for a heart of flesh (divine nature).

The sprinkling of His Word within our heart slowly penetrates it, cleansing us, and guiding us away from the places we have been spiritually, emotionally, and physically scattered. His Word is the living water that purifies and unveils His ultimate plans and vision for our lives. The acceptance and belief in His Word as our Truth reestablishes our spiritual connection with Him.

Let us take a moment to understand the crucial role of truth. Truth is like a pillar holding up a structure. Pillars work in conjunction with the foundation. God's Word is the truth, and that truth is the pillar that upholds the structure of our lives according to His Word. So, the hidden Word within our hearts is the reconnection of our spirits with God's spirit. This connection allows His Word to become flesh within us and reveal itself through us.

The hidden Word transforms us and liberates us from conforming to this world. We become a reflection of all that He is ...we mirror God's essence just as Jesus did; Once again, His Word becomes flesh, this time in us and through us, walking among the earth. This is the incredible opportunity we have in Him when we hide His Word in our hearts.

This Is How I See It!

SCRIPTURE REFERENCES:


Psalm 119:11; Joshua 1:8; Psalm 1:2
Hebrews 4:12; Luke 6:43-44;
2 Corinthians 6:17; Ezekiel 36:26

It's All Greek to Me! (“Hidden”)

“Your word I have hidden in my heart,
that I might not sin against You”
(Psalm 119:11)

The Hebrew word used here for “hidden” is (*tsaphan*). In the context of this scripture, “*tsaphan*” carries a deeper, more symbolic meaning than just physically hiding something. It's not just about memorizing words but about embracing and living by the principles and wisdom of those words. It implies a deliberate action of safeguarding, treasuring, or storing something valuable. When the psalmist says, “Your word I have hidden in my heart,” it suggests a conscious effort to internalize, remember, and cherish the teachings and commandments of God.

This act of hiding God's word in the heart is metaphorical. It means to keep it deeply within oneself, to meditate on it, and to let it guide one's thoughts and actions. The purpose of this internalization, as the verse states, is to help the psalmist avoid sinning against God. It reflects a belief in the power of God's word to influence and guide moral and ethical behavior.

In this way, the word “hidden” in this context is about preservation, reflection, and application of spiritual wisdom, rather than simply concealing something from sight. 



It's All Greek to Me!

("Flesh")

"And the Word was made flesh, and dwelt among us,..." (John 1:14)

In Greek, the word often translated as "flesh" in the New Testament is (*sarx*). In a general sense, flesh refers to the physical or earthly aspect of a living being, particularly their body or *flesh*. It can denote mere physicality or corporeality, and in some contexts, it can also imply the weakness, mortality, or fallibility associated with the human body and nature.

When it comes to the scriptural phrase, "*And the Word was made flesh, and dwelt among us,*" the meaning deepens and expands. In this context, the phrase describes the incarnation of Jesus Christ. "The Word" (*Logos* in Greek) refers to Jesus, considered the divine, pre-existent Word of God. The phrase "*was made flesh*" signifies that the *Logos*, or *Divine Word*, took on human form. This is a foundational concept in Christian theology, representing the belief that Jesus was both fully divine and fully human.

Thus, in this scriptural context, "*flesh*" ***symbolizes the embodiment of the divine in the human form.*** It signifies the joining of the divine nature of God with humanity in the person of Jesus Christ. This concept is central to many Christian beliefs, emphasizing the idea that God became man to enable a closer relationship with humanity and to provide salvation.



Father God, You see and understand the intentions of my heart; indeed, You know me completely. I relinquish all within my old heart that contradicts Your Word and joyously accept the new heart You have given me. I recognize that man does not live on bread alone; therefore, I choose to live by every word that emanates from Your mouth.

I commit to internalizing Your Word in my heart, allowing it to shape my thoughts, influence my words, and steer my actions towards others.

As I serve You, under the guidance of Your profound word, my aspiration is to be a reflection of all that You embody.

I acknowledge and accept Your extraordinary gift of Grace, for it is Your Grace that sustains and supports me. I understand that in Your Grace lies my complete fulfillment.

Thank you, Father, for Your infinite love, for shaping me in Your image and likeness, and for crafting me for Your divine purpose.

Thank You for blessing and keeping me; for making Your face shine upon me with love and grace; for looking upon me with favor, forgiving me, and granting me the privilege of sharing Your peace.

In Jesus name...AMEN (It is so...)





“Guard your heart with all diligence, for from it spring the issues of life.” (Proverbs 4:23)

The human heart is arguably the most important organ of the body. It supplies oxygenated blood to every part of the body. If the heart is faulty or contaminated, then the entire body suffers. Similarly, our spiritual heart, often referred to as “the hidden man of the heart,” is vitally important to our spiritual life.

We serve a “heart God” who speaks to us and communicates through our hearts. Solomon, the writer of Proverbs, admonishes us to guard, keep, watch over, and protect our heart above all things because all the circumstances and issues of our life spring from the condition of our heart.

The heart is the place where our spirit, mind, will, and emotions converge. Our thoughts, speech, and actions emanate from the condition of our heart. The truth is that everything we think, say, and do first comes through the filter of our heart. It is critically important to protect our heart from contamination and pollution, as anything we allow into our hearts becomes part of our decision-making process and character.

Using an agricultural analogy, the heart is like soil. This soil can grow seeds or weeds, depending on what we allow to take root in our heart.

- Guard your heart from negative external influences. Some believe they can listen to, see, or participate in anything without being influenced or infected. However, the books you read, the music you listen to, and the things you view on television and online will definitely affect your heart's condition. The ‘eye-gate’ and the ‘ear-gate’ are the paths into the heart. We must be discriminating in what we see or hear because they pass through the filter of our heart, shaping our knowledge, opinions, assumptions, and worldview. We must guard our heart against negative influences.

- Guard your heart from negative people. Many of our beliefs come from the people we allow into our lives. With many voices in the world trying to sway us, we must

be vigilant to ensure that we do not allow negative, destructive discussions and vain philosophies to contaminate or pollute our beliefs. The Bible says, "Bad company corrupts good manners!" Be selective about the company you keep and allow into your circle of friends. When we hear negative speech, we must immediately reject the fringe opinions of people. Even when people mean well, we must be discerning about entertaining their thoughts, opinions, and assumptions. Don't let negative people contaminate your heart!

- Guard your heart from negative thoughts. Don't take ownership of every thought that crosses your mind. When negative thoughts arise, reject them immediately! Compare them to the word of God you know. If they are in contrast or conflict with the word of God, eject those thoughts immediately. Thoughts will come, but you do not have to ponder, consider, or entertain them. Remember the saying, "Birds may fly over your head, but don't let them build a nest in your hair." Do not receive or accept any negative thoughts. Guard your heart against all negative thoughts!

To hear God's voice clearly in our hearts, we must ensure that our hearts are pure. Constantly evaluate and check the condition of your heart. Guard against all negative intruders and be transformed by a mind renewed through the Word of God. Tend the "garden of your heart," plucking out all weeds or negative influences and planting only good seeds. Ensure that your heart is good soil and... Guard your heart!



CORRECTION

TO LAST MONTH'S RECIPE



The recipe says *to add 4 ounces of honey*. In my opinion this amount made the tea too sweet. I reduced my honey to 1 tablespoon and it was just right.



G.O.D.
(GREENS ON DECK)
Healthy Habits



'Let food be thy medicine and medicine be thy food.'
Hippocrates —

FENNEL TEA

INGREDIENTS

**1 ounce or 2 tablespoon of Fennel Seed
(crushed or powdered)**

1¼ pints or 2.5 cups of Distilled water

Boil the water, and while boiling pour over the seeds. Cover and steep in a hot place for 30 minutes.

~~Strain and add 4 ounces honey:~~

Strain and add 1 to 2 tablespoons of honey

Cool, bottle and store in a cold place.

DOSE: One 12-16 oz glass with or after each meal.

Children: One tablespoon 3 or 4 times a day. For colds (children) one 12-16 oz glass in hot water before going to bed.

Adults: Take one 6oz cup, hot, every hour, and keep body warm.



Honey's Health Hallelujah!

THE SWEET SCOOP



Ah, honey! That golden, gooey goodness that seems to be nature's own nectar. From the humble bee to your tea, honey has buzzed its way into our hearts and kitchens. But it's more than just a sweet treat; this liquid gold has a hive-full of health benefits. Let's dive into the sweet, sticky, and surprisingly healthy world of honey.

A BRIEF BUZZ THROUGH HISTORY

Believe it or not, honey has been hanging around for more than 8,000 years! Ancient cave paintings in Spain show ancient people raiding beehives. Even the Egyptians were in on the action, using honey in everything from cooking to embalming (yep, sweet mummies!). Fast forward to today, and honey's still a hit in kitchens and natural remedy cabinets worldwide.

HEALTH BENEFITS:

- 1. Natural Energy Booster:** Forget energy drinks; honey is your go-to natural energizer. Its unrefined sugars, fructose, and glucose provide a quick, healthy energy kick.
- 2. Cough Suppressant:** Grandma was right! A spoonful of honey can soothe that pesky cough. Its natural thickness coats and calms the throat.
- 3. Allergy Alleviator:** Some swear by local honey for fighting allergies. The theory? It contains local pollen that can help your body adapt to allergens.
- 4. Sleep Promoter:** Struggling with sleep? Try honey. Its natural sugars spike insulin levels, releasing serotonin, which our bodies convert to melatonin, the sleep hormone.
- 5. Wound Healer:** Honey's antibacterial properties can help heal minor wounds and burns. It's like nature's Neosporin!
- 6. Digestive Aid:** Honey's antibacterial effects can also soothe and improve digestion. It's a sweet remedy for an upset tummy.

Hippocrates —

'Let food be thy medicine and medicine be thy food.'



7. Skin Saver: Honey's moisturizing and nourishing properties make it a natural fit for skincare. It's like a spa day in a jar!

HOW TO USE HONEY IN YOUR DAILY HIVE-LIFE

- 1. Morning Kickstart:** Drizzle honey on cereal for a sweet start to your day.
- 2. Tea Time:** A spoonful of honey in your tea can soothe your throat and warm your soul.
- 3. Natural Sweetener:** Swap out the sugar in your recipes with honey for a healthier twist.
- 4. Topical Treatment:** Apply honey directly to minor cuts, burns, or as a face mask for its healing and moisturizing benefits.
- 5. Pre-Bedtime:** A spoonful of honey before bed can set you up for a more restful sleep.

A SPOONFUL OF CAUTION

While honey is amazing, it's not for everyone. Infants under one year should avoid it due to the risk of botulism, and those with allergies to bee pollen should be cautious. And remember, moderation is key.

THE BOTTOM LINE

Honey isn't just a sweetener; it's a centuries-old remedy packed with benefits. Whether you're looking for a natural energy boost, a sleep aid, or a soothing remedy for a sore throat, this golden elixir has got you covered. So next time you see a bee buzzing around, give a little thanks for the sweet health benefits it's helping to produce. Also make sure you try to only purchase raw local honey or just raw honey. The raw local honey is almost always real natural and untampered with by man other than scooping it into a jar. Here's to honey, the sweetest health hack in your pantry!

REMEMBER:

IF GOD DIDN'T MAKE IT, DON'T TAKE IT.

by michael aarongordon



VASHTI'S SWEETS

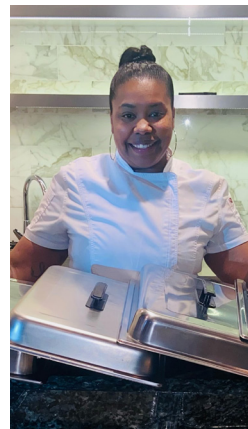
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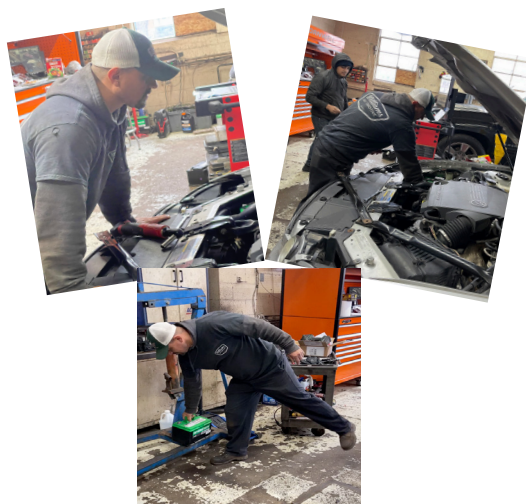
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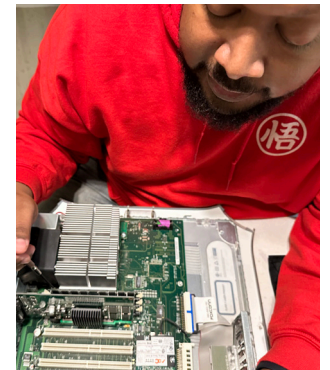
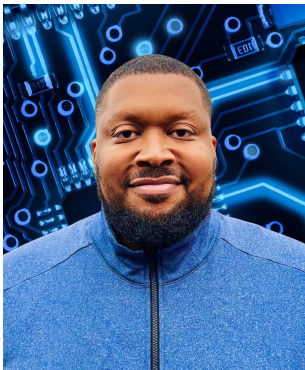


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Before and After



Before and After

♥ PRAYER REQUEST ♥

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THE POLICE AND THE PEOPLE
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PARAMEDICS / LAWYERS
PRAY FOR ONE ANOTHER

PLAN OF SALVATION

Jesus loved you enough to die for YOU so that you could have eternal life. (John 3:16) If you believe on the Lord Jesus Christ, He will come into your life now. (Acts 16:33; Luke 13:3) Just do these four things to begin your new life in Christ.

1. Realize that God loves you and has a good plan for your life. (John 3:16; Romans 10:10)
2. Realize that Man is sinful and separated from God and, therefore, cannot know or experience God's love and plan. (Romans 3:23; Romans 6:23)
3. Realize that Jesus Christ is God's only provision for man's sin. Only through Him can you know and experience God's love and plan. (Romans 5:5; 1 Corinthians 15:3-6)
4. Realize that we must individually receive Jesus Christ as Savior and Lord. Then we can know and experience God's love and plan for our lives. (John 1:12; Ephesians 2:8-9; John 3:1-8)

If you are ready, I invite you to pray this prayer and God will come into your life right now: *Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Lord and Savior. Thank You for forgiving my sins and giving me eternal life. Take control of my life and make me the kind of person You want me to be.*



To view our "Voices of Fatherless Child" project scan the QR code or go on YouTube to:
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