

Dear Lamplight family:

We want to talk with you each month on what is on each of our hearts at the moment. Because I had a traumatic pancreatic attack in December and have recovered 100%, I would like to share with you what I have discovered. I have observed Jack meditating on Scripture each afternoon as he goes to the Dunedin Causeway to enjoy the Gulf of Mexico, the ever-so-friendly birds, the Gulf breezes, the boats, the nearby islands, as well as the billowing clouds in the blue sky. Jack prays the verses to God in the evening again before he goes to bed. He has prayed the verses so often that he knows them. The great joy and transformation he is experiencing has ignited me to do the same thing! (In almost every one of our books Jack explains how he meditates on Scripture.)

The amazing thing is that God's Word takes who we are and transforms us. (Romans 12:1-2). Meditating on God's Word causes us to think God's thoughts. His Word is His thoughts!

So, this month I have chosen verses that fit where I am right now. You can use these verses or choose your own. I am making three by five cards and carrying them with me everywhere. I am meditating on three verses each week. At the end of the month I will have twelve verses. The way that I learn a verse is that I say the address (the book, chapter, and verse) and then say the first part over and over again, actually as a prayer, not as rote memory. Then I add the next part. I say them over and over as a prayer. Then I add the next part to the second part and say them over and over. Then I add the first part and say all three parts. I keep doing this until I have the whole verse. Then I say the address again. I am praying the verse to God.

After I know one verse pretty well, I add another verse. I tie them together. I say the address of the first verse and the address of the second verse together. Then I proceed as explained. When I add a third verse I tie the second verse and third verse together and then proceed as explained. I like to link three verses together on the same topic. On some topics I will have more than one set but I will still learn them in sets of three because I can hook them together to remember them.

I can take as long as I want. I am not in a hurry. I could spend a whole week on one verse. The key is to write the Word of God on my heart. There is no deadline. I don't have to learn three verses in one week. I just need to have God's Word in my heart. I

have spent my life learning from the King James Version of the Bible. I especially use it to commit the Word of God to my heart.

My verses that minister to my life right now are: Verse One: Psalm 1:3 KJV "And he shall be like a tree planted by the rivers of living water, bringing forth his fruit in his season, his leaf also shall not wither, and whatsoever he doeth shall prosper." My heart's desire is to be planted in the Living Water, Jesus Christ. When I am, I will automatically do what He would like for me to do. I will be what He has created me to be. The way that I plant myself in Living Water is to have a plan for prayer and a plan for reading and learning God's Word. (Next month I will cover my plan for prayer😊)

Verse Two for this week: III John 2 KJV: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." Somehow my health took a nosedive. As I was recovering, I realized that I needed to make some changes in my life. My life attitude has always been that the cup of life is half full rather than half empty, but my cup had become too full! Life is becoming much simpler for me. The primary difference is that I am doing my best to live each moment in God's presence. I wake up with an excited joy! Focusing on enjoying God in His Word each day makes whatever I am doing a delight!

In terms of physical health I learned that fat and sugar are my enemies. I had not consumed processed sugar for many years, but I did consume good fats: almonds, avocado, seeds, and coconut oil. For me for now these are not options. I reminded myself that I already knew that man's body was created to thrive on greens, *Genesis 1:29* (Romaine lettuce, kale, spinach, collards, beet greens, and many more). I reminded myself that greens contain most of the necessary ingredients for the body to thrive, including protein, carbohydrates, and fat. I was introduced to Victoria Boutenko's book, *Green Smoothie Revolution*. I am having green smoothies daily. I just keep adding things until the taste is yummy. My favorite right now is: kale or collards from my organic garden, mango, banana, pineapple, kiwi, and water. I have added one tablespoon of freshly ground flax seed to one of my green smoothies each day. I know that my brain needs some fat, especially omega three in order to serve me well!

Exercise was a missing ingredient in my life. I am an outdoor person. In fact, I am a country mouse. You know if you are a city mouse or a country mouse. So, I have a raised

organic garden in my back yard. Before I became sick, I planted two kinds of kale, collards, parsley, tomatoes, and cucumbers. Everything except the cucumbers kept growing for me all of the time I was in bed. Now I am harvesting them daily. The cherry tomatoes are ripening a few at a time, but I just enjoyed one today right from the vine.

I became a personal trainer in my sixties. I enjoy exercise, but I would sit at my desk and keep working until I completed what I had planned for the day. Usually I finished in the afternoon or evening. I had learned from Terry Lemerond (see www.europharma.com) that kettle bells are the most efficient exercise there is. So I bought the Gold's Gym Extreme Cross Training Adjustable Kettle Bell with a DVD. I had begun kettle bell exercise, but now I have resumed it with small weight and will add weights as I gain in strength. This workout really makes me flexible and is great for my heart as well.

We already had two rebounders, one for each of us (we only purchase the Needak trampoline, see www.needak.com). Years ago I learned that just three minutes daily on the rebounder is excellent for the heart (a good starting time limit). Every cell in my body is lifted as I do jumping jacks, speed jogs for 16 seconds, and other fun exercises for fifteen minutes. My lymphatic system has no pump, so the rebounder lifts lymph and sends it to the nearest exit. As a base, I am doing kettle bells every other day and rebounding each day.

I am also going on a prayer walk each morning in our neighborhood, alternating normal and fast walking. I find that exercise really does get endorphins going and makes me feel energized. I am praying and going over Scripture verses as I walk.

I have a free YMCA membership with my health insurance, so I will be adding a stretching class plus weight machines three times a week. Remember, I am someone who really likes to exercise! Oh, yes, I will be taking tennis lessons from a pro to bring my game up to speed which was not the greatest, but will be most enjoyable as I rev up my game. My tennis all of these years has been spending time on the court with children and grandchildren so they will always be able to play wherever they are and enjoying each one immensely!

A group meets at 6:30 a.m. to play tennis at the community courts in Dunedin. You play four games; if you win, you stay in. If you lose, you sit out until a court is free. I can get back into tennis in a very low key setting☺

Jack taught our children and grandchildren to enjoy golf. Jack stopped playing two years ago after six holes in one and after playing more than seventy years! The game continues to be a winner for the next generations of our family. I spent two years *learning* to play (with many sets of lessons!) and just may fit going to the driving range into my life. I don't have to *play* golf. I just like to see how far I can hit the ball with each club☺

Verse Three: John 3:16 KJV: "For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." I have chosen this verse because I want to have a passion for souls. God does not want anyone to perish. He wants every person to choose to receive the greatest Gift ever given: Jesus Christ, God's Son died for the sins of the world. Becoming a member of God's family is not automatic. Everyone will die eternally separated from God and live in a place that cannot be comprehended if he or she does nothing. I desire to be passionate everyone hearing about the choice before him or her (from now on I will just say "him" meaning "him or her.") I must tell every person I meet that God loves him and how he can be forgiven and live forever with God through Jesus Christ.

Of absolute necessity is that a person knows that he is a sinner separated from God by the sin nature he received at birth. I do believe that many, many people do not have a clue that they are sinners with an eternal penalty (Romans 3:23). As I go over and over John 3:16, I believe God will reveal to me how to impart His heart to each person I meet.

I found that I was ready for more than three verses each week. The rest of my verses for this month are related to healing. I am so thankful to God for the prayers for me for my health to return. My prayer has been that I will be healthier than I ever have been in my life. I am living the fulfillment of that prayer right now! I will tell you when I reach that optimum health that I envision. I am on the way!

Psalm 103:2-3! Psalm 107:20; Proverbs 17:22;

Proverbs 12:18; Psalm 19:1; Isaiah 52:14;

Isaiah 53:4-5; Isaiah 53:10; Philippians 3:13-14 (my life verses)

So, there you have my thoughts for February. I pray I Corinthians 13 for you today, in Jesus' mighty name. May you live and move and have your being in Christ Jesus (Acts 17:28). M

ay you be so filled with the love of God in Christ Jesus that Love will automatically pour through you to others. I love you whether or not we have met. I would be so pleased to hear from you☺

Sending you love and joy in our Lord Jesus Christ,

A handwritten signature in cursive script that reads "Judy".

Judy

Did this minister to you? Do you have any feedback? Please leave me a comment on the website here: <http://www.lamplight.net/emailus.cfm>