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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Knowing Them By Their Fruit ...

By Joyce C. Lock

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A prophet is to be proclaiming things heard from God. Whenever God speaks, scripture supports it ... though probably not where someone points, "Thus saith the Lord," stealing God's words (running when He didn't send them).

Prophets guide people through their wilderness. You will know them by their fruit, as God reserves spiritual gifts for those who have the heart for it.

Within the Bible is God's definition for most every word of significance given in scripture. God is His own best commentator. Teachers forgot to teach themselves.

If you are really interested in God's intent, ask Him. Search the scriptures. If you seek God, with your whole heart, He will reveal himself to you. And when His Spirit writes the words upon your heart (which is the truth, as He cannot lie), you will come to 'know' God in newfound ways. The words of His mouth are our necessary food.

Some teach, if you pick just one verse, you are taking it out of context. How, on earth could you have taken it out of context if God spoke it to your heart? However God speaks to your need, that word is infallible. Though, it might be true if you are selecting a verse to support your thinking (telling God what He believes).

Scripture instructs us to compare spiritual things with spiritual things, rightly dividing the words of truth. Deliberately written so the lost would not understand it, you will find the real truths in the hidden parts; as God reveals them to you.

Additionally, when someone speaks in the Spirit, touching your spirit, you can believe God; knowing He dwells within them and you.

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Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the e-mail ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilesaring/>. Joyce's writings encourage us in our relationship with God and each other.

Healthy Foods That Your Kids Will Love

By Angela Tyler

Is getting your kids to eat healthy foods is a battle in your home? If so, you'll love these tips that will make your kids happy and give you the satisfaction of knowing you are feeding them foods that are good for them.

Start the Day Right

You can give your kids a delicious, healthy breakfast by getting rid of the ready to eat cereals and pastries and replacing them with bran pancakes and low-sugar syrup and/or fruit. Whole-wheat tortillas filled with fruit, scrambled eggs, or cheese and turkey bacon are delicious and your kids will have fun eating them, paying no attention to the fact that it is actually good for them.

Naturally Sweet

Most kids will ask for sweets such as candy and snack cakes. Instead of giving in to the pressure, give your kids applesauce and homemade oatmeal cookies prepared with a sugar substitute or honey rather than white sugar. Fruit snacks and dried fruit roll ups made from 100 percent fruit are great ideas for kids. Replace fruit drinks and sodas with flavored tonic water and fresh fruit juice. Drink boxes containing pure fruit juice are relatively inexpensive and kids love the individual boxes, complete with straws.

Make it Fun

The secret is in the presentation. Arrange an assortment of healthy foods in a fun way on your child's plate. You can include smiley faces made from raisins or nuts and choose foods that are colorful. Kids will eat most things if they are presented in a unique design that makes eating fun.

Healthy Dinner

Dinnertime can include homemade pizza topped with cheese and vegetables, or soft tacos made with shredded chicken and cheese. Chicken strips prepared in the oven are always a hit and you could include an assortment of fresh vegetables and whole-grain breads. Fish sticks are relatively healthy if

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you prepare them in the oven rather than fried. Cheese and legumes are healthy choices.

It's not difficult to get kids to eat healthy foods. It just takes a little extra thought and planning. Start by using our tips and you may be surprised to see what your child will eat.

Would you rather spend time doing the things you love rather than being stuck in the kitchen?

has quick recipes for mothers... and others. And, if you are looking for

fun exercise videos for your kids, don't miss



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