



TRUE LIGHT

Baptist Church

FEBRUARY 2009



A MESSAGE FROM THE PASTOR

“HOW LITTLE BECOMES MUCH”

“Therefore they gathered “ them” up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten.” (John 6:13, NKJV)



Every miracle Christ performed began upon the platform of a problem. When we examine the evidence of Scripture, we are hard pressed to find a miracle that did not begin in a problem.

The Problem. *“Then Jesus lifted up “His” eyes, and seeing a great multitude coming toward Him, He said to Philip, “Where shall we buy bread, that these may eat?” (vs. 5)*

This was no little problem! Here were thousands of people, and it is dinnertime. It is a long way to the closest eating-place. There is a need for which there is no apparent supply. This is no new or uncommon thing in human experience. We should realize from our reading of the Bible that we should learn to love our problems. Every problem is an opportunity to trust the Lord and to watch Him step into our circumstances to reveal His glory. Problems are only opportunities in work clothes. If you have a problem, good! This is the place to start a miracle. This is precisely where God chooses to begin the demonstration of the means of invading our little with his much.

The Probe. *“But this He said to test him, for He Himself knew what He would do. Philip answered Him, “Two hundred denarii worth of bread is not sufficient for them, that every one of them may have a little.” (vs. 6, 7)*

Perhaps, like Philip, who came from the district, knew its possibilities, and felt that what was suggested just could not be done; we may answer negatively. Perhaps the experience we are asked to face in the moment may seem to us too drastic, but we have to trust in a God who loves us, and trust that nothing comes our way without first passing through the filter of His love, that what often seems trialsome really is wise, kind, and necessary.

It seems the probe enlarged until all the disciples were scrambling for possibilities. How much like us they were! We are ever looking over the scene for human possibilities seeking to solve the problem without own resources.

The Prospects. *“One of His disciples, Andrew, Simon Peter’s brother, said to Him, “There is a lad here*

INSIDE THIS ISSUE

WHAT IS LOVE?	3
YOUTH SPOTLIGHT	4
HEALTH MINISTRY	6
BONNE’S KITCHEN CORNER	7

who has five barley loaves and two small fish, but what are they among so many?" (vs. 8, 9)



It is seed faith that brings a lad to Jesus and begins the process that releases the limitless resources of God. The faith was small but well placed! A little faith in the right place and in the right person does more than much faith in the wrong place and in the wrong person.

Often in our estimation, what we have, whether it is time, talent, or treasure, is deemed by us as so trivial as to be felt not to be worth giving. In our minds, if we give, it will make no appreciable difference; and when we withhold it, it will never be missed. That, says Christ, is a fallacy that has disastrous consequences. The service and giving of simple folk each throwing in what seems a very unimportant effort, yet which in the mass, and often individually, can have far-reaching results. The lesson is this. If we would use our resources, as we do possess, hopelessly inadequate though they may seem, we will discover that we can draw on greater resources than we had realized could be available, and the thing we thought impossible and obviously out of the question will be done.

The Program. "Then Jesus said, "Make the people sit down." Now there was much grass in the



place. So the men sat down, in number about five thousand. And Jesus took the loaves, and when He had given thanks He distributed "them" to the disciples, and the disciples to those sitting down; and

likewise of the fish, as much as they wanted." (vs. 10, 11)

Jesus knew what He would do. He had already looked over into the other world of unseen, eternal reality and had the report of faith. He saw enough bread and fishes to feed the world. He gave thanks, for not only what His physical eyes saw, but also what His spiritual eyes saw. If you are going to experience God's miracle, prayer must be dominant. When Jesus prayed giving thanks, there came the release of God's adequacy in the midst of man's inadequacy.

The Proof. "So when they were filled, He said to His disciples, "Gather up the fragments that remain, so that nothing is lost." Therefore they gathered "them" up, and filled twelve baskets with the

fragments of the five barley loaves which were left over by those who had eaten." (vs. 12, 13)

The proof of God's plenty is threefold.

First, the people were filled. They had enough.

There was not one hunger pain that was not satisfied.

Second, there was enough left over for ministry.

When all were fed, when the job was done, they gathered up twelve baskets full, one basket for each apostle.

Third, man's idea of Jesus was elevated. They said, "This is truly the Prophet who is to come into the world." (John 6:14).

Though their observation was incomplete, they began to recognize Him to be more than a common man. Through this demonstration of the power of God, they knew that one more-than-a-man had been in their midst.

When we come to see that our needs call God to action, we have an entirely different attitude toward our problems. Problems are those situations engineered of God to bring us face to face with our deficiencies so we might view His sufficiency as our only alternative.

In Malachi 3:10 (NIV) God issues a challenge, "Bring the whole tithe into the storehouse, that there may be food in my house. **Test me in this.**" says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it." Tithing puts in the proper place to experience God's provision. As we trust and obey Him, we will get started on a lifelong adventure of giving that we will never regret. Our giving will pull along our spirit, and our spirit will pull along our giving and we will experience the joy of Christ in ways we have never imagined. We continue to encourage you to tithe and see how

God can take your little and make it much!



40 Tips For A Better Life



1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to _____ today.'
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2008.
7. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of six.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants. Eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, or issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime .
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more, it will keep the NEGATIVE BLUES away.
18. Life isn't fair, but it's still good.



19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. REMEMBER GOD heals everything.
29. However good or bad a situation is, it will change
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. Get rid of anything that isn't useful, beautiful or joyful.
32. Envy is a waste of time. You already have all you need.
33. The best is yet to come.
34. No matter how you feel, get up, dress up and show up.
35. Do the right thing!
36. Call your family often. (Or e-mail them to death!!!)
37. Each night before you go to bed complete the following statements: I am thankful for _____. Today I accomplished _____.
38. Remember that you are too blessed to be stressed.
39. Enjoy the ride. You only have one ride through life, so make the most of it and enjoy the ride.
40. Please Forward this to everyone you care about. I just did.



**May your troubles be less,
May your blessings be more,
May nothing but happiness come through your door!**

James Pridgen



Age: 16

High School: Gateway High School

Grade: 10th grade

Hobbies: Drawing, taking things apart and putting them back together

Favorite Subject: Biology

Favorite Football Team: Philadelphia Eagles

School Activities: Football

Church Activities: Sunday School, Deliverance Choir, Greeter, Youth Church

Many see James as they enter True Light Baptist Church. He opens the doors and greets all with a "Good morning," and a big smile. I didn't know much about James before I spoke with him. However, after our conversation, I realized James was more than just a 16 year old young man. He actually reminded me of David in **Psalms 63:1**: "*O God, thou art my God; early will I seek thee; my soul thirsteth for thee, my flesh longeth for thee, in a dry and thirsty land, where no water is.*" This is a young man who is earnestly seeking God and really trying to learn more. James is a young man who rides his bike to church every Sunday, whether sunshine, rain, or snow. This is young man who attends 8 am service, Sunday School, and Youth church. True Light, I invite you to meet James Pridgen.

How did you find True Light? I found TLBC through a friend.

What do you enjoy most about True Light? I enjoy the friendly people. Everyone is nice and always has a smile on their face.

What do you enjoy most about the Youth Department and the Leaders? I enjoy the youth department and its leaders because they are strong. The leaders teach us the Word and try their best to point us in the right direction.

Theme for 2009 for TLBC: Rediscover the Book; why is this so important? It is important because the Word is our foundation. It is important to know the Word of God so you can live your life right.

What is your theme/resolution for 2009? I don't really have a resolution for 2009, but I really want to strive to help others more.

Aspirations/Goals? I would like to finish high school and go to college. I enjoy taking things apart and putting things back together, so engineering may be an option.

How do you plan on accomplishing the above goals? Keep God first and push myself because God will help me to look forward.

Final thought: "I am a hard worker."

Ashley Golson

True Light is in the business of developing our youth and bringing them to the Lord. Youth church is held every Sunday at 10:45 am in Room 101 A & B. Don't allow your youth to miss out on the blessings God has in store for them!

WHAT IS LOVE?

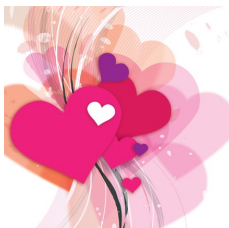


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 Agape
 Blood
 Cherish
 Christ
 Christian
 Cross
 Died
 Endures



Faithful
 Forgiveness
 Glorify
 God
 Kind
 Love
 Patient
 Praise
 Unconditional



"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal.....and if I have a faith that can move mountains, but have not love, I am nothing."

1 Corinthians 13:1-2



ANGELS OF HEALTH AND HEALING

Exercise and Cold Weather: Stay Motivated, Fit and Safe

Cold weather doesn't have to mean putting outdoor exercise on ice. Here's how to exercise safely — even when it's 20 below.

Winter can frustrate the most motivated exercisers. And if you're not so motivated, it's all too easy to pack your workout gear away with your summer clothes. But keeping up your exercise routine in cold weather can be rewarding. For one thing, outdoor exercise is a sure cure for cabin fever and the winter blues. Exercise also bolsters your immune system.

Taking it outside: Here's how to get the most out of your cold-weather workout:

Check with your doctor. Experts say that almost everyone can exercise safely in the cold, including people with asthma and heart problems. If you have health concerns, get your doctor's OK.

Layer it on. One of the biggest mistakes cold-weather exercisers make is dressing too warmly. Exercise generates a considerable amount of heat — enough to make you feel like it's 30 degrees warmer than it really is. Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. If it's very cold (about 0 F or -17.8 C) or you have asthma, wear a face mask or a scarf over your mouth.

Protect your extremities. When it's cold, blood is shunted to your body's core, leaving your hands and feet vulnerable to frostbite. Try wearing a thin pair of gloves under a pair of heavier gloves or mittens lined with wool or fleece. Don't forget a hat or headband — 30 to 40 percent of your body heat is lost through your head.

Choose appropriate gear. If it's dark, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls.

Remember sunscreen. It's as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and has an SPF of at least 15 or higher. Use a lip balm that contains sunscreen, and protect your eyes from snow and ice glare with dark glasses or goggles.

Drink plenty of fluids. Drink water or sports drinks before, during and after your workout — even if you're not thirsty. You can become just as dehydrated in the cold as in the heat from sweating, breathing and increased urine production.

Pay attention to wind chill. The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. If the temperature dips well below zero (-17.8 C), choose an indoor activity instead.

Know the signs of frostbite and hypothermia. Frostbite is most common on your face, fingers and toes. Early warning signs include paleness, numbness and loss of feeling or a stinging sensation. If you suspect hypothermia — characterized by intense shivering, slurred speech, loss of coordination and fatigue — get emergency help right away. To help prevent problems, warm your hands and feet every 20 to 30 minutes, and know when to head for home.

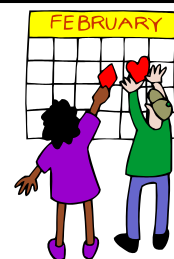
Stay motivated. When it's cold outdoors, there's no need to hit the couch. With a little knowledge and fortitude, you can meet the challenges and reap the rewards of winter exercise. For many people, the solitude and quiet alone are reason enough to brave the elements.

www.mayoclinic.com/health/fitness/HQ01681

Bonne Tootle

Things to Remember in February

- ⇒ Wednesday's from 1:00 p.m. to 2:00 p.m. the health ministry has a low impact exercise program. Our instructors are **trained** and **certified** to teach. These exercises are to help you with better range of motion and flexibility. If you have had knee, or any type of joint surgery, stiffness of joints or just want to have some fun while you exercise, come out and join the men and women who are already benefiting from this program.
- ⇒ Weight Watchers is here at True Light every Thursday evening from 5:00 to 7:00 p.m.
- ⇒ Healthy Lifestyle Changes is here at True Light on first and third Mondays at 6:30 p.m.





BONNE'S KITCHEN CORNER

20~Minute Chicken Creole

255 calories serving size 1 ½ c.

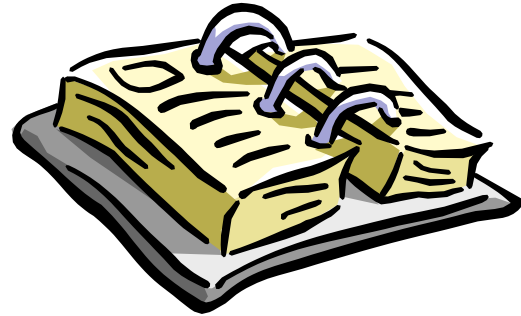
This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

Nonstick cooking spray
 4 med chicken breast halves, skinned, boned, and cut into 1 in strips
 1 (14oz) can chopped tomatoes
 1 cup low-sodium chili sauce
 1 ½ cup green peppers, chopped (1 large)
 ½ cup celery, chooped
 ¼ cup onion, chopped
 2 cloves minced garlic
 1Tbs fresh basil or 1 t dried
 1 Tbs fresh parsley or 1 t dried
 ¼ tsp crushed red pepper
 1 tsp salt

Spray a deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink.. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat, cover and simmer for 10 minutes. Serve over hot cooked rice or whole wheat pasta. To cut back on sodium, try low sodium canned tomatoes.



Church Calendar Highlights



KEEP CONNECTED!

Active members of True Light who are sick, shut-in, elderly, or others who are physically unable to attend church may request a CD or DVD of the Pastor's sermons. Please contact a member of your Family Ministry Team or the office for further details.



February 2009

Feb 8 (Sun)	Academic Recognition
Feb 10 (Tue)	Annual Business Meeting
Feb 22 (Sun)	Black History Program
Feb 27 (Fri)	Fireproof Your Marriage
Feb 28 (Sat)	VBS Kick Off Meeting



March 2009

Mar 3 (Tue)	Financial Peace University
Mar 7 (Sat)	6 Hour Prayer Vigil
Mar 8 (Sun)	Church Anniversary
Mar 22 (Sun)	Friend Day

After Hours Prayer Line

"Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them."

Matthew 18:19-20 (NIV)

After Hours Prayer Line Phone Number

(303) 375-0754 Ext: 9

- ◆ Call for prayer and leave a recorded message. Our Intercessory Prayer Team regularly monitors this line.
- ◆ If you leave contact information, a member of the Intercessory Prayer Team will call and pray with you.
- ◆ Your Intercessory Prayer Team wants to pray with you and for you.



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