

CROUCH'S TIME OF HARVEST C.O.G.I.C.

Bi-Monthly Newsletter

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PASTOR RANDIE BOYD'S COMMENTS:

FAITH MIXED WITH DOUBT CANCELS OUT BLESSINGS

Scriptures: [Mark 9:17-29](#)

Our challenges are sometimes real and other times they are an illusion created by Satan to attack our minds. The above scriptures speak of a man whose son was possessed with the following:

- a. a mute spirit (couldn't talk)
- b. falling down (equilibrium off (unbalance))
- c. foaming at the mouth (convulsion, as if mad/crazy)
- d. gnashing his teeth (bites)
- e. becoming rigid (paralyzed)

These things will challenge anybody's faith, and so we are challenged, we make requests of God and then in the same breath say, "I know he can do it", but not really believing he will. Most often there are too many hindrances in our own lives that prevent us from stepping out by faith.

1. If God can bless you with the material things in life, can he not save you and fill you with the Holy Ghost. These things mention above, I believe are things that are sealed in some of our minds, because of what we have seen or heard happened, when you go through the salvation and in-filling process of the Holy Ghost. I will admit the pattern is somewhat similar to what I saw and experienced coming up. But the other side of the story is much greater and sometimes hard to put in words. *"And maybe that is where the difference is"*. But what's even more important is that it's guided by the Spirit of God and it doesn't always happen that way.

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Faith Mixed With Doubt Cancels Out Blessings – Continuation from page 1

2. So there are challenges to our faith, there is no question that Jesus can do all things. The question is whether we can, or will trust him.
3. So our duty is to ask the Lord “Lord, I believe; help my unbelief. Jesus will always answer this prayer by giving faith.
4. Jesus answered both of the father’s requests. He strengthened his faith (v. 24) and healed his son (v. 27).

Note:

1. *The lack of prayer makes us weak in faith.*
2. *Through prayer our wills are conformed to God’s will and we receive strength to do that will.*

CONFIDENT CHRISTIANITY

Sometimes, even the most devout Christians can become discouraged. Discouragement, however, is not God’s way; He is a God of possibility not negativity. We Christians have many reasons to be confident. God is in His heaven; Christ has risen, and we are the sheep of His flock.

Are you a confident Christian? You should be. God’s grace is eternal and His promises are unambiguous. So count your blessings, not your hardships. And live courageously. God is the giver of all things good, and He watches over you today and forever.

PRAYER

Lord, when I place my confidence in the things of this earth, I will be disappointed. But, when I put my confidence in You, I am secure. In every aspect of my life, Father, let me place my hope and my trust in Your infinite wisdom and Your boundless grace. Amen

SUNDAY SCHOOL LESSONS FOR THE MONTHS OF APRIL - JUNE

4-6-14 – JESUS CLEANSSES THE TEMPLE – Bible Basis: Isaiah 56:6-7; Jeremiah 7:9-11; Mark 11:15-19

4-13-14 – A MESSIANIC PRIEST-KING – Bible Basis: Jeremiah 23:5-6; Zechariah 6:9-14; John 19:1-5

4-20-14 – THE THIRD DAY – Bible Basis: Hosea 6:1-3; Luke 24:1-12

4-27-14 – FROM SUFFERING TO GLORY – Bible Basis: Isaiah 53:5-8; Luke 24:25-27, 44-47

5-4-14 – JESUS RESISTS TEMPTATION – Bible Basis: Deuteronomy 6:13-16; Matthew 4:4-11

5-11-14 – JESUS' MISSION ON EARTH – Bible Basis: Luke 4:14-21

5-18-14 – JESUS' TEACHING ON THE LAW – Bible Basis: Matthew 15:1-11, 15-20

5-25-14 – THE GREATEST COMMANDMENT – Bible Basis: Leviticus 19:18; Deuteronomy 6:4-9; Mark 12:28-34

6-1-14 – OBEY THE LORD – Bible Basis: Haggai 1:1-11

6-8-14 – TRUST GOD'S PROMISES – Bible Basis: Haggai 1:12, 2:1-9

6-15-14 – LIVE PURE LIVES – Haggai 2:10-19

6-22-14 – HOPE FOR A NEW DAY – Bible Basis: Haggai 2:23; Zechariah 4:1-3, 6-14

6-29-14 – A CALL TO UNITY – Bible Basis: 1 Corinthians 1:10-17

PRAYER

Thank You, Lord, for Your love. Your love is boundless, infinite, and eternal. Today, as I pause and reflect upon Your love for me, let me share that love with all those who cross my path and let them see that the love in me is from You. And, as an expression of my love for You, Father, let me share the saving message of Your Son with a world in desperate need of His hope, His peace, and His salvation. Amen

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PROVERBS 9:7-12

7. He that reproveth a scorner getteth to himself shame: and he that rebuketh a wicked man getteth himself a blot.
8. Reprove not a scorner, lest he hate thee: rebuke a wise man, and he will love thee.
9. Give instruction to a wise man, and he will be yet wiser: teach a just man, and he will increase in learning.
10. The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.
11. For by me thy days shall be multiplied, and the years of thy life shall be increased.
12. If thou be wise, thou shalt be wise for thyself: but if thou scornest, thou alone shalt bear it.

Word Meaning

A blot (9:7) a hurt

Reprove (9:7, 8) correct

Scorner (9:8) scoffer

Read and React

While Dame Folly prepares her party to lure the simpleminded onto the dark path that leads to hell, Lady Wisdom continues to share various parables and aphorisms on wisdom.

- Verse 7-8: It seems that Wisdom admits that there are scoffers with whom it is often difficult to share the Good News. There are times, when in your attempt to bring God's love to the attention of those who scorn, there's a good chance you'll end up with a wounded nose.
 - o But it's a different story when you rebuke a wise man; he will love you for your concern.
- Verse 10: Perhaps all that has preceded this verse has been a preamble to the truth of these ten words: "The fear of the LORD is the beginning of wisdom." Don't stumble over the word fear. It is a righteous word, in spite of the synonyms in Roget's Thesaurus" *fear*, dread, fright, alarm, panic, terror, trepidation. But in very small type, Webster says, "Profound reverence and awe, especially toward God."
 - o Such a love and respect for God produces wisdom. While learning about God will often generate an emotion of respect, Lady Wisdom wants us to know that a deep understanding of who God is and what He has done for His people will bring about heart wisdom.
- Verse 11: Such a positive relationship with God is not all one-sided. As a Father, He knows how to treat His children. Your days will be multiplied and your years increased.
 - o Now, face it, there may be days that you don't want multiplied. But, think about it – if you're in a tight relationship with your heavenly Father, days may take on a new luster. It's amazing how special days become more special when you're in sync with the Father.
- Verse 12: Then Lady Wisdom zaps us with, "If you are wise, you will be rewarded by your own wisdom; but if you scoff at the things of God, only you will suffer." This is Wisdom's stress on personal responsibility.

Sunday School Lesson for The Months of April - June – Continuation from page 3

Bible Truth

Taken from the COGIC Annual Commentary 2014

April

April 6th – The Church should be holy ground.

April 13th – Jesus should be received as Priest and King.

April 20th – Jesus rose from the dead.

April 27th – Christ demonstrates the relationship between suffering and victory.

May

May 4th – Only through the Word comes the power to resist temptation.

May 11th – Our mission on earth should be the same as Christ.

May 18th – Do not allow traditions to violate the spirit of the law.

May 25th – God is love.

June

June 1st – Doing the work and will of God should be our first priority.

June 8th – God's promise to bless is linked to our promise to obey.

June 15th – Live honorably.

June 22nd – The Spirit of God is the source of our success.

June 29th – There should be no division in the Body of Christ.

PRAYER

I praise You, Lord, from the depths of my heart, and I give thanks for Your goodness, for Your mercy, and for Your Son who came and died and rose again on the third day that I may have eternal life. I will honor You every day of my life through my words and my works. I know that I will fall short sometimes but let me recognize those moments and correct them post haste. I want to honor You Father with every fiber of my being. Help me to be that person that You would have me to be. Amen

CHILDREN IN THE BIBLE – RANDOM – POP-QUIZ

Subject: Brief Appearances

1.) Whose daughter died while Jesus was on the way to his house to heal her?

- Jairus
- Jamtha
- Jonas
- Jacob

2.) What young virgin kept the aged King David warm?

- Tamar
- Abishag
- Michal
- Deborah

3.) This daughter of Leah was raped by Shechem the son of Hamor the Hivite.

- Dinah
- Rachel
- Bilhah
- Deborah

4.) He was David's first son who later in life raped his half-sister Tamar. For this deed he was murdered by her brother.

- Adonijah
- Absalom
- Amnon
- Jezreel

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INSPIRATIONAL QUOTES

THE CHURCH

Taken from: 1500 Inspirational Quotes and Illustrations

- The strength of the Church lies in the number of her first-line combat troops.
- No teacher can make scholars out of truants; no army can win a war with deserters; the church is both a school and an army, and cannot do its work with those who never attend.
- Christ died for the Church. Anything worth dying for is worth saving. This is what God has called us to do; to save and build the Church, for which Christ gave His life. – James Hamilton
- The Church's whispers must become her shouts; her lethargy must become enthusiasm; and her subdued light must become a beacon set upon the hilltops of the world. – Lester DeKoster
- Out of the church must go forth vigorous, healthy men and women who went in maimed and paralyzed. Broken things that no one could mend have been made whole again. – John Henry Jowett
- The church is a workshop, not a dormitory.
- The surest way toward peace and happiness is by way of the church steps.
- Too many people become a part of the membership without becoming a part of the fellowship.
- The test of a church is not the kind of people it attracts, but the kind of people it produces.
- A live church is seeking out sinners; the real calamity for a church occurs when it becomes full of "nice" people on a "nice" street in a "nice" neighborhood. A nice little church can never be of much use in the work of the kingdom of God. – Halford Luccock

THE PSALMS

Psalm 3

1. Lord, how are they increased that trouble me! Many are they that rise up against me.
2. Many there be which say of my soul, There is no help for him in God. Selah.
3. But thou, O Lord, art a shield for me; my glory, and the lifter up of mine head.
4. I cried unto the Lord with my voice, and he heard me out of his holy hill. Selah.
5. I laid me down and slept; I awaked; for the Lord sustained me.
6. I will not be afraid of ten thousands of people, that have set themselves against me round about.
7. Arise, O Lord; save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly.
8. Salvation belongeth unto the Lord: thy blessing is upon thy people. Selah.

Psalm 4

1. Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer.
2. O ye sons of men, how long will ye turn my glory into shame? How long will ye love vanity, and seek after leasing? Selah.
3. But know that the Lord hath set apart him that is godly for himself: the Lord will hear when I call unto him.
4. Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.
5. Offer the sacrifices of righteousness, and put your trust in the Lord.
6. There be many that say, Who will shew us any good? Lord, lift thou up the light of thy countenance upon us.
7. Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.
8. I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

For Your Information

- “Selah”: a word of uncertain meaning, probably indicating a musical interlude.
- “Smitten” – hit.
- “Shield” – a picture of protection.
- “Hast enlarged me” – have given me relief.
- “Vanity” – worthless things.
- “Shew” – show.

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Concordance Study For The Month

RISE

Psalms 127:2 – It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for he giveth his beloved sleep.

Proverbs 31:15 – She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.

Isaiah 60:1 – Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee.

Matthew 5:45 – That ye may be children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

Luke 2:34 – And Simeon blessed them, and said unto Mary his mother, Behold, this child is set for the fall and rising again of many in Israel; and for a sign which shall be spoken of him.

Luke 24:7 – Saying, The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.

Luke 24:34 – Saying, The Lord is risen indeed, and hath appeared to Simon.

1 Corinthians 15:20 – But now is Christ risen from the dead, and become the first-fruits of them that slept.

Colossians 3:1 – If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

1 Thessalonians 4:16 – For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God; and the dead in Christ shall rise first:

ROSE (n)

Song Of Solomon 2:1 – I am the rose of Sharon, and the lily of the valleys.

Isaiah 35:1 – The wilderness and the solitary place shall be glad for them; and the desert shall rejoice and blossom as the rose.

ROSE (v)

Luke 16:31 – And he said unto him, If they hear not Moses and the prophets, neither will they be persuaded, though one rose from the dead.

Romans 14:9 – For to this end Christ both died, and rose, and revived, that he might be Lord both of the dead and living.

1 Corinthians 15:4 – And that he was buried, and that he rose again the third day according to the scripture:

May the Lord add a blessing to the readers, hearers and doers of His Word.



SILENT WITNESS

A rural church attender found himself in New York on the Lord's Day. Right across the street from his hotel was a huge gothic church with the tallest steeple he had ever seen. He decided to attend service there. Entering the sanctuary he found an atmosphere far different from his country church back home. The pipe organ and formally dressed ushers seemed strange, but they didn't deter him from shouting out "Amen" when the minister made a particularly good point. But, everyone in the church turned around and stared, and an usher came running down the aisle.

"You must not talk out loud," warned the usher.

"But," protested the rustic visitor, "I've got religion."

"Well," said the usher, "*you did not get it in here!*"

DONATIONS ACCEPTED

When church secretary Sister Daisy answered the ringing phone, a man's voice asked, "Can I speak to the head hog at the trough?" The secretary thought she heard what he said, but asked, "I'm sorry, who?" The caller repeated, "Can I speak to the head hog at the trough?"

Sister Daisy thought a moment and then answered, "If you mean the preacher, then you may refer to him as 'Pastor,' or 'Brother,' but I'd prefer that you not refer to him as the 'head hog at the trough'!"

To this, the man replied, "Well, I was wanting to give one hundred thousand dollars to the building fund."

Quick as a wink, Sister Daisy responded, "Hang on, sir; I believe I just heard him 'oink.'"

GOD THE ARTIST

Bobby and his grandmother were looking at vacation pictures. "It looks just like an artist painted this scenery," Grandma said. "Did you know God painted it all for you, Bobby?"

"Yes," Bobby said. "God did it with His left hand."

This confused his grandmother a bit, "What makes you say God did this with His left hand?"

"Well," said Bobby, "we learned at Sunday school last week that Jesus sits on God's right hand."



Inspirational Education

BIBLE TRIVIA

STRANG WAYS TO DIE

1. Who is the first individual killed by God for being wicked? **Genesis 37:8**
2. What devoured Aaron's sons, Nadab and Abihu, when they offered "strange fire" to the Lord? **Leviticus 10:1-2**
3. What Canaanite captain was killed when Jael, a Hebrew woman, drove a tent peg through his skull? **Judges 4:18-21**
4. Who was killed for toughing the Ark of the Covenant? **2 Samuel 6:6-7**
5. The Lord sent a pestilence on Israel that killed 70,000 people. What act of King David brought this on? **2 Samuel 24:1-5**
6. God sent fire from heaven to kill the soldiers who came to capture what prophet? **2 Kings 1:10,12**
7. What husband and wife dropped dead after it was revealed that they had lied about the price of the possessions they had sold? **Acts 5:1-10**
8. Who was hanged on the very gallows he had prepared for Mordecai? **Esther 7:19-8:2**
9. What people were killed by great hailstones from heaven? **Joshua 10:8-14**
10. Who, along with his household, was swallowed up by the earth for rebelling against Moses? **Numbers 16**
11. What man, reluctant to produce children with his widowed sister-in-law, was slain by God? **Genesis 38:9-10**
12. What two cities were rained on by fire and brimstone? **Genesis 19:24-25**
13. What was the last plague sent upon the Egyptians? **Exodus 12:29**

Pop Quiz – Continuation from page 6

- 5.) This king was seven years old when he began to reign:
- Manasseh
 - Jehoash
 - Josiah
 - Hezekiah
- 6.) How many children did Jairus, the ruler of the synagogue have?
- One son and a daughter
 - Four daughters
 - One son
 - One daughter
- 7.) What did the young Shunammite child do when Elisha brought him back to life?
- He coughed seven times.
 - He sneezed seven times.
 - He jumped up and down seven times.
 - He blinked seven times.
- 8.) This child was dropped by his nurse, and was crippled for life.
- Balaam
 - Adonibezek
 - Evil-Merodach
 - Mephibosheth

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YOU NEVER KNOW WHO WALKS AMONG YOU...

Luke 24:13-35 NIV

On the Road to Emmaus

¹³ Now that same day two of them were going to a village called Emmaus, about seven miles^[a] from Jerusalem. ¹⁴ They were talking with each other about everything that had happened. ¹⁵ As they talked and discussed these things with each other, Jesus himself came up and walked along with them; ¹⁶ but they were kept from recognizing him.

¹⁷ He asked them, “What are you discussing together as you walk along?”

They stood still, their faces downcast. ¹⁸ One of them, named Cleopas, asked him, “Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?”

¹⁹ “What things?” he asked.

“About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. ²⁰ The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; ²¹ but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place.

²² In addition, some of our women amazed us. They went to the tomb early this morning ²³ but didn’t find his body. They came and told us that they had seen a vision of angels, who said he was alive. ²⁴ Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus.”

²⁵ He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶ Did not the Messiah have to suffer these things and then enter his glory?”

²⁷ And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

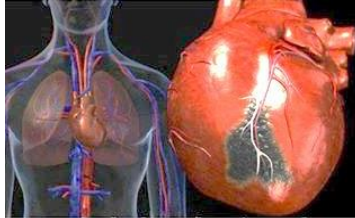
²⁸ As they approached the village to which they were going, Jesus continued on as if he were going farther. ²⁹ But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.

³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹ Then their eyes were opened and they recognized him, and he disappeared from their sight. ³² They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

³³ They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together ³⁴ and saying, “It is true! The Lord has risen and has appeared to Simon.” ³⁵ Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

FOR YOUR HEALTH

HEART ATTACKS AND WATER !



How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - I never knew all of this! Interesting... Something else I didn't know... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water...Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack
- I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

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Heart Attacks and Water – Continuation from page 14

Mayo Clinic Aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. For Your Information (FYI), Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar).

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks.

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Also, there may be **NO** pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. - Say "heart attack!" - Say that you have taken 2 Aspirins. Take a seat on a chair or sofa near the front door, and wait for their arrival and ...**DO NOT LIE DOWN!**

Please share this information with others – you could help save a life!!!!

FOR YOUR HEALTH

HIGH BLOOD PRESSURE FACTS

Nearly one-third of all American adults have high blood pressure. High blood pressure is when your blood pressure is higher than normal for an extended period of time. Most people with high blood pressure do not know they have the condition until it is discovered by a doctor.

The prevalence of high blood pressure increases with age, with 65% of men and 75% of women having high blood pressure after the age of 64. People over the age of 55 with normal blood pressure have a 90% risk of developing hypertension in their lifetime.

When you have high blood pressure, your heart is working harder than normal to pump blood through your body. This is something you can't feel. In fact, high blood pressure is commonly called a "silent killer" because it usually has no noticeable symptoms. Despite the lack of symptoms, untreated high blood pressure can lead to a greater risk for stroke or heart attack. That is why frequent blood pressure monitoring is vital.

If you have recently been diagnosed with high blood pressure, you should take it seriously. There are positive steps you can take, including making lifestyle changes and taking medicine to help. Your doctor may also recommend that you monitor your blood pressure regularly. Managing your high blood pressure should be part of an overall heart health program that also includes managing or preventing health problems like diabetes or high cholesterol, preventing blood clots, making dietary changes, such as limiting salt, and lifestyle changes that include quitting smoking and increasing daily exercise. In addition to those efforts, some find that they need medication to reduce their blood pressure.

Diagnosis

During a regular physical exam, a doctor uses a [sphygmomanometer](#) (blood pressure cuff) to check blood pressure.

What causes high blood pressure?

For 85% to 95% of people with high blood pressure, the cause is not known. Called primary hypertension, this condition may result from a variety of causes and [risk factors](#). Some risk factors of high blood pressure, like age and gender, cannot be controlled, others, such as diet and exercise, can be managed.

High Blood Pressure Facts – Continuation from page 16

Prevalence

Age and gender. The number of people with high blood pressure increases with age. Up to the age of 45, most cases of high blood pressure are diagnosed in men. From age 45 to 54, men and women are equally at risk for high blood pressure. After the age of 54, women are actually more likely to have high blood pressure than men.

Ethnicity. African Americans and Native Americans have higher rates of high blood pressure than Caucasians, and the number of cases among these groups appears to be increasing. Compared with Caucasians, African Americans develop high blood pressure earlier in life, and their average blood pressure is much higher.

Risk Factors

Being overweight or obese – People who are overweight are at risk for many illnesses, including high blood pressure. *Family history of high blood pressure* – an individual who have or had with high blood pressure is more likely to develop high blood pressure. *Diet* – People who regularly eat foods that are high in salt are more susceptible to developing high blood pressure. *Stress* – Studies have shown that people who are highly anxious, intensely angry, or who suppress their expressions of anger are more at risk of developing high blood pressure.

High Blood Pressure Symptoms

People with high blood pressure usually experience no symptoms unless their blood pressure is extremely high or they have had high blood pressure for a long time. In these cases, damage may occur in major organs, such as the heart, brain, and kidneys as well as in the small blood vessels in the eyes.

Effects of High Blood Pressure

It is the most common cardiovascular disease (CVD), affecting 1 in 3 adults. However, there are many other types of heart disease, such as myocardial infarction (heart attack) and stroke that are just as serious, if not as widespread. Simple lifestyle changes like healthy eating and exercise are recommended for all people with heart disease. BYSTOLIC is a prescription medicine that belongs to a group of medicines called “beta blockers.” Lowering your blood pressure may reduce your chance of having a stroke, heart attack, or dying.

High Blood Pressure Facts – Continuation from page 17

How Blood Pressure Is Measured

Blood pressure is expressed as 2 numbers. These numbers represent the pressure against the walls of your blood vessels as the blood moves through them. Systolic pressure is when pressure is highest in the arteries and occurs when the lower part of the heart contracts. Diastolic pressure is the minimum pressure in the arteries and occurs when the lower part of the heart relaxes. Normal blood pressure is less than 120 ([systolic](#)) over 80 ([diastolic](#)), typically written as 120/80 mm Hg (read 120 over 80 millimeters of mercury).

High Blood Pressure Treatment Options

People with high blood pressure are often urged to change their diet, exercise regularly, quit smoking, and make an effort to lead less stressful lives. If changes to your lifestyle aren't effective enough, your doctor may prescribe a medication like [BYSTOLIC to help you manage your high blood pressure](#).

Medication is usually prescribed if a person's blood pressure is above 140 [systolic](#) or 90 [diastolic](#). There are several different "classes" of blood pressure medication. Some include:

Beta Blockers – stimulates the heart muscle allowing the heart to beat more slowly and less forcefully, which ultimately reduces the blood pressure.

Diuretics – help your body get rid of unneeded water and salt through urine which helps lower blood pressure and can make it easier for your heart to pump blood.

Angiotensin-Converting Enzyme Inhibitors (ACEIs) – help blood vessels relax by blocking the production of a hormone called angiotensin II that causes blood vessels to narrow.

Angiotensin II Receptor Blockers (ARBs) – allow blood vessels to widen by preventing angiotensin II from affecting the vessels.

Calcium Channel Blockers (CCBs) – help blood vessels relax by slowing the movement of calcium into the heart and blood vessels.

While medicines work well for many, not all medicines work well for everyone. If you feel that you are experiencing problems with your current medications, please speak with your doctor. You should know that even with high blood pressure medication, making healthy lifestyle choices is recommended to help lower your blood pressure.

The Psalms – Continuation from page 8

- “Their corn and their wine increased” – indicates a time of prosperity.

Psalm 3

King David, who wrote this psalm, knew what it meant to face foes. He wrote these verses after his son Absalom overthrew him as king of Israel (2 Samuel 15-18).

In the midst of trial, David responds faithfully. Instead of merely bemoaning his son’s treachery, the king places his trust in the Lord who gave him his position. He describes God as his protector and uplifter, and waking or sleeping he need not fear. David asks God to deliver him from his enemies, striking the winning blow.

- Psalms 1-3 describes “the ungodly” or “heathen.” What have you learned about them in these psalms?
- What have you learned about God’s attitude towards those who follow Him? How does He protect them?

Psalm 4

David sends many cries for help God’s way. Like us, he was very concerned that God would hear and take action in his behalf. So he calls all-people to seek God in moments of distress, instead of turning from Him in discouragement. Trusting faith will bring them no matter what their situation, and they will rest in peace, with God as their protector.

- David faced many trials and was tempted to doubt God. Some of his failures of faith, described in 2 Samuel, were immense. But to the day he died, David believed. Have you faced trials and failures? Have you turned to God again and again?
 - When you face times of trial, what advice would David give you? How would you respond?
-

Pop Quiz – Continuation from page 12

- 9.) A woman from Canaan asked Jesus to heal her daughter, because she...
- was vexed with a devil.
 - was lame and couldn't walk.
 - had leprosy.
 - had died.

SPECIAL DELIVERY:

BIRTHDAYS



April

2nd – Randie Boyd’s – BD
2nd – Joshalyn Nichols’s – BD
2nd – Althea Watson’s – BD
5th – Regina Traylor’s – BD
14th – Elliott Lawson’s – BD
19th – Nevaeh Simpson’s – BD

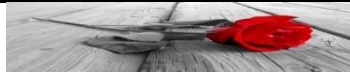
May

13th – Ruby Loving’s – BD
17th – Tiffany Pearson’s – BD
21st – Drayden Hicks’s – BD
22nd – Deontae Harper’s – BD

June

4th – Eugene Nichols’s – BD
9th – Gloria Nolen’s – BD
9th – Keshuna Boyd’s – BD
14th – F.S. Diggs’s – BD
15th – Rodney Jefferson’s – BD
17th – Eliza Murphy’s – BD
20th – John Simpson II’s – BD
20th – April Carter’s – BD
21st – Angelica Simpson’s – BD
28th – Evelyn Robert’s – BD
30th – Ashley Pearson’s – BD

SPECIAL ANNOUNCEMENT



April 6th – Pastor and Wife Appreciation Day at 3:30 pm

April 6th – Michael and Sherie Johnson’s 1st Wedding Anniversary

April 6th – Communion Service

April 14th – David and Victoria Hicks’s 13th Wedding Anniversary

YOU ARE WELCOMED

Come and join us for Sunday school at 9:30 am and plan to worship with us during our Sunday service at 10:45 am. Join us on Wednesday for Prayer at 6:30 pm and Bible Study at 7:00 pm. Choir rehearsal is held every Wednesday night following Bible Study. The first Thursday night of the month is reserved for Intercessory Prayer at 7:00 pm. The second and fourth Sunday of each month is reserved for Pastoral Teaching at 6:00 pm. Come let us hear together what God has to say!

If you are in need of transportation to church please contact Brother Alvin Davis at 817-992-7499 or Brother Quadtaye Boyd at 817-692-5140.

