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Lost Sheep Matter

Pastor Jaclyn Worley

Sheep are known as being unintelligent animals. Although, according to studies, they have decent intelligence. They're able to recognize faces of familiar humans, learn their names, follow basic instructions, and even respond to emotions.

Their main issue is their quickness to panic and flee. The shepherd tries to encourage their natural flocking behavior so they don't get away from the herd and into danger.

Shepherds may also use sheep dogs to assist with herding. In **Matthew 18**, The Parable of the Lost Sheep tells of a sheep who was wayward. The shepherd left the flock to find and draw the lost sheep back in. Once he has done this, he rejoices more over that one sheep than the rest of the flock. As a former lost sheep, it was the Good Shepherd who chased after me when I was far from desirable or deserving.

I'm thankful for the pastors and leaders of our local body (shepherds and sheep dogs) who help guide and draw the lost to Jesus. There are still so many sheep wandering in the wilderness oblivious to the danger they're in. **Matthew 18:14 says, *Even so it is not the will of your Father who is in heaven that one of these little ones should perish.*** Let's agree with the will of the Father by praying for the lost daily.

You Are Enough

Pastor LaShaun Amos

Have you ever faced a giant and you seemed so small? I remember my husband coming to me and announcing that he was feeling the leading of the Lord to start pastoring. I felt fear grip my heart. Not because I doubted his abilities to pastor, but because of what that meant for me. It would mean I would be "The First Lady". I thought about other "First ladies" and how elegant they were, how they seemed to be so perfect in dress, etiquette, speech and the like. All I could think about was that I didn't feel qualified and I wanted no parts in that at all.



I remember the Holy Spirit gently encouraging me; telling me all I had to do was to be myself. I thought about that simple charge- be myself. What the Holy Spirit was saying was that I was enough.

Remember when David stood before Goliath (**1Samuel 17**); Saul had tried to equip him with his armor, but David refused. He said these things I have not proven. What he chose to do was be himself. He trusted what he knew to work and God allowed him to succeed.

Really it is all by God's grace and power, but we must remember that if God has called us to a task, then we are enough!

Step out in faith and procrastinate no longer. Trust God and do what God has called you to do. You are enough!

LEADERS BOARD

Don't Bow!

Minister V. Rebecca Jones

We are in this world where evil is all around, and so many find themselves in a compromised state. We don't have to bow down or give-in to the deceptions of the enemy. Accepting Jesus as Lord and Savior makes the difference. It is with Him that we can experience victory.

Take the three Hebrew boys Shadrach, Meshach and Abednego in Daniel chapter 3; Because they wouldn't bow down to the god of this world they were thrown in a fiery furnace. They trusted in the true and living God and were delivered. Isaiah 59:19 says, *So shall they fear the name of the Lord from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him. (KJV) Trust God to fight your battle, don't bow!*

A Calling to Love

Minister Linda Parsley

This is the month many call "The Month of Love". It is so easy to love people who love you, are kind to you, or are really easy going lovable people. But, God wants you to love people who do not love you. And to love those who are not kind. He has called us to love those who are hard to love. We can do this not in our own strength but by His spirit actively working inside of us. Let's remember that God loves all of us and He commands us to love. **John 13:34** says, *A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. (KJV)*



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Encouraging Quotes

GOD HAS PLANTED
GREATNESS IN YOU.
LET TODAY BE THE
BEGINNING OF A GREAT
ADVENTURE AS YOU
STEP INTO THE GIFTS
HE'S GIVEN YOU.

JOYCE MEYER

Sometimes I just look up,
smile and say,
"I know that was you GOD!
Thanks!"

~Unknown

"If you want to
be a great
leader of people,
you have to get
away from people
to be with God."

John Piper

HEALTHY CORNER

BY PASTOR LASHAUN AMOS

Let's Spill the Tea On Leaky Gut

What is Leaky Gut

It is when the intestinal lining is weak (due to cracks and holes) and allows partially digested food, toxins, bugs to escape from the gut into surrounding tissues causing inflammation and changes within the normal gut flora. Which may lead to a host of other problems.

Who is prone to have Leaky Gut:

Everyone has some measure of leaky gut but there are others who have a greater risk of expression of leaky gut and they are:

Those who have a diet that consist of low fiber intake, large amounts of fats, sugars and processed foods.

Those who consume heavy quantities of alcohol.

Why is Leaky Gut a concern:

Since 70% of immunity comes from the gut it can play a vital role in susceptibility to disease states.

Leaky Gut may irritate existing conditions like autoimmune diseases (such as Lupus, Type 1 diabetes, and Multiple Sclerosis- MS), Allergies, Asthma, and Arthritis.

Leaky Gut can drain your energy and how you are able to function in your life.

What are some symptoms of having a Leaky Gut:

Gastrointestinal:

Abdominal discomfort, pain, gas, indigestion, constipation, bloating, and diarrhea.



Continued from previous column

Outside of the intestines:

- Increase in allergic and autoimmune reactions.
- Joint and muscle issues.
- Memory problems, mood swings, and agitation.
- Increase acne or psoriasis.

What can be done about Leaky Gut:

(If you have any concerns talk to your doctor.)

Usually symptoms of Leaky Gut can improve by:

- Reducing sugar, fat, and highly processed foods from the diet.
- Introducing a probiotic supplement that adds good bacteria to the gut.
- Decreasing inflammation by reducing stress, removing certain food groups from the diet or by taking medications such as steroids.

This is the skinny on Leaky Gut. We all must do our due diligence in order to help our body function at optimal performance and it all starts in the gut.

Sources:

Campos, Marcelo MD (November 16, 2021). [Leaky gut: What is it, and what does it mean for you? - Harvard Health](#).

Bolen, Barbara PhD (September 15, 2020). [Leaky Gut Syndrome: Symptoms, Causes, Diagnosis, and Treatment \(verywellhealth.com\)](#).

LIGHTEN UP 28 DAYS of true love



God says you are ...



- | | |
|---------------------------------------|---|
| 1. Loved Jeremiah 31:3 | 15. Marked Ephesians 1:13 |
| 2. Rescued Colossians 1:13 | 16. Protected Psalm 144:2 |
| 3. Beautiful Psalm 45:11 | 17. Saved Ephesians 2:4-5 |
| 4. Renewed 2 Corinthians 4:16 | 18. Transformed 2 Corinthians 3:18 |
| 5. Forgiven Psalm 103:12 | 19. Healed Psalm 147:3 |
| 6. Held Colossians 1:17 | 20. Chosen 1 Peter 2:9 |
| 7. A Star Philippians 2:15 | 21. A Work of Art Ephesians 2:10 |
| 8. PreApproved Ephesians 1:4 | 22. Lavished in Love 1 John 3:1 |
| 9. Justified Romans 3:24 | 23. Freed Psalm 116:16 |
| 10. Accepted Romans 15:7 | 24. Wonderfully Made Psalm 139:14 |
| 11. Set Free Colossians 2:11 | 25. Blessed Ephesians 1:3 |
| 12. Adopted Ephesians 1:5 | 26. A New Creation 2 Corinthians 5:17 |
| 13. Known Psalm 139:1 | 27. Radiant Matthew 5:14 |
| 14. Beloved Song of Solomon 2:4 | 28. A Victor Romans 8:37 |

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DELISH...

Cozy comfort food that is sure to be a family fave or perfect for the ultimate at home date night.

STEAK WITH MUSHROOM SAUCE

Ingredients

- 1 cup boiling water
- 1/2 cup sun-dried tomatoes (not packed in oil), julienned
- 2 teaspoons butter
- 2 cups whole fresh mushrooms, quartered
- 1 shallot, chopped
- 2 garlic cloves, minced
- 1 beef top sirloin steak (1-1/2 pounds), cut into 4 pieces
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1/2 cup dry red wine or reduced-sodium beef broth
- 1/4 teaspoon dried thyme
- 1 to 2 tablespoons all-purpose flour
- 1-1/4 cups reduced-sodium beef broth

Directions

In a small bowl, pour boiling water over sun-dried tomatoes; let stand 5 minutes. Drain.

In a large skillet coated with cooking spray, heat butter over medium-high heat; sauté mushrooms and shallots until tender, 3-4 minutes.



Continue from previous column

Add garlic; cook and stir 1 minute. Remove from pan.

Sprinkle steaks with pepper and salt. In same skillet, heat oil over medium heat; cook steaks until desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°), 5-7 minutes per side. Remove from pan; keep warm.

Add wine and thyme to skillet; bring to a boil, stirring to loosen browned bits from pan. Cook, uncovered, until liquid is reduced by half. In a bowl, mix flour and broth until smooth; gradually add to wine mixture. Stir in sun-dried tomatoes and mushroom mixture; bring to a boil. Cook and stir until thickened, about 2 minutes. Spoon over steaks.

Options

Substitute portabella mushrooms for steak for vegetarian option.

Add caramelized onions to heighten flavor

Serve with steamed asparagus and garlic mash potatoes.