

Amazing Facts About Your Eyes...



The Bible says that the eyes are the windows to the soul. It is important to "see" how GOD created the eye with such detail and significance:

- 1) An average person blinks 12 times per minute
- 2) The eye has more than 2 million working parts
- 3) It is 576 mega pixel - A pixel is the single smallest point on a screen that is used to construct an image; a pixel is similar in relationship of the structure of a video image as a living cell is in the structure of a human life form.
- 4) Corneas are the only tissues that don't require blood
- 5) It can process 36,000 bits of information every hour
- 6) The human eyeball weighs approximately 28 grams
- 7) It is impossible to sneeze with eyes open
- 8) A person blinks about 10,000 blinks a day

Scriptures that pertain to your eyes:

"Open my eyes that I may behold wonderful things from Thy Word." (Psalm 119:18)

"Blessed are the eyes which see the things you see, for I say to you, that many prophets and kings wished to see the things which you see, and did not see them, and to hear the things which you hear, and did not hear them." (Luke 10:23-24)

"The lamp of your body is your eye; when you eye is clear you whole body also is full of light; but when it is bad, your body is full of darkness!" (Luke 11:34)

"What was from the beginning, what we have heard, what we have seen with our eyes, what we beheld and our hands handled - the Word of LIFE...." (I John 1:1)

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(John 8:36)

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From the November 2008 XPress article written by Derin:

When I married Barbara, my excuse for not raising my hands was, "I praise the LORD in my own way." I thought that I was exempt from hand-raising demonstrations. I didn't know that GOD expected it from every one of His children. The LORD really convicted me, and I'll admit, it's taken me awhile, but I truly want to be a full-time "Praisers". Why? Because GOD is truly worthy of my praise. And the Word says if I don't praise Him the rocks will cry out and I sure don't want a rock doing what I should be doing!

Why should You praise GOD? It could be the fact that in JESUS Christ, you are not your own; I Corinthians 6:19-20 says that you are bought with a price, **"Or do you not know that your body is a temple of the Holy Spirit Who is in you, from GOD, and that you are not your own? For you have been bought with a price; therefore glorify GOD in your body!"** Almighty GOD loved you so much that He gave His only begotten Son, JESUS, as a sacrifice Lamb, in place of you...that's another reason to praise GOD! When you become born again, GOD wipes out your sins, and **"when you confess your sins, He is faithful and just to forgive your sins and continues to cleanse you from all unrighteousness"** (I John 1:9). I believe those are pretty good reasons to praise the LORD.

◆ What does Praise do for GOD?

1) **Praise pleases GOD!** What would GOD rather hear from His creation - praise or grumbling? David wrote in Psalm 22:3 that GOD loves praise so much, that's where He lives: **"Thou art holy, O Thou Who inhabits the praises of Israel!"** Giving praise to GOD must be good!

2) **Praise shows GOD what you're made of!** GOD wants to know that you trust Him and when He knows that, blessings are on the way: GOD says, **"Because you have loved Me, therefore I will deliver you; I will set you securely on high because you have known My Name!"** (Psalm 91:14)

◆ What does Praise do for You?

1) **Praise helps you focus!** A heart of praise brings a Believer into a true focus of what's going on: **"I will bless the LORD at all times; His praise will continually be in my mouth!"** (Psalm 34:1) Sometimes the emotions of the moment override any rational and meaningful reason for the incident, and your mind really does play tricks on you. Praise keeps you on the right track and invokes peace where there may be confusion and fear.

2) **Praise brings the Blessing!** When you praise Him, there is no hindrance stopping Him from pouring His Blessings upon you: **"Delight yourself in the LORD, and He will give you the desires of your heart!"** (Psalm 37:4) But if you grumble and complain about your life and your circumstances, then He has no other alternative than to turn you over to your enemies, the very thing that you're complaining about: **"Because you did not serve Me with joy and a grateful heart for the abundance of all things that you have received, then you shall serve your enemies...."** (Deut. 28:47) So, are you going to join me in conscious praise to GOD and our LORD JESUS?

It will bless you!



The Bible In The News... Tampering With Freedom of Religion:



President John Adams said, "...a Constitution of Government once changed from Freedom can never be restored; liberty, once lost, is lost forever!" President Ronald Reagan often called the White House a "bully pulpit", meaning its power and prestige gave the president of the United States the ability to speak out on issues and influence policy. So when the current administration started substituting the phrase "freedom of religion", people started paying attention.

Pres. Barack Obama has made this substitution frequently in his speeches, as has former Secretary of State Hillary Clinton. The U.S. Commission on International Religious Freedom (USCIRF) noted the shift and complained about it in its report last year, despite the fact the USCIRF was created by and is reportable to the White House. According to the USCIRF, the new language signals "concrete policy implications" for religious freedom because "freedom of worship" is "a much narrower view of religious liberties". This is a critical point because the new phrase follows an international trend that differs radically from the religious-freedom principles in the First Amendment.

Freedom of religion will become narrower and narrower in content. Worship has a limited right only within the church body today; public preaching is frowned upon. Also, Christian employers who refuse to hire homosexuals, lesbians or transvestites will face lawsuits that could cost hundreds of thousands of dollars. You've already been informed of the battle going on with Dominoes Pizza and Hobby Lobby because they will not enforce the law of giving contraceptives to their employees, which is a mandate under the present Obama-care provisions. This is a slow-death of sacred religious freedoms that our forefathers wrote into the Constitution to save the people from socialism...it is an example of slow death, just like the slow death of the frog in the pot of water being heated to boiling.



GOD be merciful to the United States of America!



**"SOME TRUST IN CHARIOTS
AND SOME IN HORSES...
BUT WE WILL REMEMBER
THE NAME OF
THE LORD OUR GOD!"**



Heart Cries and PRAISE REPORTS



Dear Barbara, I wanted to let you know that my wife and I are now debt free! The LORD has brought a plan into our lives that not only left us with no mortgage payment, but we've also paid off all other bills. This is the first time in our 30 year marriage that I can say that, and it all was brought about by GOD's plan, not ours. He has blessed us beyond what we could've thought or asked. Thank you for your daily message that GOD's ways are so much higher than our ways!
Greg and Julie (Greeley, CO)

Dear Barbara, The list of chemical elements in your March XPress is something that we must take note of. Dr. Oz says that one of the ingredients listed in a fast food milk shake - diacetyl - when ingested, goes to the brain and is one of the causes of alzheimers. That chemical is also what is in "artificial flavorings". We must stay away from anything that is created in a lab and eat more organic foods. Could these chemicals, that so many eat each day, be causes of the epidemics of autism, and other debilitating diseases? Isaiah 41:10 Ramona (Littleton, CO)

(Editor's note: Your body is a temple of Holy Spirit so may GOD guide you to healthy foods! Thank you, Ramona!)



1) The Great Pyramids



2) Taj Mahal



3) Grand Canyon



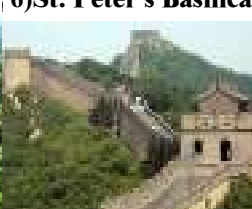
4) Panama Canal



5) Empire State Building



6) St. Peter's Basilica



7) China's Great Wall

THE SEVEN WONDERS OF THE WORLD....

A group of students were asked by their teacher to list what they thought were the present "Seven Wonders of the World." Though there were some disagreements, the photos of the world's wonders on the left, received the most votes....

While gathering the votes, the teacher noted that one student had not finished her paper yet. So, she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little; I couldn't quite make up my mind because there are so many." The girl hesitated, then read: "I think the 'Seven Wonders of the World' are...."

And what she listed are on the right: The room was so quiet you could have heard a pin drop. The things we overlook as simple and ordinary and that we take for granted are truly Wonders of this World!

A gentle reminder - **The most precious things in life cannot be built by hand or bought by man.**

(email submitted by Jackie Hardesty)

1) To See



2) To Hear



3) To Touch



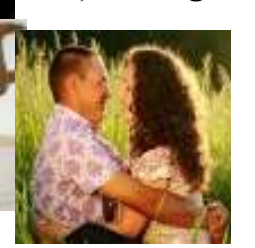
4) To Taste



5) To Feel



6) To Laugh



7) To Love...

**...and LOVE
WITH
ALL
YOUR
HEART!**



Homes Of Refuge Saving the Lost...Loving the Unlovable



In February, Tony and Rosa's 46 year-old son, Jesus Rivera, died suddenly of congestive heart failure. He and his family are pictured in the photo above. Please remember this beautiful family in your prayers. Jesus' wife, Sharon, will appreciate your thoughts and prayers as well as his children. Jesus and his son, Micah, have accompanied Tony and Rosa to Santa Maria Children's Home in Peru supporting their ministry there. When Tony and Rosa heard of Jesus' death, they were in Peru, purchasing food, paying Santa Maria's monthly expenses and giving out toys to the children before rushing home to be with their family. A note from Tony and Rosa: "We want to say again how deeply we appreciate and love you all! Our desire and prayer is that each of your hearts will overflow with gratitude to GOD for the blessed HOPE that He alone offers. Truly there is no life apart from Christ, but IN CHRIST we have great and precious promises that stand firm throughout all of time. It is because of our beautiful Savior, JESUS CHRIST, that we can go on and rejoice in the hope of an eternal dwelling with GOD, where we are clothed in righteousness we didn't earn, filled with measureless JOY we have never before known, and reunited with loved ones who have gone on before us, believing in His finished work on the cross. We love you!"

Carried by Grace, Tony & Rosa



Jesus' son, Micah, in Peru