

# January 2007

*I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God ... is calling us.*

**-Philippians 3:13-14**

God is the God of new beginnings. In Scripture we find the word "beginning" mentioned more than 100 times. The first book of the Bible, Genesis, is known as the "book of beginnings." And the first verse of that book reads, "In the beginning." Think God is trying to tell us something?

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## He Dared to Touch the World

Many people in this country have never heard of T.L. Osborn yet he has preached to untold millions in other countries. Today this humble evangelist is leaving us a legacy of faith.

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## Getting Networks to Respond

We can be heard if we think first and act with the right motives.

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# A Hero Has Fallen

Pride is usually the root of most moral failures.

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## You Are Unique

When your value is firmly rooted in Christ, you are free from the agony of comparisons.

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## 7 More Ways to Stay Healthy

*These Christian health experts offer even MORE tips for you to achieve maximum health.*

As Christians, we tend to be clued in to the need to exercise our faith. We pray, we read our Bibles, we meditate on the Word, we go to church. In recent years, researchers have showed how important these activities are to developing and maintaining health. In fact, as the statistics quoted below show, a vibrant faith-life is one of the most important keys to a healthy existence.

But it's not the only one—and that truth is slowly beginning to dawn on believers as Christian medical professionals stress more and more vigorously the importance of caring for the body as well as the spirit and soul. The focus on physical fitness that has increased since the turn of the century is a trend that was inspired not by an ingenious marketing strategist but by God Himself. He wants us to live long, healthy lives so

that we can change the world for Him.

If you've been nurturing your spiritual side but neglecting the physical, here are seven keys to getting and staying in top shape:

**Live a Life of Faith**  
**James P. Gills, M.D.**

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## **God's Secrets for Divine Health**

You don't have to live with constant sickness. If you follow God's principles of diet and health, abundant life can be yours.

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## **Goals for the Body of Christ**

Before we can tell the rest of society how to live, we must clean up our own acts.

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# Put God First

No request is too large for God, but let's first let Him know how grateful we are to Him.

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## FeedBack