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QUENCH YOUR THIRST

By Arleen M. Kaptur

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The temperature index is rising and so is your thirst. If you drink any more water, you may just float away. You'd like to try something different, but refreshing. It can't be too sweet or heavy, because the day is calling for light and cold. The colder the drink the better!

The kids are looking for something to drink. Its one of those days that food is not very appetizing. You want to give them something they will enjoy but not pop. So what do you do?

Guests are coming and its suppose to be a sweltering day. Something cold that will slip down their throats to refresh and revive, but – .

Check these out and see if they don't quench your powerful thirst –

STRAWBERRY FRUIT SLUSH

3 cups water, 1 cup lemon juice, 1 cup sugar, 2 cups fresh strawberries, crushed ice, whole strawberries, lemon slices

Put 1 cup of the water, lemon juice, sugar, and 2 cups fresh strawberries in blender. Blend until the mixture is smooth and the sugar is completely dissolved.

Combine the strawberry mixture with the remaining 2 cups water. Add the crushed ice, and float some lemon slices on top. Place a whole strawberry on the side of the glass, add a straw, and enjoy.

PEACH MILK SHAKE

1/4 cup milk, 1 cup sliced fresh peaches, 1 pint peach flavored ice cream, 3/4 cup milk, and additional peach slices

Put the 1/4 cup milk and sliced peaches in your blender. Blend until smooth. Spoon in the ice cream. Blend again until mixture is smooth.

Garnish with fresh peach slices and you have yourself a very healthy shake.

COME TO THE ISLAND LEMONADE

1 6-oz. can frozen lemonade concentrate, 1 12-oz. can apricot nectar, very cold, 1 12-oz. can unsweetened pineapple juice, chilled, ginger ale, chilled

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Place the lemonade in a jug and add 1 can water. Mix in all the fruit juices. Add the ginger ale slowly and ice.

If you like fizz, add the ginger ale to the fruit juice mixture just before serving.

FROSTY LIME PICK ME UP

1 12-oz. can pineapple juice, chilled, 1/2 cup lime juice, 1/2 cup sugar, 1 quart of lime sherbet, and lemon-lime carbonated beverage, such as 7-up or Sprite

Combine the pineapple juice, lime juice, and sugar in a blender. Spoon half of the sherbet in and process until smooth.

Pour the mixture into chilled glasses and add additional sherbet. Fill each glass with the carbonated beverage, add a mint leave for garnish and quench your thirst.

RASPBERRY PUNCH

4 cups ice-cold water, 1 envelope unsweetened raspberry-flavored soft-drink powder, 1/2 cup sugar, 1 6-oz. can frozen lemonade concentrate, 1 10-oz. pkg. frozen raspberries, thawed, or 2 cups fresh, lemon-lime carbonated beverage, such as 7-up or Sprite, and ice cubes

Put 2 cups of the water, soft drink powder, sugar, and lemonade into a blender. Blend until smooth and sugar is completely dissolved.

Blend the fresh raspberries until blended but not pureed. Combine the drink mixture with the fruit and 2 cups water. Stir, and chill. Just before serving, add the carbonated beverage.

Try other fruit combinations and see what you can create! Fresh fruit is naturally sweet and sherbet and ice cream will add to your summertime drink creations.

ENJOY

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Arleen Kaptur has written numerous articles, cookbooks, motivational booklets, and the novel:

SEARCHING FOR AUSTIN JAMES Websites: <http://www.arleensite.com>

<http://www.Arleens-RusticLiving.com>

<http://www.webspawner.com/users/rusticliving/http://topica.com/lists/simpleliving>

Speak Your Faith

By Daniel N. Brown

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God wants you to live an abundant and prosperous life. But, please don't think the devil is going to just stand by and watch while God outrageously prospers you. The devil's whole purpose is to kill, steal, and destroy. (John 10:10)

Well, if that's the case, what are we to do? Ephesians 6:11 says,

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"Put on the whole armor of God that you may be able to stand against the wiles of the devil." Truth, righteousness, preparation to share the gospel, faith, salvation, and the Word of God is the armor. Verse 16 says, "Above all, take the shield of faith with which you will be able to quench all the fiery darts of the enemy."

Faith is a shield. When the devil's lies come at you, you must know what God's Word says concerning your circumstances in order to quench the devil's lies.

Unfortunately, too many Christians are ignorant of God's Word, so they operate in a spirit of fear, which is the opposite of faith. We cannot operate in a spirit of faith and a spirit of fear at the same time. We will flow in one or the other. We must oppose the spirit of fear and close the door on the devil so we may move forward with God's plan for our lives.

As Faith is our shield (our defense), God's Word is our Sword (our offense).

Now, we must not only believe God's Word, but we must speak it. Our words are containers of power. When all hell is coming against us, we need to hold fast to the confession of our faith and say what the Word says in light of our situation instead of what the circumstances look like or how they make us feel.

Not speaking the positive report of God's Word is the reason why so many believers fall short of receiving God's best. 2 Corinthians 4:13 says, "I believed, and therefore have I spoken."

By speaking negative words we are in agreement with the devil. The door then becomes open for him to produce the very conditions you are speaking. Instead, speak the promises of God, get into

agreement with Him, and you will eventually see God's promises fulfilled in your life.

Daniel N. Brown is the publisher of the "Living the Abundant and Prosperous Christian Life" Newsletter. A free weekly publication that teaches how to live the abundant and prosperous Christian life. Receive a free copy of Dan's 14 page report entitled, "5 Biblical Keys to Outrageous Prosperity," when you sign up. www.secretplaceonline.com/newsletter

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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!