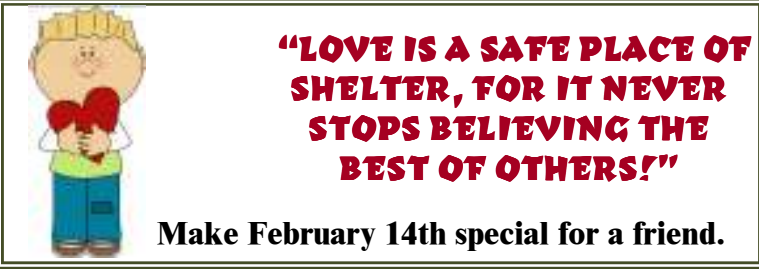


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# Freedom Street XPress

February 2021 - Volume 26, Issue 2

## RECIPE FOR GOOD HEALTH...

by Barbara Carmack

This world is so consumed by health issues, and even the Christian populous is focused on their physical health rather than their spiritual health. Two things people strive for above everything else are life and health. In the physical realm there are yearly appointments to the eye doctor, the ear and throat doctor, the dentist for that yearly teeth cleaning and that physical to check the blood pressure, heart rate, etc. This life can be very complicated, especially as one gets older. It comes down to making a decision - which is more important, the physical or the spiritual.

JESUS is the Head of the Church - His Body. Authority is conferred not only upon the Head but also upon the Body; the same authority the Head has, the Body has. Our physical head cannot do a thing without our body. JESUS cannot get His work done on this earth without His Body.

The first step in GOD's recipe for life and health is to pay attention to His words. Proverbs 4:21 (the Passion) instructs you to... **"Fill your thoughts with My Words until they penetrate deep into your spirit; then as you discover the truth about what I'm telling you, these words will impart true life and radiant health into the very core of your being,"** or as the NASB says, **"Watch over your heart (spirit) with all diligence (make that the most important thing in your day), for from it flow the springs of life!"** When you watch to keep your mind on GOD's Word, you will find that the instruction of the Word brings life not only to your spirit, but also to you physical body!

To walk in the fullness of life and health, you must give GOD's Word your undivided attention, and not allow yourself to think about anything that contradicts it. That's why speaking the Word as your reading it, or underlining what you're reading is so important. It helps you stay focused and not be distracted from listening to GOD. Knowing GOD's Word has a twofold application because JESUS IS the LIVING WORD. You begin to know JESUS personally by allowing the Word you're reading to penetrate every area of your being.

Hebrews 12:2 tells you to keep your eyes fixed on JESUS. These are your spiritual eyes and the Word confirms that your eyes are the windows to your soul: **"The lamp of the body is the eyes and if your eyes are clear (healthy) the light floods in!"** (Matthew 6:22) Keep your eyes fixed on JESUS, your Healer when you need physical healing. He hears you and He will come to your rescue when you focus on Him because the Words that He speaks in the Bible **"...are spirit and they are life!"** (John 6:63)

As you believe the Word and keep it in your heart, it causes the life of GOD to spring up in your spiritual and physical being, because the Word of GOD is full of energy... **"...like a two-edged sword, it will penetrate to the very core of our being where soul and spirit, bone and marrow meet, because GOD's Words "...are life to all who find them and HEALTH to their whole body!"** (Proverbs 4:22) GOD is so interested in your physical and spiritual health, because when your physical health is not up to par, your spiritual well-being will suffer.

**"That same Spirit that raised Christ from the dead dwells in you, and He will quicken and make alive your mortal (physical) body!"** (Romans 8:11)

**BE HEALTHY IN EVERY AREA OF YOUR LIFE!**

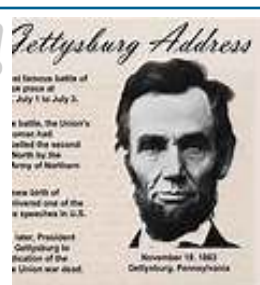




## Making America Great Again!

**President Abraham Lincoln** - He was born February 12, 1809, the 16th president of the United States, and accomplished tremendous things for our country; he earned the lasting respect and loyalty of American citizens. But was he a Christian? A clergyman once asked Lincoln, "Do you love JESUS?" Lincoln responded, "When I left Springfield, I asked the people to pray for me; I was not a Christian. But when I went to Gettysburg and saw the graves of thousands of our

soldiers, I then and there consecrated myself to Christ. Yes, I do love JESUS." Lincoln was a humble and forgiving person, and he exemplifies our need as a nation to humble ourselves before GOD. During the dark days of the Civil War, he declared national days of fasting and prayer (not a unique practice in that time). In one of those proclamations, he said: "It is the duty of nations as well as of men to own their dependence upon the overruling power of GOD; to confess their sins and transgressions in humble sorrow, yet with assured hope that genuine repentance will lead to mercy and pardon; and to recognize the sublime truth, announced in the Holy Scriptures and proven by all history, that those nations only are blessed whose GOD is the LORD. . . . We have been the recipients of the choicest bounties of Heaven. We have been preserved, these many years, in peace and prosperity. We have grown in numbers, wealth and power as no other nation has ever grown; but we have forgotten GOD. . . . It behooves us, then, to humble ourselves before the offended Power, to confess our national sins, and to pray for clemency and forgiveness." (March 30, 1863) In our day, with terrible crime rates and immorality of every kind, we would do well to heed Lincoln's words. Today, humble yourself before GOD, and ask Him to grant His mercy on this nation. "With malice toward none, and charity for all!" Abraham Lincoln



## HOW IS IT WITH YOUR HEART? Derin Carmack

Some of you reading this may have a heart that has seen rejection and heart break. You feel like the world has forgotten you...and maybe it has. But there is One Who has not forgotten you; and you must do your due diligence with your spiritual part in sowing good things, even when you're faced with lethargy and condemnation by others. Hosea 10:12 gives you a glimpse into what GOD desires to see in your life: **"Plant the good seeds of righteousness, and you will harvest a crop of love. Plow up the hard ground of your hearts, for now is the time to seek the LORD, that He may come and shower righteousness upon you!"** GOD says to you, **"Return to Me with all your heart, with fasting, weeping and mourning; and rend your heart, not your garments!"** (Joel 2:12) Rend means "to tear asunder with mighty force; to split - almost a violent connotation; so what GOD is saying here is 'Do everything in your power to disconnect yourself from the things of the past - those things that cause guilt and shame...get rid of them NOW!'" **"Now return to the LORD, your GOD, for He is gracious and compassionate, slow to anger, abounding in loving-kindness and relenting of evil!"** (Hosea 14:2)

**"Father GOD, I give You my heart today; I let You open up my heart and operate on all the carnal motives and ungodly hidden agendas. You are my GOD and my deepest desire is to please You. I don't want anything hidden from You, and so I open up myself for You to examine thoroughly, as David said, 'Wash me thoroughly and cleanse me from my sin. LORD, You desire truth in my innermost being, so purify me where I need to be purified and wash me so I shall be whiter than snow. Create in me a clean heart, O GOD, and renew a right spirit within me. Cast me not away from Thy Presence, O LORD; take not Thy Holy Spirit from me; restore unto me the Joy of Thy salvation and renew a right spirit within me!'"** There's Freedom in knowing You're clean before GOD!



## "The Sacrifice At Iwo Jima"

Story by John Bradley's Son - Article submitted by Harold Fast



It was February 23, 1945...the end of a brutal war on a volcanic island. Five soldiers were determined to get that flag up to boost the morale and declare victory! The first guy putting the pole in the ground is Harlon Block. Harlon was an all-state football player. He enlisted in the Marine Corps with all the senior members of his football team. They were off to play another type of game. Harlon, at the age of 21, died with his intestines in his hands. You guys need to know that most of the boys fighting on Iwo Jima were 17, 18 and 19 years old. The guy next to Harlon Block was Rene Gagnon from New Hampshire. He was 18 years old. It was just boys who won the battle of Iwo Jima...boys, not old men. The next guy here, the third guy in this tableau, was Sergeant Mike Strank. Mike is my hero. He was the hero of all these guys. They called him the "old man" because he was so old; he was already 24. When Mike would motivate his boys in training camp,

he would say, "You do what I say, and I'll get you home to your mothers."

The last guy on this side of the statue is Ira Hayes, a Pima Indian from Arizona. Ira Hayes was one of those who lived to walk off Iwo Jima. He was invited to the White House along with John Bradley. President Truman told him, "You're a hero." He told reporters, "How can I feel like a hero when 250 of my buddies hit the island with me and only 27 of us walked off alive?" The next guy, going around the statue, is Franklin Sousley from Hilltop, Kentucky. Franklin died on Iwo Jima at the age of 19. My Dad, John Bradley, from Antigo, Wisconsin, fought beside these brave men. He lived until 1994, but he would never give interviews. You see, like Ira Hayes, my Dad didn't see himself as a hero. Everyone thinks these guys are heroes, 'cause they are in a photo and on a monument. My dad knew better. He was a medic; he was a combat care-giver. On Iwo Jima he probably held over 200 boys as they died. And when boys died on Iwo Jima, they writhed and screamed, without any medication or help with the pain. When I was a little boy, my third grade teacher told me that my dad was a hero. When I went home and told my dad that, he looked at me and said, "I want you always to remember that the heroes of Iwo Jima are the guys who did not come back...they're the heroes!"



## Home Of Refuge

Saving the Lost...Loving the Unlovable

Since my return to Peru, we have made great progress on the construction of the retaining wall. We do have an immediate need for 30 more mattresses which will cost approx. \$3500. Would you pray about giving for this great need right now? Thank You!

In spite of what's going on in the world, we are moving forward seeing GOD do great things in the hearts and lives of forgotten people. You are part of this wonderful transformation in people's lives in the southern hemisphere of our world. May GOD richly bless you for you giving of alms to His precious people in Peru.

Love, Tony and Rosa - Home of Refuge

