



LOOK UP! THE POSTURE OF A VICTOR

MINISTER CHASTITY STEMMONS

Moving. What should have been a happy time was the worst. For me, this particular, unexpected move meant that many treasured friends and family members would be ripped away while I was left devastated and depleted to build a new life in a new state filled with icy snow for more months of the year than not.

In times of trouble, most of us lower our heads and drop our shoulders in defeat and hopelessness, and that's exactly what I did. During this season, I learned all too well that pain from disappointments, illnesses, setbacks, or even own self-induced wounds can leave even the toughest among us with our faces buried in our hands.

Life had dealt me a card I had not planned for and my emotions were unsure of how to handle my new-found circumstances. After many days and nights of crying myself to sleep, one morning I heard the still small voice within myself telling me to "sit up, get up, and look up!"

In normal circumstance that would have been an easy thing to do, but in the throes of depression, those tasks are the most difficult, overwhelming, and challenging. I knew the command did not come

from me because all I wanted to do was lay down with my head covered as a way to hide from my life and the world.

Then, suddenly Psalms 121:1-2 rang out. "I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth."

Psalms 121:1-2

***"I will lift up mine eyes unto the hills, from whence cometh my help.
2 My help cometh from the Lord, which made heaven and earth."***

It raced through my mind again and again. Finally, I mustered up the strength to unveil my head from the covers and sit up. The scripture was harassing me as a stalker would his prey. My still-lowered head warred with the words as I struggled to obey. "I will lift up mine eyes." I will. I WILL.

The "I WILL" coming from my spirit was declaring on my behalf what I was going to do whether I wanted to or not! Slowly my hands emerged to remove the sheets from my feeble body and before I knew it I was standing up! The Word of God will do the work if you let it. Now that

I was standing, seven powerful action words were waiting for my participation, "lift up mine eyes to the hills."

Unknowingly, with tears streaming down my face and arms lifted in the VICTORY, my bowed down head looked up to God for help, and at that moment I began to live again.

We all will face challenges that seem insurmountable, but we must be reminded where our help and strength comes from. When life wants to sit you down, don't bow out gracefully. Sit up, get up, and look up! Your help comes from the Lord.

"FROM THE YARD" -

Each month we will bring you content from one of your brothers inside.

"Let God Have a Turn" by Curtis Wooten III, El Dorado Lamentations 3:25

We took a turn from our parents and gave it to our friends. Then the world took it from them showing us that sin never ends.

We didn't stop and think about the turns we've given away, because of the things that we received that lead us along the way.

Once we stop and realize the things that we have learned, we will know our only answer is to let God have a turn!

“WORDS TO GROW BY”

Linda Lewis, Director of Communications

The struggle you're in **TODAY**
Is developing the strength you need for **TOMORROW**
DON'T GIVE UP

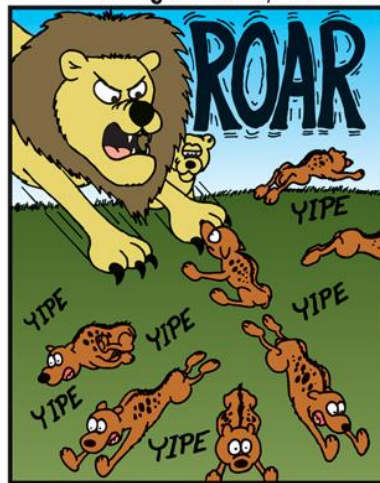
“We may encounter many defeats
but we must not be defeated.”
~*Maya Angelou*

The Lighter Side of Growth Ministries

LION OF JUDAH



A Joyful 'toon by Mike Waters



www.joyfultoons.com © 2006 Michael D. Waters

The LORD will grant that the enemies who rise up against you will be defeated before you. They will come at you from one direction but flee from you in seven. – DEUTERONOMY 28:7 NIV

Growth Ministries Activities

Growth Ministries will be facilitating a Gospel Explosion on April 15th at Lansing's Medium compound. Featured will be Glenn North, Accomplished Poet and Professor at the University of Missouri - Kansas City. Our keynote speaker will be Bishop Eric Morrison and his Praise Team from Kingdom Word Ministries in Kansas City, Missouri.

Closing Words

Every moment your experience in life is one you will never get back again. Many of us spend our time “trying to do what makes us happy”. We go seeking, searching and looking everywhere except for the right place. I have learned that true happiness, peace and joy are found in living for the Lord and serving others. As we mature at being Christians, we learn that life is not about us, but about those we can help and share the love of Christ with. **Whose life are you affecting today?** Who can say they appreciate you being in their life? Our time is short on this earth. It would be a shame to die and hardly anyone knew that you had lived.

We hope you take the time to write and let us know how you like the newsletter and share whatever is on your heart. ~*Lonnie Johnson, Executive Director*

Growth Ministries Inc. is a Christian based nonprofit organization with a passion and desire to assist individuals improve spiritually and socially through a variety of services, activities, and events.