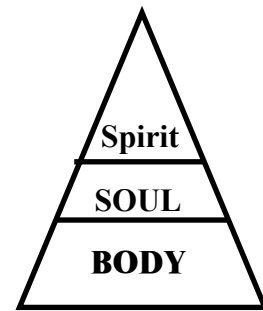
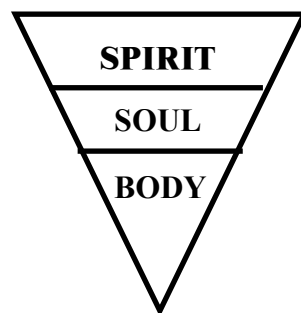


Your Old Lifestyle...and Your New Life In Christ!

Do you have a habit that you would like to get rid of? You've realized that this habit in no way helps you or gives you confidence; instead, it alienates you from others. JESUS wants you to be on top of things and motivated to serve Him. He wants you alert - spirit, soul and body. A person who has not opened his spirit to the Spirit of GOD is spiritually dead (Ephesians 2:1-5). He is in spiritual darkness, and he cannot understand the things of the Kingdom. He may have a very brilliant mind, but that will not help him with spiritual things; see diagrams below:

JESUS' NATURE -
I Corinthians 2:15-16



The Natural Man -
I Corinthians 2:14

Article by Mary Ruth Swope "Lifelong Health":

"How does your spiritual condition affect your body's performance? Your spiritual state of health is responsible for 80% or more of your physical sicknesses. "None of These Diseases" by S.I. McMillen, M.D. brings out the fact that emotional stress can bring on such conditions as migraine headaches, heart troubles, stomach ulcers, high blood pressure, allergies, nervous disorders and many other diseases. People who are spiritually strong and healthy reflect it in their lives. One the contrary, people who are spiritually weak show definite symptoms of low energy and inability to concentrate on spiritual matters. Long periods of negative thinking can result in personality changes, apathy and severe depression." **May GOD teach you Spirit to spirit!**

BE READY IN SEASON AND OUT OF SEASON...

In the month of AUGUST...

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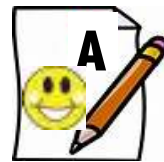
Freedom Street XPress

August 2016 - Volume 21, Issue 8

YEARLY CHECK-UP

By Barbara Carmack

If you are among the 65% of the U.S. that get regular, yearly check-ups, you are making sure your physical body is in "tip-top" shape. As you are growing up in the LORD, you need to have yearly check-ups in your spirit as well. You may be realizing how astute you've become in spiritual things; you may even surprise yourself.... Here are some things you need to check for good regular spiritual growth:



- 1) **It is good that you keep up the verses and affirmations that build your confidence...that you are IN Christ JESUS.** - "There is therefore NOW no condemnation to those who are IN CHRIST JESUS; for the Law of the Spirit of Life has set you free from the law of sin and death!" (Romans 8:1); "Behold what manner of Love the Father has lavished upon you...that you are called a Child of GOD!" (I John 3:1); Also II Corinthians 5:21
- 2) **Your Focus is NOW On JESUS, and not in gaining accolades from the world** - "Set your mind on things above...and not on things on the earth." (Colossians 3:2); "...but thanks be to GOD, Who gives us the victory through our LORD JESUS Christ!" (I Corinthians 15:57)
- 3) **Meditating on and getting GOD's Word into your heart** - that's your responsibility...and you have Holy Spirit to help you! **When you get into the Word, the Word get's into You!** "Thy Word is a lamp unto my feet, and a light unto my path (where I'm going)." (Psalm 119:105)
- 4) **You recognize the important part Holy Spirit has in your life...and make learning about Him a priority;** this is JESUS speaking: "I have many more things to say to you, but you cannot bear them now...but when He, the Spirit of Truth comes, He will guide you into all the Truth; for He will not speak on His own initiative, but whatever He hears [from GOD], He will speak to you, will disclose to you what is to come!" (John 16:12-13) JESUS is emphasizing the importance of Holy Spirit; also I Cor. 2:12
- 5) **You must begin to Listen to GOD's Voice;** your carnal flesh was used to listening to the devil and you were distracted by the things of this world, but now you are attuned to listening to that "Inner Voice." The command that GOD gives His people in Jeremiah 7:23 does not change in the New Testament: "Obey My voice, and I will be your GOD, and you will be My people...and you will walk in all the way which I command you, that it may be well with you." You listen to and cling to the words of JESUS...as He declares in Matthew 12:50, "For whoever does the will of My Father, Who is in heaven...he is My brother and sister and mother!"
- 6) **Be careful What you listen to and How you listen-** JESUS says in John 10:27, "My sheep hear My voice and I know them...and they follow Me." That requirement of obedience never changes in any dispensation or any age! It is up to you to: **A. Have the ability to hear, B. Listen to right things as you increase your library of spiritual resources** - "Pay close attention to what you hear; the closer you listen, the more understanding you will be given...and you will receive even more: to those who listen to My teaching, more understanding will be given!"

Wow! That sounds good! I hope that you will say with me...

I'm All In!



The Bible In The News...

Back in 1969 a group of Black Panthers decided that a Black man named Alex Rackley needed to be taught a lesson. Rackley was a fellow Panther suspected of disloyalty. Rackley was first tied to a chair. Safely immobi-

lized, his "friends" tortured him for hours by, among other things, pouring boiling water on him. When they got tired of torturing Rackley, Black Panther member Warren Kimbro took Mr. Rackley outside and put a bullet in his head; his body was found floating in a river 25 miles north of New Haven, Conn.

Maybe at this point you're curious as to what happened to these Black Panthers. In 1977, that's only eight years later, only one of the killers was still in jail. The shooter, Warren Kimbro, managed to get a scholarship to Harvard. He later became an assistant dean at Eastern Connecticut State College. Isn't that something? As a 1960's radical you can pump a bullet into someone's head, and years later, in the same State, you can be an assistant college dean! Only in America! Ericka Huggins boiled the water for Mr. Rackley's torture, and years later Ms. Huggins was elected to a California school board.

How in the world do you think that these killers got off so easy? Well, maybe it was in some part due to the efforts of two people who came to the defense of the Panthers. These two people actually went so far as to shut down Yale University with demonstrations in defense of the accused Black Panthers during their trial. One of those people was none other than Bill Lan Lee. Mr. Lan Lee isn't a college dean; he isn't a member of a California school board. He is the head of the U.S. Justice Departments Civil Rights Division. Lee is serving in that capacity, illegally, by the way, but that's another story — another part of the Clinton saga of ignoring the rule of law.

O.K., so who was the other Panther defender? Is this other notable Panther defender now a school board member? Is this other Panther apologist now an assistant college dean? Nope, neither. The other Panther defender was, like Lee, a radical law student at Yale University at that time. She is now known as "The Smartest Woman in the World". She is none other than the U.S. Senator from the State of New York, former Secretary of State, and now running for the highest office in the land - Hillary Rodham Clinton.



Email submitted by Dan Ramsey

"Come to Me...I will give you Rest!"

"Take My Yoke upon you and learn from Me...for I AM gentle and humble of heart, and you will find rest (relief and ease, and refreshing) for your soul." (Matthew 11:28)



Photo and verse submitted by Tom Dunn

PRAISE REPORT...

In May of this year, Kimberly's oldest son, Johnathan, 15, was involved in a new rage called "parkour" - "The Path of the Warrior", an extreme sport that teen boys seem to gravitate to. Upon completing one of those daring stunts, John realized that his arm was hanging...both bones of his lower left arm were broken!

Well, Johnathan had surgery, with the surgeon putting plates and screws in his arm. To make a long 4 weeks short, he is out of his cast and has full movement of his arm, hand and fingers. He is a musician - plays piano, drums and guitar, and he is so thankful that he has full use of his left hand. The healing was super-natural - "GOD collapsed the time of healing...and multiplied the anointing" in JESUS' Name! Thank you for your prayers for Johnathan...Prayer works!



Both bones in lower left arm Broken...



LEFT ARM AND LATERAL

This is a Baby Boomer Era Test...



This one will be difficult for the younger set. (Duh!) Answers at the bottom of the test...NO PEEKING! Okay...Go For It!

1. What builds strong bodies 12 ways? A. Flintstone vitamins, B. The Stepmaster, C. Wonder Bread, D. Cod Liver Oil
2. Before he was Muhammed Ali, he was...A. Sugar Ray Robinson, B. Roy Orbison, C. Fabian, D. Cassius Clay.
3. Pogo, the comic strip character said, 'We have met the enemy and....'A. It is you, B. He is us, C. It's the Grinch, D. We surrendered.
4. Good night, David...A. See you later, Alligator, B. Good night, Irene, C. Good night, Gracie, D. Good night, Chet.
5. You'll wonder where the yellow went... A. When you use Tide, B. When you clean your tub, C. If you buy a soft water tank, D. When you brush your teeth with Pepsodent.
6. Before he was the Skipper's Little Buddy, Bob Denver was Dobie's friend... A. Stuart Whitman, B. Maynard C. Krebs, D. Corky B. Dork.
7. Liar, liar... A. You're a liar, B. Your nose is growing, C. Pants on fire.
8. Meanwhile, back in Metropolis, Superman fights a never ending battle for Truth, Justice and... A. Lois Lane, B. TV ratings, C. World peace, D. The American way.
9. Hey kids! What time is it? A. It's time for Yogi Bear, B. It's time to do your homework, C. It's Howdy Doody Time, D. It's bedtime.
10. Lions and tigers and bears!... A. Yikes, B. Oh, no, C. Gee whiz, D. I'm scared... E. Oh my.
11. Bob Dylan advised us never to trust anyone.... A. Over 40, B. Wearing a uniform, C. Over 30, D. Who says, 'Trust me'.
12. NFL quarterback who appeared in a television commercial wearing women's stockings... A. Kenny Stabler, B. Joe Namath, C. Roger Staubach, D. Joe Montana.
13. Brylcreem... A. Smear it on, B. You'll smell great, C. Tame that cowlick, D. "A little dab'll do ya".
14. I found my thrill... A. With my man, Bill, B. Down at the mill, C. With thyme and dill, D. On Blueberry Hill.
15. Before Robin Williams, Peter Pan was played by... A. Errol Flynn, B. Mary Martin, C. Sally Fields.
16. Name the Beatles... A. John, Steve, George, Ringo, B. Jay, Paul, George, Ringo, C. Paul, Peter, George, Ringo, D. John, Paul, George, Ringo
17. I wonder, wonder, who.... A. Who ate the leftovers? B. Who wrote the book of love? C. Who I am?
18. I'm strong to the finish... A. 'Cause I eats my broccoli, B. 'Cause I eats me spinach, C. 'Cause I lift weights, D. Cause Olive Oyl loves me.
19. When it's least expected, you're elected, you're the star today... A. Smile, you're on TV, B. Smile, you're on Candid Camera, C. Smile, you're on Star Search, D. Smile, you won the lottery.
20. What do M & M's do? A. Make your tummy happy! B. Melt in your mouth, not in your pocket, C. Melt your heart, D. Melt in your mouth, not in your hand, E. Come in colors.

Answers: 1. C - Wonder Bread, 2. D -Cassius Clay, 3. B - He Is us, 4. D - Good night, Chet, 5. D - When you brush your teeth with Pepsodent, 6. B - Maynard G. Krebs, 7. C - Pants on fire, 8. D - The American Way, 9. C - It's Howdy Doody Time, 10. E - Oh my, 11. C - Over 30, 12. B - Joe Namath, 13. D - A little dab'll do ya, 14. D - On Blueberry Hill, 15. B - Mary Martin, 16. D - John, Paul, George, Ringo, 17. B - Who wrote the book of Love, 18. B - Cause I eats me spinach, 19. B - Smile, you're on Candid Camera, 20. D - Melt in your mouth not in your hand

Email submitted by Jon Sheppard (Avon, CO)



Home Of Refuge

Saving the Lost...Loving the Unlovable



We are so grateful to report that each child has 2 new sets of sheets, with pillow-cases, and 2 new blankets in order to keep warm at night in the upcoming months. Your giving has made this possible.

James 2:16 states, "If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it?" You have done more than wish them well. You have given to ensure that they are warm and well fed, and for this we are very grateful. During our trip to Peru last month we were also able to purchase athletic shoes for some of the children, in addition to the blankets, sheets and pillowcases. It is always a Joy to provide shoes for the children to wear...and they treat it like the children in the states who get gifts at Christmas... they are so thankful and excited over their new shoes!

When the health department came to inspect the home, they told the directors that they needed to replace the kitchen sink and countertops, which are all concrete, with stainless steel versions, which they can keep cleaner. They cannot cover this required cost for upgrades without us...and we need your help. Thank you for sending what you are able to send in order to help keep these young future evangelists "warm and well fed." You are our Joy...and we are blessed to call you family!



Working together for the Kingdom, Tony & Rosa - Homes of Refuge, Peru