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Lifestyle Evangelism At The Ice Cream Shop

By Mike Wendland

There I was at the ice cream stand the other night, standing in one of two parallel lines waiting my turn for a medium twist.

Directly opposite me was a middle-aged guy wearing a haggard look.

I saw him glance at me a couple of times but didn't think much until he said "Excuse me... I have to ask. You believe that?" He gestured at my T-shirt.

I was wearing a Christian T-Shirt emblazoned across the front with the words: "In God I trust." An ice cream line was the last place on earth I expected to engage in a conversation about Christ but as it turns out, that's just what happened. We chatted the whole way to the order windows and then continued talking until we finished our cones.

We talked about salvation, the Bible and God's faithfulness. The stranger shared how he was new to town, struggling with debt and discouragement.

He introduced me to his family, waiting in the car for the treats. I introduced him to my wife.

We invited them to church.

Welcome to lifestyle evangelism.

All because I chose to put on a Christian T-shirt after work that day.

They say the average Christian T-shirt is seen by 3,000 people before it's worn out. I don't know if that's true or not but I do know that wearing a Christian T-shirt or jewelry – my wife wears little earrings in the shape of a J for Jesus – has helped me engage dozens of people in conversations about my faith.

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Some – like the family at the ice cream stand who did indeed visit our church and are now regular attenders and have even joined a small group – are receptive.

Others – like a pair of punked and pierced teenagers I ran into last week – have sneered and made jokes.

But I do know that the shirt has helped start conversations and got people thinking about God and His call on their lives. And for those of us who follow Christ, it's a great way to share the gospel.

The truth of the matter is that we may be the only Bible some people read.

So why not wear a Biblical message?

Christian T-shirts come in a wide variety of styles, colors and creative, attractive designs. Many are very clever and engaging. Most have scripture embedded in the design. All are designed to deliver a

spiritual message.

We live in a T-shirt society.

Making a Christian message part of our casual appearance is a powerfully effective way to practice lifestyle evangelism.

Mike Wendland – Online Christian Shopper

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Mike is a pastor

from a large Bible-believing church in the Midwest who founded the Online Christian Shopper Web site to make it easy for Christians to practice lifestyle evangelism. His Web site sells quality Christian T-shirts and jewelry.

Low Carb Ice Cream

By Joan Winthorp

As the low carb diet continues to create a booming impact to its dieters, the low carb diet arena then began to produce after the exciting six-part series of frozen desserts, and included in this food trend is the making of the reduced sugar and low carb ice creams.

Speaking of low carb ice cream, there are some low carb ice creams that can not be technically called "low carb ice cream" due to their cream contents, however, they are still low carb ice cream alike. Fortunately, the ice cream companies are now working hard to provide the ice cream consumers with

frozen desserts that have reduced sugar contents, which ultimately reduce the products' calorie and carbohydrate contents.

And one of the good news that accompanied the production of the low carb ice cream is that most of the reduced sugar desserts really taste yummy. However, there are some studies which noted that reduced sugar does not eventually mean the treat is low in fat. But despite that possibility for the low carb ice cream, there are still some frozen desserts that are both low in fat and carbohydrates.

It is as well interesting to know that many studies about the low carb ice cream have considered that only half a cup of the low carb ice cream is a reasonable serving. However, it is still considerable that even if an ice cream carton trumpets that has low sugar or calorie levels, or has no added sugar, or even has low carbohydrates, they might have probably fat contents that would contribute a bad effect.

So if you are one of those who love low carb ice creams, following are several low carb ice creams that are best recommended for family preference.

One of the noted best recommended low carb ice cream is the Edy's No Sugar Added Triple Chocolate low carb ice cream. Many who have tasted this low carb frozen dessert have considered it as low in fat, low in sugar, and tastes so yummy. And in fact, there are fudge sauce swirls in this chocolate ice cream.

And also of great interest is the Vanilla Ice Cream that can really be considered as a low carb ice cream for the fact that it contains a lower carbohydrates count for two carbohydrates per serving. This particular low carb frozen dessert is made by these ingredients: five egg yolks, a cup of Splenda, 1 and ¼ cups of heavy cream that is whipped.

All of these mentioned low carb ice creams are really considered as nice favorite treats. So you can keep yourself and slim down with these low carb frozen desserts.

Joan Winthorp is a fitness and nutrition expert. If you ever wanted to know if the Low-Carb-Diet works or does not – than the website at

<http://www.low-carb-diet-secrets.com>

was written just for you.



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