

Highly Flavored *ministry*

BURNING ISSUES:

“A Matter of Life and Death”

By Pam Key, Correspondence Editor

I am the resurrection and the life, He who believes in Me, though he may die, he shall live, And whoever lives and believe in Me shall never die. Do you believe this? ~ John 11:25-26 NKJV

How painful it is when we find ourselves unable to receive help we need in times of trouble. Ever had a shut off notice, foreclosure, or loss of employment due to layoff or some other situation that was out of our control? We may seek help from the various places that we believe can provide help but they don't always come through. So it was with Martha and Mary, the sisters of Lazarus. They sent word to Jesus to let Him know that Lazarus was ill. Martha and Mary knew that Jesus had the power to heal, but more importantly, they knew that Jesus was their friend who cared about them and would come to help. Upon receiving the news Jesus did not go at their request but instead waited. When Jesus finally arrived Lazarus had been dead for four days. Jewish superstition taught that the deceased person's soul hovered over the body for three days after death in hopes of reunion. There was surely no hope now.

Can you imagine the hurt and sorrow as well as distress these two sisters felt when Lazarus died and Jesus was not there? How many times have we felt betrayed or let down by someone close to us? Jesus had great compassion despite how the sisters perceived the situation. He



had a much greater insight into the matter. Isn't that just like Jesus to want the better good for His children? When it appears that all hope is gone and there is no way out, we have the calm assurance in knowing that all things are working together for our good.

Jesus came to bring life to our situations of crisis and distress. He wants to comfort us and give us hope. We must trust in Him. He assured Martha who questioned His power to resurrect by reminding her that He is the Resurrection, but she did not comprehend. Sometimes we have little faith and because we do, we expect limited action. Jesus is here to ensure that we have unlimited faith: enough to move any mountains of doubt, fear or unbelief. There is one requirement, however. In order to believe in the

resurrection of Christ, you must die to the flesh. He says if we chose life, we must die. It may sound strange but we must die to the flesh and the worldly way of doing things. We must love when we want to hate, we

Continued on Page 2 ...

INSIDE THIS ISSUE:

Been There - Done That	2
Keep It Real Saints	3
Soul Food	4

HIGHLY FLAVORED MINISTRY PUBLISHING STAFF:

Jesus Christ, *CEO*
Valerie Carr, *General Editor*
Amber Gardner/Kaylynn Guyden, *Associate Editors*
Pamela Key, MSW, *Correspondence Editor*
Katie Zeitler, *Proofreading Editor*
Rev. Andre' Adams, *Managing Editor*
Josie Adams, *Devotional Editor*
Highly Flavored Kids, *Administrative Staff*
Rev. C.E. Adams, Jr., *Ministry Overseer*

HIGHLY FLAVORED MINISTRY, INC. BOARD OF DIRECTORS:

Margaret Garrett-McFarland, *President*
Rev. C.E. Adams, Jr., *Vice President*
Andre' B. Adams, *Secretary*
Diane Lomax, *Treasurer*
TyAisha Gardner, *Member*
Pamela Key, *Member*
Gregory Mason, *Member*
Jacqueline Meredith, *Member*

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 →

SAT DOWN, NOT LAID DOWN

By Keith Shakel

I've been through a lot since 2005. I feel very fortunate to be alive. Facing 25 years, when I was first arrested, I was unaware at the time that I was being tested.

I prayed, fasted, and cried out to God. I tried to hold my head high when all things seemed so odd. Then a miracle came and charges were reduced. Then I let Gods will mold and put my mind to use.

I waited for a sign to arrive. Now I work hard in prison to get time cuts and education. Some think I am locked up. I'm just taking a vacation.

I know when I get out, I'm going to jump and shout with glee. Because I know it won't be long with God standing right beside me. Just because you are locked up and you think no one is around, realize, "God *sat* you down, not *laid* you down six feet in the ground!"



YOUR NEW FUTURE

By Troy Clark, Ph.D.

Comedian/Actor Tim Allen, spent two years in prison, starting at age 25, for selling cocaine. While incarcerated, he conquered his addiction by developing a keen sense of humor to lighten up his fellow inmates.

Upon his release, Allen ventured onto the public stage of stand-up comedy. His routine quickly

attracted the attention of television executives. Allen's TV hit show "Home Improvement" is now legendary. He also plays Saint Nick in the classic three-peat movie series "Santa Claus," which has entertained families for years. Tim Allen was Santa Claus first in prison, wasn't he? Delivering gifts of humor, laughter, and cheer, he replaced his failures with opportunity. Live and learn. Replace illegal deeds with baby steps toward new accomplishments, and take control of your recovery.

You are good at something good! Own a new activity, hobby,

art project, further education, or ripen a skill. New habits and behaviors will burst open positive feelings within you. This powers your momentum toward re-entry into the human race developing a new future.

BURNING ISSUES

(Continued from Page 1)

must believe for shelter when we have an eviction notice, we must believe for food when we have no income.

When we choose life with Christ we never die because our life is in Him. Martha and Mary both said the same thing to Jesus: "if you had been here, our brother would not have died." Like the two sisters, we look at our circumstances and know what is needed to change them, but Jesus looks at our circumstances and knows what will give us life. HE is an all knowing God. Why try to put Jesus' power and ability in our own little box, when He operates outside of the box? Are you willing to trust and believe on Him? *It is a matter of life and death.* So now the question is asked to you: "Do you believe this?"

*Inspired by sisters, who are willing to die so that they might live. Write Pam Key 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



CHAPLAINS ... PASTORS ... ALL WITH INTERNET ACCESS:

Visit our Website at:
www.highlyflavoredministry.com

Downloads Available:
 Current and past issues of HFM, weekly Bible Studies
 and weekly Sunday School lessons.

Sign-up for helpful services.
 Get information on our local mentoring program.
 Email us at: editors@highlyflavoredministry.com



KEEP IT REAL SAINTS

YOUR BODY IS A TEMPLE

By LeRon Esley

Many of us treat our bodies more like garbage cans than temples. Every day, we eat and drink all manner of unhealthy substance. We fail to get the proper rest and exercise that we need, and we generally neglect our health until we don't have it. We know a lot more about how to keep our bodies healthy than we did in Biblical times, still many take this for granted by consuming too much and exercising too little. Sadly, much modern-day illness and death are due to preventable causes, such as using tobacco or abusing alcohol, poor diet and inactivity, or simply not wearing seatbelts.

God did not give us our bodies to be squandered or defiled. If we engage in bad habits we are neglecting this wonderful gift from God. We should take care of our bodies; eat right, exercise daily and get plenty of rest. We will probably find that the spirit that dwells within us will be a lot happier once we start taking care of our temple.

We should remember that it's not just what goes into our body that defiles it, but also the behavior that comes out of it. "Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price.

So glorify God in your body." I
 Corinthians 6:19-20.

HAVE YOU TRUSTED IN THE SON?

By Darrell Wicks

So you gave your life to Jesus,
 Put your own will on the shelf.
 Vowed to do whatever
 He pleases,
 Got baptized to bury
 self.

So did you spend time
 reading from God's
 Holy Word?
 Are you submitted to
 His leading and applying what
 you've heard?
 Did you give a helping hand to
 someone in desperate need?
 Serve them from your cup or pan
 Or share your precious seed?

Did you visit those in prison?
 Or the sick that racked with pain?
 The Lord said what you've done to
 them, to Me you've done the same.

So did you say a heartfelt prayer for
 those you love so much?
 Asking for the Fathers care,
 His blessings and His touch?

When you stand before His
 presence, will He say to you
 "well done?"
 Or is your faith in Him a pretense,
 Have you trusted in the Son?



THE NEIGHBORHOOD

By Da'Toria Hobson

The routine is always the same.
 You awaken every morning and
 wonder who's to blame?

You hear your name
 almost everyday.
 You always look around
 but the doors are locked
 so you
 can't run away .

No one wants to see you
 happy,
 They always want to see
 you sad.

But most of the time I laugh, 'cause
 I'm not going to get mad.

The neighborhood behind the wall is
 a messed-up place.

The only way you'll come is
 if you catch a case.

You finally find something to do
 that you really like,
 But people will hate just out of spite.
 Lies, rumors, and deceit come to this
 messed up neighborhood.

It'll knock you off your feet,
 But I don't let it get to me.
 My main goal is to go home
 Because Lord knows I didn't do
 anything wrong.

WE ENCOURAGE ... WE EMPOWER ... WE REDIRECT!
www.highlyflavoredministry.com219-938-3318 Phone
219-944-9660 Fax

YOUR DAILY SOUL FOOD

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

April

1. Christ Is Bigger Than Your Crisis - Matt. 15:27
2. Here Today, Gone Tomorrow - Ps. 62:10
3. Created For His Pleasure - Col. 1:19
4. Trouble Comes; It Just Won't Last - I Thess. 3:3
5. I Can Pray To My Father - Matt. 26:53
6. What Are You Waiting For? - Ecc. 10:10
7. One Manner of Law - Lev. 24:22
8. My Travel Agents - Deut. 1:32, 33
9. Some Things Take Time- II Sam. 5:10
10. Insight Over Income - Pro. 16:16
11. Put Out To Be Included In - John 9:22
12. It Takes Two To Tango - John 8:4
13. Come And See - Luke 8:16
14. Rejoice, God Is At Work - Ps. 69:32
15. Deal With It - Rom. 8:18
16. Empty Handed - John 7:45-46
17. Tell It To Jesus - Micah 7:5
18. No Room for Slothfulness - Pro. 18:9
19. His Glory Shall Be Seen Upon Thee - Is. 60:1,2
20. Who and What Blocks Your Blessing - Jer. 5:25
21. Guard What You Preach - Gal. 1:8
22. Good Begets Good - Eph. 6:8
23. God Has Indeed Said It - Gen. 3:1
24. Your Words Were Heard - Dan. 10:12
25. Holiness Is A Call - I Thess. 4:7
26. His People Are Covered - Rom. 14:9
27. His Will, His Time, His Way - Num. 9:18
28. Do Your Own Praying - Ps. 34:4
29. Divine Response - Rom. 11:14
30. For His Mercies Are Great - II Sam. 14:14

May

1. Today Is Always Today - Heb. 3:15
2. Perilous Times - II Tim. 3:8
3. Only Jesus - Lam. 4:17
4. Wind Driven - James 1:6
5. Jesus Christ, Esquire - I John 2:1
6. Seek - Amos 5:8
7. Think How You Would Feel - Heb. 13:3
8. Rejoicing In Spite of Sorrow - II Cor. 6:10
9. I Need You Lord! - Ps. 119:32
10. How Would They Have Known - I Peter 3:19
11. Saved To Serve - James 5:20
12. Jesus Christ: The Promise by Faith - Gal. 3:22
13. Greedy Men Do Not Prosper - Pro. 28:25
14. God Swore By Himself - Heb. 6:13
15. Sifting His People - Judges 7:2
16. Sign On, Sign Up, or Sign Out - Mark 8:38
17. Left To Test You - Judges 3:4
18. Stay Alert, He Is So Close - Matt. 24:11
19. Their Courage Failed - Jos. 4:24
20. You Alone, Do I Worship - Is. 26:13
21. You - Deut. 5:33
22. A Spirit of “Want To” - John 7:17
23. Almost- Ps. 119:87
24. Arise and Go Do - John 14:31
25. The Day Will Declare It - Jer. 32:18-19
26. He's The One - Deut. 31:8
27. The Music of My Life - Ps. 119:54
28. The Principal Meal - Rev. 3:20
29. Restore, Give and Walk - Ez. 33:15
30. Swallowed Up - Jonah 1
31. Are You Full? - Ecc. 6:7-12

June

1. Ready To Go - Luke 12:16-21
2. Redirected Paths - II Sam. 12: 1-15
3. No Pain, No Gain - Eph. 6:1-4
4. Two Calls - James 4:13-17
5. God's Pursuing Love - Rom. 5:6-11
6. Magic Gifts - Micah 6:6-8
7. Forgive Them - Matt. 5:43-48
8. Arise, Shine - Is. 59:9-21
9. God Will Make A Way - Ps. 77
10. See The Harvest - Matt. 9:35-38
11. No Longer Strangers - I Peter 2:4-10
12. Almost Drowning - Matt. 14:22-33
13. Moving Along - Acts 2:40-47
14. A Fractured Friendship - Luke 6:27-36
15. A Time to Wait - Ecc. 3:1-15
16. Blessed To Serve - Matt. 25:31-46
17. Family Love - Gal. 4:1-7
18. God's Word - John 6:29-40
19. The Difference - Is. 29:13-16
20. In Times of Trouble - John 16:25-33
21. Walking With God - Ps. 36:1-8
22. Now I Know- John 3:11-21
23. A Child Again - Luke 18:15-17
24. The Master Gardener - Luke 18:9-14
25. From Darkness To Light - I John 1:5-7
26. Little Steps - Matt. 11: 25-30
27. Layers - Eph. 4: 17-24
28. Faithful Workers - Matt. 20:1-16
29. Empty Rooms - I Peter 5:6-11
30. Retired - Ps. 31:1, 19-24