

The Light Post

Encouraging and Enlightening God's People

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The Public Consequences of Religious Apathy

In his treatise, *The Christian Manifesto*, published in 1981, Francis Schaeffer suggests that the gradual shift away from a Judeo-Christian (or at least a Creationist) worldview towards a materialistic view of reality has broad sociological and governmental implications for western society. His is an interesting thesis to ponder in light of a recent article in *USA Today* discussing religion and the Millennial Generation.

The article cites a recent survey conducted by Lifeway Christian Resources, which reveals that Millennials (defined as Americans born approximately between 1980 and 1995) are distancing themselves from traditional religious forms in favor of a personally-defined, nebulous kind of "spirituality."

These individuals are less likely to pray, they don't read the Bible, and they don't go to church. Among the 65% who identify themselves as Christian, "many are either mushy Christians or Christians in name only. . . . Most are just indifferent." Theological indifference may seem like no big deal in an age where moral relativism and the cult of the individual reign, but it's worth considering Schaeffer's argument that - whether we realize it or not - our understanding of religion and its role in society has a direct impact on our politics.

As the Founding Fathers laid the foundations for the unprecedented political experiment known as the United States of America, this relationship was foremost in their minds. The Judeo-Christian understanding of man as a fallen and sinful creature is reflected in James Madison's famous observation that "if men were angels, government wouldn't be necessary." The recognition of our innate dignity as creatures created in God's own image is reflected in the Declaration of Independence's assertion that all men are created equal and endowed with certain

unalienable rights. America's political tradition rests squarely upon this conception of human nature: We are fallen, yet still bear the mark of our divine inheritance. Our Constitution, consequently, addresses the human need for a robust rule of law while respecting the liberty and dignity of the individual.

As Schaeffer rightly observed, a society's predominant worldview shapes its form/freedom balance: It shapes the form of government the citizens adopt and the freedoms they enjoy.

The problem is, fewer and fewer Americans recognize this fact, either because we are unwilling or unable to conceive of a reality in which we are not in ultimate control. If anything, we regard

the move from religion to "spirituality" as one more step up the ladder of progress - a natural evolution from the silly superstitions of our ancestors to a more enlightened understanding of reality in which everyone is his own god. Ideas, however, have consequences, and the consequences of denying God may well prove detrimental to the future of the American experiment.

When we decide as a society that God doesn't exist, all we are left with to account for what we are and why we exist is the idea that we are nothing more than an accident of nature. This denial of purpose and design in Creation goes hand in hand with a denial of absolute Truth and, subsequently, the embrace of moral relativism. Such a view of man and of the nature of truth is completely at odds with the Founders' views.

A view of man that denies our divine origins gives us little reason to respect our fellow men or to strive for virtue and justice in society. Furthermore, it threatens our human dignity and undercuts our claim to those "unalienable rights" we so cherish as

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The Spotlight

Sr. Pastor Lincoln Corbin

A REVISION TO MY VISION

To those with a zeal not according to knowledge, dwell on this. This is the opening verses of 2nd Samuel, 7th chapter.

In addition, to bringing that to pass, I must build you a house. Then God breaks out two fold on him. He doubles the vision and says your son shall build me a house and I shall set up an everlasting kingdom. In addition, I will do all this while you sleep in me. The next time we think we are doing God a solid, stop, and think perhaps God is using me to set up a succession that goes into eternity.

Be blessed
-Pastor Lincoln Corbin

¹And it came to pass, when the king sat in his house, and the LORD had given him rest round about from all his enemies;
²That the king said unto Nathan the prophet, See now, I dwell in an house of cedar, but the ark of God dwelleth within curtains.
³And Nathan said to the king, Go, do all that is in thine heart; for the LORD is with thee.
⁴And it came to pass that night, that the word of the LORD came unto Nathan, saying,
⁵Go and tell my servant David, Thus saith the LORD, Shalt thou build me an house for me to dwell in?
⁶Whereas I have not dwelt in any house since the time that I brought up the children of Israel out of Egypt, even to this day, but have walked in a tent and in a tabernacle

Read the whole 2 Samuel 7th chapters sometime. This passage of scripture is one of my favorites. It details King David's passion to build for the Almighty God. His petition was denied, or shall I say his vision was denied. King David's vision needed a revision.

David made the same mistakes that we often do in our zeal for the kingdom of God. We mistake our passion for true vision. In the reality of it, God does not need us to make him feel comfortable or that he is the 'man'. He doesn't solicit our high fives. It is not our vision that counts, but rather God's vision that matters. Though often it is not what we see because of our limited range. We serve an eternal God that is mighty enough to make the end before the beginning. To also call us and predestine us before the foundation of this world.

David's design to build was faulty, no matter how much money or detail that he put into it. God never signed on or off as the architect. David's design was faulty because he was constructing a temporal vision for an eternal God. It was doomed to fail, disintegrate, collapse, and eventually be destroyed. God essentially told David thanks but no thanks. Just have a seat and let the master builder show you something. I did not choose and elevate you so you can build me a house, but I have chosen you for a greater thing. My Son shall sit in the house of David forever.



Upcoming Events

MARK YOUR CALENDARS

May 9th - Happy Mothers Day

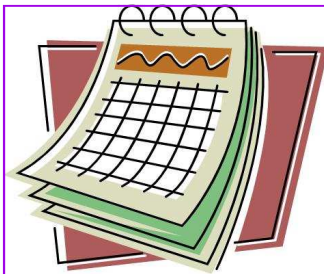
May 14th– Friday night Anniversary celebration service at 7:30 PM with Apostle Veronica Pollard from Light House Church

May 16th– Church anniversary Service with Pastor Kevin Elsey from Ambassador Church at 4 PM

May 23rd– Final Church anniversary celebration service with Pastor Ronald King from Living Hope Center at 4 PM

May 28th @ 7:30 – Friday Night Service with Minister Kaleiah Sjogren

FOR MORE INFORMATION CALL **Marvelous Light Church** at 856-461-0600



News & Tidbits

MARVELOUS LIGHT IS CELEBRATING ITS 12TH CHURCH ANNIVERSARY! TO GOD BE THE GLORY!!

Happy Mothers Day to all the wonderful mothers in the world.

May is National Military Appreciation Month so please thank the men and women who fight for our country. Special thanks to MLCs own Gualberto Diaz USAF currently serving overseas. We thank you and pray for your safe return.



Christian News Around The World



Rev. Graham Prays Outside Pentagon

Evangelist Franklin Graham prayed on a sidewalk outside the Pentagon Thursday after his invitation to a prayer service inside

was withdrawn because of comments that insulted Muslims. "It looks like Islam has gotten a pass," he told reporters. "They are able to have their services, but just because I disagree ... I'm excluded."

In 2001, Mr. Graham, the son of famed evangelist Rev. Billy Graham, described Islam as evil. More recently, he said he finds Islam offensive and wants Muslims to know that Jesus Christ died for their sins. The Pentagon's chaplain office called those comments inappropriate and, at the request of the Army, withdrew Mr. Graham's invitation to attend a multi-denominational "National Day of Prayer" service that was held in the Defense Department auditorium. He came anyway, arriving in the Pentagon parking lot just before 8 a.m. with his party of a half dozen people forming a circle on the sidewalk and praying. They stood there for about five minutes, heads bowed, as people arriving for work passed by. Then the group walked to the Pentagon's Sept. 11 memorial roughly a couple of hundred feet away, where media had gathered because it's one of the few places where cameras are allowed on the Pentagon property. There, Mr. Graham held a press conference that lasted nearly twice as long as the prayer. Asked why he had come, Mr. Graham said it was to pray for the men and women serving at the warfront, including his son, who he said had already been wounded in Iraq and now serves in Afghanistan. He said he doesn't believe "all religions are equal" and that there is only "one way to God" -- and that is through Jesus.

Asked if he still believes Islam is evil, he

said: "I believe the way they treat women is evil, yes I do." And, can he understand how some of his comments would be offensive to Muslims? "Oh, I'm sure," he said. "But I find what they teach and what they preach and what's on the Internet to be offensive, too." Another moment in the press conference, he said people shouldn't be offended because it's simply a disagreement in what people believe.

Mr. Graham said many American Christians "feel we are losing our freedoms while people of other faiths are gaining their freedom. It's a perception, whether it's right or wrong." While Mr. Graham spoke outside, some 80 people attended a service inside the Pentagon that included Roman Catholic, Jewish, Muslim and Protestant chaplains. www.washingtontimes.com

Vietnamese Government Targets Christians

Vietnamese officials are purchasing phone snooping gear so they can listen in on Christians' phone calls, reports persecution watchdog International Christian Concern. ICC Regional Manager Logan Maurer reports that the Socialist Republic of Vietnam's security apparatus has purchased phone eavesdropping software and are able to monitor all cell phone calls. This allows them to directly interfere with communications.

"Whenever an international conversation turns to human rights and religious freedom, the call is disconnected," Maurer explained. "This is a very recent development that has severely impacted the amount of information we get out of the country."

Montagnard Foundation President Kok Ksor, whose organization works to preserve the culture of Vietnam's indigenous Montagnard people, says that this development represents an increase in the Vietnamese government's surveillance. "The

government doesn't know who has cell phones in the country, but if they hear a conversation by a political opponent, they'll go to the village where he or she lives, take away the phone and frequently put the person in prison," Ksor explained. "It's not just Christians they'll listen to. They listen in on anyone who has a cell phone. If they find anything in the conversations they don't like, especially if it's someone with family in the United States, they'll arrest the person and torture them and sometimes put them in prison for a long time," Ksor added. www.wnd.com

Uyghur Mother Appeals for her Son, Sentenced to 15 Years in Prison for His Faith

Alimujiang Yimiti is a Uyghur Christian, who converted from Islam in 1995. He and his wife Gulnuer led a house church ministry in Kashgar, Xinjiang, spreading messages of hope and peace in a region riddled with ethnic conflict and violence. Targeted for his minority faith and ethnicity, Alim has been persecuted unjustly in what his lawyer, Dr. Li Baiguang calls "the worst case of religious persecution in the past decade."

Authorities seized Alimujiang from his home in January 11, 2008, holding him illegally for over one year on unfounded charges of illegally spreading religion in his hometown of Kashgar. Later, the charges were changed to "divulging state secrets to foreign individuals" based on a private conversation the Uyghur Christian pastor

held with an American Christian friend. For the past two years, Wushueran and Alim's wife Gulnuer have petitioned police officers, government officials, and state agencies. But the officers refused to see them, even barring Alimujiang's lawyers from visiting him in prison.

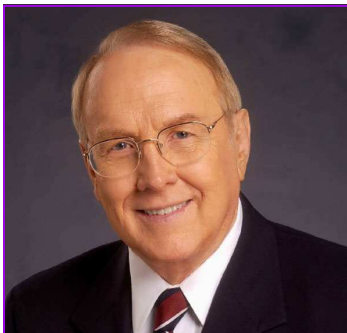


Christian News Around the World

Wushueran would travel miles from her hometown to stand at the gates of Alimujiang's detention center, crying aloud for his release, before guards could force her to leave.

On April 20, 2010, Wushueran, Gulinuer, and Alim's two sons saw him for the first time in over two years. Barely recognizing his father, Alim's four-year-old boy could only stare at the strange man, separated from him by a wall of glass. Wushueran encouraged her son to be strong, and Alim in turn comforted his family, not knowing when he would see them again. Enraged by the injustice, Wushueran and Gulinuer now urge the international community to demand Alimujiang's release. *christian-newswire.com*

Dobson Returns to Radio



James Dobson left Focus on the Family in February, bringing to an end three decades of hosting the popular radio program. This week, Dobson returned to discuss families, faith, and policy in a new show, "Family Talk with Dr. James Dobson." Dobson is joined by his son, Ryan Dobson, and former Focus on the Family producer LuAnne Crane for a 30-minute show unaffiliated with Focus.

Focus president Jim Daly said Dobson's new show is not in competition with the Focus on the Family broadcast. Indeed, Focus gave one million dollars to help Dobson start Family Talk.

"We've never been the only family-help ministry on the block," Daly said. "The

needs of families worldwide are great and we will continue to dedicate ourselves to helping them, working together with like-minded groups to have the greatest impact possible."

The decision to ask Dobson to step down as host has raised speculation about the direction of Focus. Some conservatives worry that Focus is adopting a new tone that is less confrontational and less policy focused.

Ken Hutcherson, pastor of Antioch Bible Church in Redmond, Washington, had earlier questioned where Focus was going. "I am not very happy with the new, progressive, 'loving' leadership at Focus on the Family," Hutcherson said in March. "Dr. Dobson only wants to continue to speak the truth on the radio. Apparently, that truth has limited appeal to the new leadership at Focus."

Dobson said that while it was time to hand the baton to new leadership at Focus, he wanted to continue speaking out on cultural issues. "Please don't expect me to take a 'softer, gentler' approach to the issues that burn within my soul. I have never spoken or written without passion for values in which I believe, and I don't intend to start now. Babies are dying, the very definition of marriage is under attack, the financial underpinnings of families are being destroyed by confiscatory taxation, and children of all ages are being taught wickedness and every form of godlessness. This is no time to grow timid!" said Dobson. *www.christianitytoday.com*

Audio Bible translation recordings making progress

Providing the Gospel in people's heart language is essential in seeing people turn to Christ. But many people around the world can't read. That's why Faith Comes By Hearing exists: to provide God's Word in audio.

Sheryl just returned from a trip to Papua New Guinea and the Philippines where she visited translation teams there. She says it's great having God's Word in written form, but it doesn't do any good if people can't read it. "In remote areas, you've got obviously great illiteracy problems. They can't read [the Bible]. They have to hear it in order to have God's Word there." That's



why Faith Comes By Hearing has a goal to record God's Word in 2,000 languages around the world.

"We have 512 recordings to date, so we are really moving toward our goal of 2,000. We're not there yet, but each year we're adding more recording teams and we're getting closer."

PNG is a challenging country. "You've got so many remote areas and challenges that the recording teams face with tribal warfare," says Sheryl. "These people still live as if they were still in the stone-age, and there is tribal fighting." Sheryl says it hasn't been easy for one of their teams. "We've got a team recording in a remote area where there is fighting going on. There's been a few people killed already -- not in our recording team, but that's all around us." People and money are needed to accomplish the work. Sheryl says Christians in Europe and North America need to be involved. "This is just the continuation of Judea, Samaria and the uttermost parts of the earth. We have to help. These poor countries don't have the resources financially, or physically/materially at all. We've got to be able to help carry that Word beyond our own borders." *http://mnnonline.org*

Look Up and Live

Pastor Leasa Corbin



“I am so thankful of the matriarchs who helped inspired us to be strong, strengthen, restored, and live.”

The Woven Women

“For in Him we live and move and have our being”. Acts 17:28

We are woven through the fabric of life created by the hands of God. As I reflect on Mother’s Day, I think of the word flexibility, which means capable of bending and being responsive to change.

My mind ponders on all the women who life was sprung up in the cradle of their womb but later ceased. I also think of those who gave birth or nurture to someone in life. Mother’s are truly woven in Jesus Christ. I am so thankful of the matriarchs who helped inspired us to be strong, strengthen, restored, and live.

I remember my mother was responsive to change on many occasions. She would come home early to aid a sprained limb, celebrate birthdays by making them a cake, and even do an extra shift at work at a moment notice. I believe God wants us to have that same flexibility in Him.

Although at times we have disappointments and struggles from life, we can’t lose ourselves. We may have wondered when did I lose my flexibility. What happened to the strength and energy I once possessed? Flexibility involves more than physical movements. It includes responses and attitudes of what in our hearts. I believe that when we free ourselves from the stress, pass hurts and failures, we allow God’s grace and mercy to protect us. An orthopedic surgeon name, Neal Stansbury, MD of Leigh Valley Hospital and Health Network said “flexible muscles are more forgiving, if they’re tight and contracted, you’re more likely to be injured”.

I invite your take of few moments out of your busy schedule to stretch out on Jesus Christ. As you reached out and touched others, you are capable just as the woman with the issue of blood who pressed and reach out and touch the helm of Jesus garment. The woman was made whole, because she capable to change her direction in the midst of her struggles to reach Jesus.

The Bible said in Hebrew 1:3 that all things are upheld by the word of his power. We have God’s support in the stretch of life and our jobs, health, families and finances are secure in Christ. Jesus is the source of life, by submitting to His will and trusting Him allows us to go farther to take another step in Him.



Jesus Christ is the source of life, for in Him we live, move, and have our being. In the season of honoring Mothers, remember that someone is encouraged by how you respond to the many changes in the fabric of your life. We

have seen and others have experience your flexibility, strength and restoration because you were the woven women. Thank you, Happy Mother’s Day.

-Pastor Leasa Corbin

Consequences cont.

Americans. As each of us withdraws deeper and deeper into our own individually-crafted bubbles of "spirituality," we are finding ourselves less and less able to reach even a basic societal consensus on questions of justice and morality. The result? We end up with a legal system that defends the due process rights of convicted felons and would-be terrorists while denying those same rights to the unborn, the disabled, and the elderly.

The one entity that does not object to a God-less society, however, is government - which may explain why the promotion of atheism has been central to some of the world's most brutal totalitarian regimes. A

government seeking absolute authority over its citizens, after all, is not well served by competition with God. When we refuse to embrace both the blessings and the responsibilities of our divine inheritance, the power-hungry politicians and entrenched bureaucrats that manage the modern welfare state are more than happy to step in and do it for us - for a price that often comes in the form of higher taxes, less liberty, and less protection for the weak and vulnerable.

As our own government senses its power and authority growing stronger in direct proportion to our increasing religious apathy, social irresponsibility, and historical

ignorance, we can be sure that it will do what it can to prevent the American people from reversing the tide. The Obama Administration's response to the Tea Party movement is a perfect example.

Americans must decide the future they want for their country. If we wish to preserve the unique tradition begun by our Founders, we must rediscover the importance of religion and put God back in the foreground of our social and political consciousness.

-Ken Connor is an attorney and co-author of "Sinful Silence: When Christians Neglect Their Civic Duty" He is also Chairman of the Center for a Just Society.

Healthy Choices 101 webmd.com

The sun is shining, temperatures are rising. Summer is the time to shed layers of clothes, as well as some pounds. It's a natural trend to eat lighter during the summer, and you can easily do so without feeling deprived. If you follow the U.S. government's 2005 dietary guidelines of four-

and-a-half cups of fruits and vegetables and three servings of fat-free or low-fat dairy each day, you'll be getting plenty of naturally low-cal foods that are high in fiber, calcium, and important nutrients. "Fiber helps in weight control because it promotes

a feeling of satisfaction or satiety," explains Registered Dietitian Cheryl Orlandsky, of the Computer Science Corporation. "High-fiber foods, eaten consistently, prevent that rebound effect of feeling full one minute and looking for something else to eat the next. It also helps modulate blood sugars by slowing down the digestion of sugars to prevent a quick surge into the bloodstream."

Much of summer's bounty has extra nutri-

tional benefits you may not be aware of. Fruits and vegetables contain antioxidants and other phytonutrients that may slow aging, protect against cancer and stroke, improve blood pressure, and keep your heart healthy. And just about all are low-calorie, so your waistline stays in check, another big health benefit. Ready to slim down with summer foods? Start your summer "diet" with these.



Tomatoes and Peppers for Vitamin A, Vitamin C, and Lycopene These powerhouses of nutrition are members of the fruit family, though thought of mostly as vegetables. Tomatoes and bell peppers of all colors deliver large amounts of vitamins A and C. A medium tomato, for example, is low in carbohydrates and has only 35 calories but gives you 40% of the vitamin C and 20% of the vitamin A you need for the day.

Tomatoes have other benefits, too. "Consuming a diet rich in tomatoes has been shown to decrease the risk of prostate and other digestive tract cancer," says

Emily Abercrombie, RD, LD, a clinical nutritionist at Atlanta's Emory Hospitals. This is because tomatoes and processed tomato products have high levels of a nutrient called lycopene, a powerful antioxidant that gives some fruits and vegetables their color. Lycopene may prevent as well as treat several types of cancer. Research suggests it also may help prevent the LDL "bad" cholesterol in the bloodstream from being converted to oxidized LDL that can form plaques in arteries and increase the risk of heart attacks.

Peppers have antioxidants too, such as beta carotene, which can help boost the immune system and prevent the cell damage that comes from free radicals, a natural byproduct of our bodies' normal functioning. Studies show damaged cells can lead to a number of diseases, such as cancer and heart disease. Peppers also have plenty of vitamin C, even more than tomatoes. Just a half cup of the green, yellow, or red varieties have more than 230% of your daily vitamin C requirement. Keep some pepper strips on hand for a tasty calorie-controlled snack. A half cup of fresh peppers has only 20 calories.



Cooking With the Sisters

Kendra Hall & Shaniqua Leggett

Cooking with the sisters is our monthly recipe column from the sisters at Marvelous Light made famous by their tasty dishes!

Brown Sugar and Mustard Glazed Corned Beef



This is a great corn beef recipe to make for Easter dinner. Your Family and Friends are guaranteed to come back for seconds!

Ingredients

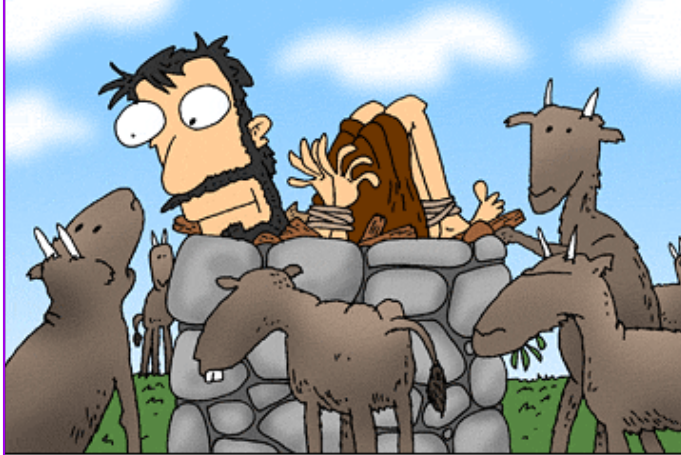
- 1 (3-4 lb) corned beef brisket
- 1/2 cup light brown sugar, packed
- 1/2 cup water
- 1/2 cup brown mustard

Directions

- 1 Rinse off the brisket under running water.
- 2 Trim off excess fat.
- 3 Place in large stock pot and cover with water. At this point you may use the seasoning packet that came with the corned beef.
- 4 Bring to a boil
- 5 Lower the heat to simmer
- 6 Cook about 3 hours until very tender (skimming fat as necessary). Add more water if needed to keep covered.
7. In a sauce pan, combine the brown sugar and 1/2 cup water. Bring to a simmer over medium-high heat.
8. After about 5 minutes, stir in mustard.
9. Continue simmering another 2-3 minutes.
10. Place the brisket on a rack in a roaster.
11. Thinly coat meat with glaze
12. Put in oven and bake for 30 minutes, re glazing every 10 minutes.
13. Remove from oven and let rest at least 15 minutes.
14. Slice thin to serve.

Now That's Funny!

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04-02-2010

WHAT? LIKE WE'RE NOT SUPPOSED TO SACRIFICE TOO?

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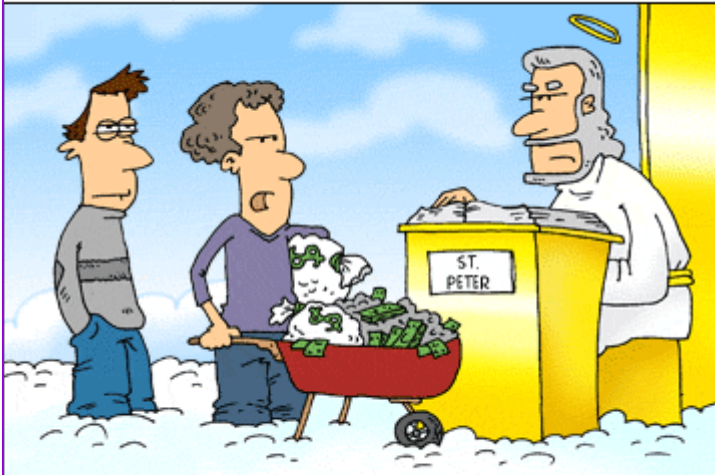


(See Genesis 6-8)

04-05-2010

NOAH PREPARES FOR ANOTHER HUGE DAY

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(See Mark 10:25)

05-07-2010

ARE WE GOING TO HAVE A PROBLEM?

Healthy Choices 101 cont.

Nothing says summer like the colorful array of berries that start showing up in your produce section at the grocery store. Strawberries, raspberries, blueberries, and blackberries satisfy your sweet tooth and are rich in nutritional bonuses, such as vitamin C. Strawberries have the most vitamin C of any member of the berry family.

Andrea Dunn, RD, LD, of The Cleveland Clinic, says, "Berries are rich in a substance called ellagic acid, which acts as an antioxidant, helps the body deactivate specific carcinogens, and slows the reproduction of cancer cells. Berries may also help prevent urinary tract infections." Abercrombie adds, "Berries are a good source of fiber, which in turn help in lowering cholesterol." She also notes that studies with blueberries show they can help improve memory.

Yogurt for Calcium and Protein



Not so long ago, yogurt was considered something only health food junkies ate. Now, it is a dietary staple for many who enjoy the taste, convenience, low calories, and, yes, health benefits.

Yogurt can even help you slim down, according to recent studies showing a low-calorie diet that includes three servings of dairy a day can help promote weight loss. Orlansky says yogurt is very appealing to those wanting to lose weight because of the protein/carbohydrate combination it offers. "These nutrient combinations can help stave off hunger," she explains, adding that, "Yogurt contains about 30% of the recommended daily value in calcium and should be added to the diet since most American adults are not drinking milk."

Yogurt is made by curdling milk with purified cultures. That means that in addition to protein and calcium, it is high in live active organisms called probiotics. These can boost your immunity, prevent yeast infections, and keep your gastrointestinal tract healthy. Flavored, plain, or low fat, you can eat yogurt as a snack or as the protein source at a meal.

Protein- and Fiber-Packed Beans



The benefits of beans or legumes are as wide as the varieties available. Peas, lentils, black beans, butter beans, lima beans, garbanzo beans (also called chickpeas) -- and that's a very short list. All are nutrient-rich and great sources of fiber, iron, and protein.

These small, tasty treasures can help you feel full longer, while curbing your appetite for foods that are high in fat. They have little or no fat themselves and are usually inexpensive as well. Most are good raw and can be easily mixed with other foods to add flavor, substance, and color.

"Substituting beans for animal protein in a meal can lower calories, saturated fat, and provide zero cholesterol," says Orlansky. She adds they are "particularly high in soluble fiber, which helps blood cholesterol levels."

Cleveland Clinic dietitian Andrea Dunn also notes that most beans are an excellent source of folate. Adequate amounts of folate may help keep the heart strong and are important for expectant moms, since studies show folate helps reduce certain birth defects in a growing baby.

"Time to tango with the mango," Dunn



says of this not-well-known summer treat. Mangoes have been a staple of people's diets in Southeast Asia and India for more than 4,000 years.

Mangoes have some big advantages over other fruits. They contain more fiber than most, which helps you curb your appetite. They are low in calories (about 95 for a medium fruit), fat, and sodium, contain no cholesterol, and have more beta carotene than any other fruit.

"Not only a source of one-fourth your vitamin A for the day, the mango is also a great source of vitamin C," Dunn explains, adding that it provides about 76% of your daily vitamin C needs in just one

cup and is a nice alternative to oranges.

Mangoes are also high in carotenoids (like beta carotene) and bioflavonoids. These powerful antioxidants are good for a healthy immune system and help repair the cell damage that can lead to disease, such as cancer.

Potassium is another benefit of eating mangoes, which are loaded with this important mineral. Your body needs potassium to help regulate blood pressure and heartbeat, but many people don't get enough.

Last but Not Least, Wonderful Water



Probably the most important "food" of any diet is water. In fact, it's essential. It may have no nutritional value, but it is a catalyst for a majority of bodily functions, including digestion, metabolism, and cell function. Water is also key for helping those trying to lose weight. It curbs hunger pains, especially when it's included in foods such as fresh vegetables and fruits.

"Research has shown that water-containing foods like fruits and vegetables and soups are encouraged for weight control because of the water," Orlansky says.

"The water increases the volume of the food and lowers the amount of calories." Another reason water helps with weight loss is that if you don't get enough water, your body will try to hold on to what it has so it can continue to operate. This will leave you bloated and the only way to get rid of the excess water is to take in more water. The adult human body is 60% water and on average, loses about one cup or 8 ounces per day from normal activity. On the upside, a typical daily diet includes about four cups of water in the food you digest. Still, nutritionists advise drinking eight glasses of water daily to keep your body functioning like a well-oiled, or hydrated, machine.

Light Bites

Deaconess Brandie Wooding

After meditating on one of Pastor Corbin's messages it made me think of the difference between a contract and a covenant. The message touched on how Jacob in all of his arrogance tried to "rewrite" his covenant with God. Things had to be on his terms and he did not know how to surrender to the Lord. As I studied, I realized that by definition a contract is a formal or legally binding agreement. For instance, you sign a contract when purchasing a new home or starting a new career. It is legally binding, but sometimes contracts can be broken if certain criteria are not met or upheld. Now a Biblical covenant is an agreement found in the Bible "between God and his people in which God makes certain promises and requires certain behavior from his people in return (conditional covenant)."

I began to realize that we as believers too can sometimes try to rewrite our own covenant out of arrogance or even ignorance. Maybe we think that we are living according to the covenant but in fact are serving God with a contract type of mentality. God if you do this for me than I will do this for you. God this is what I want from you and then I will serve you. I learned that a contract usually benefits both parties financially, one exchange for another. In the context of a covenant what is God really getting out of the deal? The covenant is solely for our benefit. You ask how? Well God sacrificed his only begotten son Jesus Christ so that we could have eternal life. What benefit did God receive from this act of love and mercy? One sinless life was lost so that many could be saved, is that an even exchange? Would we give our life in such a way that many would benefit?

Some of us won't even donate blood so that others can have a fair chance, let alone sacrifice our own flesh.

Even with looking at the natural example of a man

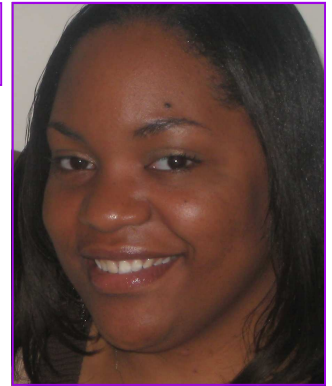
and woman who have entered into the covenant of marriage. A blood covenant so strong that it is meant to last until "death do us part." Yet what happens when a wife or husband decides to rewrite the terms of the covenant that was ordained by God? What happens when one party no longer feels that they have to be faithful to the other? Or what happens when a wife decides that she no longer wants to be married? Separation and inevitably divorce becomes the solution. As a married individual, I do not want to rewrite the terms of the covenant in my own marriage, so why would I desire to do so with God?



So in simple terms, we cannot serve God out of convenience or out of routine. We must live submitted lives before the Lord. We cannot continue to serve God when we want to and on our own terms. Then we become like Jacob, self-centered and arrogant. It is time to pray that we do not fall into this category like

Jacob whom it took 20 years before he learned to submit to God. Let's be wise and serve God because of who he is and out of obedience. Remember that this covenant has your best interest at heart and the very least we can do is be obedience to the Lord.

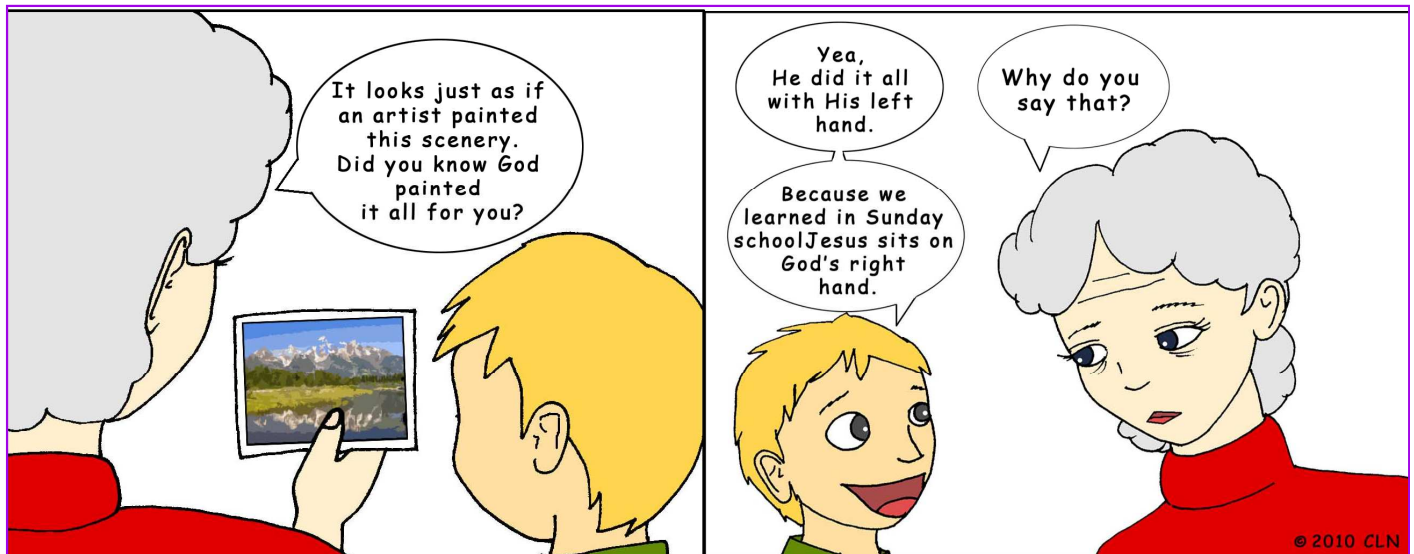
-Deaconess Brandie Wooding



"The covenant is solely for our benefit. You ask how? Well God sacrificed his only begotten son Jesus Christ so that we could have eternal life."

Come On Somebody!

Cheyenne Nixon



Thanks from The Light Post Staff

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SERVICE TIMES

Prayer- 9 AM Sun & 7:00 PM Tues

Sunday School- 9:45 AM

Morning Service- 11:00

Tues Prayer & Bible Study- 7:00-9:00PM