

# Highly Flavored *ministry*

## BURNING ISSUES:

### “Joy for the Journey”

By Pam Key, Correspondence Editor

**While we do not look for things which are seen but the things which are not seen ~ II Cor. 4:18**

As we leave an old year to begin a new year we have the opportunity to reflect on the past and look forward to the future. We do not know what the future holds but with God we can expect *Joy for the Journey*. What a privilege it is to be a believer. We are the elect of a most powerful and wonderful God. As believers we are called not to look at what we see but what we don't see, like the future. We cannot see it, yet we look forward to it with great anticipation and expectation of greater things from God. We look for more love, more peace and especially more joy.



Joy has many meanings. Webster's dictionary says that *joy* is the emotion evoked by well-being, success or good fortune or by the prospect of possessing what one desires. God is good and greatly to be praised! When joy is present there is an absence of sadness, sorrows, worries and heartaches.

As we journey into a new year we experience a new beginning and we have the assurance of knowing that the God we serve is with us all the way, just as He was last year. He was present in the good times as well as the bad times. In His infinite wisdom and power He assigned us a time to receive joy. Psalms 105 talks about the eternal faithfulness of the Lord. The psalmist talks of how God's

word has an appointed time (v.19). The joy that God has for us has an appointed time. The confidence is in knowing that even when we are tested the Word of God will be fulfilled at the appointed time. Yes! Believe and you will be able to have *Joy for the Journey*, even with unexpected struggles.

In II Corinthians Paul tells us that we have treasure in earthen vessels. Why would God put something so

precious in something so shallow? It is so He can get the glory in our lives. His *glory* leads to our *joy*. We are limited but God is unlimited. He

has entrusted us with his Holy Spirit. This is the treasure that is hidden in the earthen vessels. It is because of the treasure that we are persecuted and at times even cast down. But the treasure is protected inside of the vessel. It is protected by the power of God along with our hope and joy in knowing that He is with us. This hope causes us to put our focus on the things that are not seen.

I recently had an encounter with God where I was forced to trust Him. In my eager anticipation of waiting on God (and believe me I hated the wait) I found myself on a new path that I had never been on before. This path was full of sorrows and sufferings. I sought, I fought, I prayed, I fasted, I begged and I even began to bargain with God to get me out of the trap of the struggle. I found that the more I struggled the harder it got. One day I heard Him say

do you trust Me and my answer was “yes.” I let go and let God and when I did His glory was right there and so was my *joy*. I rejoiced more over the struggle because I realized that God did it for His glory. At the end I also realized that it was not the blessing that brought me joy

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Highly Flavored Ministry is a not-for-profit organization committed to encouraging individuals and families of those who are incarcerated, released from prison, suffering from addictions and financial strain. Highly Flavored Ministry publishes a newsletters that are mailed to institutions and juvenile facilities internationally free of charge. This publication is also available for community outreach purposes. The corporation provides helpful resources and life-changing alternatives to those in unfortunate situations. Projects are also geared to help our community's youth.

## BEEN THERE - DONE THAT

### I'M BLESSED – NO LONGER JONAH By Elizabeth Barren

I am so very blessed by the Lord Jesus Christ. Each and everyday I can see His hand at work in my life. It's all about Him even in the troubles and trails of this life being behind these prison walls. I can see His hand moving in my life. I say this because without Him in my life I couldn't make it through being in prison. I praise His Holy Name; I can make it because greater is Jesus Christ in me than Satan that's in the world. Jesus rules and reigns first in my life. I give Him the highest praise, glory and honor.

During my personal time with the Lord, He brought my mind to the story of Jonah. The story of Jonah has much to say about the heart of God and the mission of God's very own people. God desires to show his mercy and offer forgiveness to all people of all the earth, those of us in prison too; so many have been forgotten.

God has committed the ministry of reconciliation and the message of reconciliation to the church. We are the body; Jesus is the Head. The church was commissioned to go into the entire world and preach the gospel. When we have the attitude of going into all the world such as prisons and youth centers we won't fail to accomplish the commission that God has called us to carry out. Being committed to the commission is the key. We must always keep in mind the Lord is concerned for all the people of the world. Jonah ran and tried to hide from the commission that God had called him to do. I was once a Jonah - not anymore. I have assured the call of the Lord.

Perhaps you may be a Jonah. Are you hiding from the Lord? God sees all and knows all. Instead of running from God run to God, He's always online. Click the mouse to a sincere "yes Lord, I will obey." Then click to "send me Lord, I will go." Stay in your word, pray, fast, and obey the word of God. Love and forgive.

Do unto others as you would have them do unto you. Remember to pray for others and their needs. Pray for your enemies. Love them and bless them that curse you. Let your light shine before men that they may see your good works and glorify our Father which is in heaven. Be a witness. Be fruitful. Be strong in the Lord and in the power of his might. Wear your clothes, the full armor of God daily. Sing Him songs with a joyful heart daily; it is music to His ears. Tell Him how much you love him. When praises go up blessings come down.

I pray that the Lord bless you and keep you, my Christian sisters and brothers behind prison walls and outside. Be encouraged. Continue to seek Jesus and build a deeper relationship with Him. Get rooted and grounded the more each new day.

### THE AMBASSADOR IN BONDS By Cedric Dupree

A prisoner of Jesus Christ ...  
An Ambassador in Bonds  
(Philemon 5:1 and Ephesians 6:20)

Did you know there were believers that were:

- On death row (Jesus in Luke 23:32)
- On work release and home monitoring (Paul in Acts 28:30)
- In prison (Jeremiah and Joseph in Genesis 39:21 and Luke 33:1)
- Out on Bond (Jason in Acts 17:9)

They were Ambassadors in Bonds, an forgotten segment of today's society. Believers have a God given mandate and responsibility to go into the world (this includes prisons) to teach, preach and minister to those in jail and prison (Mark 16:15, Matthew 28:19). They must be careful not to have the *Holier than Thou* or *lock em' up and throw away the key* attitudes that society has often taken. Why? Because Jesus said, "we're to treat and remember prisoners as if we ourselves were locked up (Hebrews 13:3)." One of the questions Jesus will ask on judgment day is "Did you visit him (through his believers) while he was in prison (Matthew 25:36)?"

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but the journey to get to the joy.

As you begin a new year look for the joy in your journey. Look with the prospect of possessing what you desire and remember that God's promise of His word has an appointed time. *Have a joyous journey.*

*This Burning Issues article was inspired by LMJ, who led me on the Journey to Joy. Write me about Burning Issues you would like direction on.*

### HELP WANTED: WRITERS FOR HFM NEWSLETTER

Please send your writings and we will publish you in our newsletter. Keep in mind HFM reaches over 1,000 prison residents per quarter. This is an incredible tool for those *Saints Behind Bars* to witness to others in the same situation. Send your articles directly to me. **Big thanks** to all who keep the mail and articles coming.

Also write us to get on our mailing list and be included in our congregation's prayer box.

Send your material and requests to:  
Highly Flavored Ministry · Attn: Val Carr · P.O. Box 4418 · Gary, IN 46404



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**KEEP IT REAL SAINTS**

**WHOSE HANDS ...**

*By Barbara Gregory*

Always remember whose hands you are in - That's what life all boils down to.

A basketball in my hand is worth about \$25 at Wal-Mart but a basketball in Michael Jordan's hands is estimated at 19 million dollars.

A sling shot in my hands is just a toy but a sling shot in King David's hands was a mighty weapon.

A couple of nails in my hands my create a bird house but a couple of nails in Jesus' hands produced SALVATION for the entire world!

It just depends on whose hands you are in.

You may feel you are at a dead end - You are not!

God has you in His hands, Never forget whose hands you are in.

**LORD, HELP ME BRAVE THE STORM**

*By Prodigal Dad*

Lord this storm is dark and dreary  
 Still I know You're Lord of the night,  
 And if I only trust I You  
 It's going to be alright.



It's just sometimes I am frightened  
 I feel a little scary too,  
 Still I know that You are listening

Just tell me what I need to do.

Oh Lord this tempest it rages,  
 It seems to shake my carnal mind,  
 Hear my prayer oh Lord  
 To this storm let me not be blind.

I know I just need to believe  
 I can see Your light beyond the daze,  
 Help me just to realize  
 This storm in my life is just a phase.

Let me focus on You Oh Lord  
 Help me to battle out this storm.  
 Put Your hand gently within mine  
 Protect me from all the harm.

**FILLED**

*By Rachel Evans*

My heart sweats with joy at the sound of Your Praise.  
 Your memory fills my every breath of Your sweet grace.

O my beloved Master, the moment that I leave You,  
 My soul faints.  
 Lord, how can I stand in Your absence?  
 Lord, how can I bear to walk by myself?

The memory of

You irrevocably remains.  
 It sings in my nostrils  
 And dances in my hair.

Before I call, You reach for my hand;  
 You spread out Your arms to hold me.  
 My heart falters,  
 And my strength fails,  
 But You, beloved God, will never leave.

**MEDITATION**

*By Dale Majors*

Sacred space is a place for Meditation.  
 Every place that the sole of your foot will tread upon I have given you,  
 as I said to Moses.

We need silence to be able to touch souls.

**THE AMBASSADOR IN BONDS**

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Most prisoners will one day be released back into their communities. Wouldn't you prefer an ex-con to become ex-sinned while they work and serve in your community?

I have been in the hole for about five years. I'm currently sitting in Pontiac Prison but the prison isn't in me. I'm locked up but not locked out of the mercy and love of God. I was arrested but now I am rescued in Christ. I'm not serving time but serving God by allowing time to serve me. This is all because of Christians who told me how to become saved (Acts 2:38, John 3:5).

**WE ENCOURAGE ... WE EMPOWER ... WE REDIRECT!**  
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## YOUR DAILY SOUL FOOD

“O taste and see that the Lord is good!”

### January

1. Arise, Shine – Is. 59:9-27
2. Turned to Joy – John 4:4-14
3. Forgive Them – Matt. 5:43-48
4. Awesome! – Ps. 47
5. Killer Plants – Luke 14:16-26
6. Magic Gifts – Micah 6:6-8
7. God Will Make a Way – Ps. 77
8. See the Harvest – Matt. 9:35-38
9. No Longer Strangers – I Peter 2:4-10
10. Almost Drowning – Matt. 14:22-33
11. A Bad Dream – John 6:15-21
12. Moving Along – Acts 2:40-47
13. A Fractured Friendship – Luke 6:27-36
14. A Time to Wait – Ecc. 3:1-15
15. Blessed to Serve – Matt. 25:31-46
16. Family Love – Gal. 4:1-7
17. God's Word – John 6:29-40
18. The Difference – Is. 29:13-16
19. With Help From Friends – Ps. 121:1-8
20. In Times of Trouble – John 16:25-33
21. Walking With God – Ps. 63:1-8
22. Now I Know – John 3:11-21
23. Closer Than You Think – Ps. 34:18-20
24. Headline Devotional – II Tim. 1:3-14
25. From Darkness to Light – I John 1:5-7
26. The Master Gardner – Luke 18:9-14
27. Little Steps – Matt. 11:25-30
28. Layers – Eph. 4:17-24
29. Faithful Workers – Matt. 20:1-16
30. Empty Rooms – I Peter 5:6-11
31. But God – Gen. 39

### February

1. Retired – Ps. 31:1, 19-24
2. Bring an Umbrella – Eph. 6:11-17
3. Parable of the Mowers – I Cor. 3:2-9
4. Belonging – Eph. 2:11-22
5. Solving the Puzzle – I Cor. 2:12-16
6. Forgiving Ourselves – Ps. 51:1-12
7. Shared Consolation – II Cor. 1:3-5
8. Seeking and Finding – II Tim. 3:14-17
9. A Model of Love – John 15:9-17
10. God's Assurance – Ps. 23
11. I Didn't Stay There – James 5:13-20
12. Now I See – I Cor. 2:6-10
13. A Royal Child – I Tim. 6:17-19
14. Reaching Out – Mark 15:33-39
15. Blessings and Grace – Ps. 100
16. The God Bag – Phil. 4:6-13
17. Painful Words – James 3:7-12
18. Ashes for Cleaning – Jonah 3:6-10
19. Family Resemblance – I John 2:15-17
20. Old Issues – Col. 3:12-17
21. The Gift of Grace – Eph. 2:1-10
22. A Holy Gift – Ps. 139:1-18
23. Listening for Your Name – Ex. 3:1-12
24. Into the Cellar! – Ecc. 4:9-12
25. Standing on the Promises – Rom. 8:28-39
26. A Bad Dream – John 6:15-21
27. Reformation – II Kings 22:11-23:3
28. Able to Forget – Phil. 1:1-11
29. The Bug Zoo – Prov. 30:24-28

### March

1. Loosing Control – Ps. 34:1-7
2. Lunch With Jesus – Mark 6:30-34
3. Endings and Beginnings – II Cor. 4:1-14
4. Eyes to See – Phil. 4:4-9
5. A Better Plan – Is. 55:6-13
6. No Need to Weep – Luke 12:22-32
7. Love and Light – I John 4:7-12
8. Lead from Behind – I Kings 19:4-12
9. From the Inside Out – Matt. 23:23-30
10. Excuses, Excuses – Gal. 6:1-10
11. Chasing the Wind – Ecc. 1:12-17
12. Friendship With God – Gen. 2:7-25
13. Details – Heb. 12:1-3
14. Saying Yes – James 1:22-25
15. Our Renewal – Ps. 23
16. The Grace of Forgiveness – Matt. 18:21-35
17. Fellowship of Love – II John 1-6
18. Eighty Seconds – I Cor. 2:9-16
19. Call of Moses – Ex. 2:3-4:17
20. Extraordinary Lives – John 2:1-11
21. Smoke Damage – James 3:1-12
22. A Personal Note – Eph. 2:13-22
23. A True Friend – Phil. 1:3-11
24. Past Mistakes – I Tim. 1:12-17
25. Everything I Need – Luke 9:1-6
26. Strength in the Lord – Eph. 6:10-20
27. Step Out on Faith – John 11:38-44
28. The Circle of Life – Ps. 12:1
29. Mountain Climbing – Is. 2:2-4
30. Madame Currie – Ps. 1
31. The Lingo – I Cor. 9:19-23