



Healthy Living

the Lighthouse news



Volume 7, Issue 10

Stop Stressing! Relax and let go

As the fall months approach us, we typically think of the holiday season. Instead of it being a joyous occasion, many people allow themselves to become stressed out. The Ladies Auxiliary Committee decided to get a head start on stress by sponsoring a health seminar.



Held on Saturday, September 20th, this event focused on identifying stressors, recognizing the warning signs that indicate we are stressed and developing several stress management strategies.

A group of women and men were in attendance. Not only did they enjoy the speakers, but they also enjoyed the silent auction that accompanied the seminar. Excitement

filled the air as the participants scurried around trying to out bid one another to win the different items. Both entertaining and informative, this health seminar was much needed.

If you missed it, you will not have to wait until next year to get healthy. Reduce your stress today by avoiding unnecessary stress, by accepting the things you cannot change, by focusing on the positive, by taking a long walk, or by simply curling up with a good book. Remember do not let this holiday season stress you or your wallet out.

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Benefits of a Healthy Prayer Life



By Regina Wafer

Would you like to stay healthy longer? Do you believe that a healthy prayer life can lengthen life and alleviate illness? Well we all know that God is a healer and as we learned at the Health Seminar, stress leads to sickness and diseases. I believe that a person who prays is less stressed than those who are not praying.

Having a personal prayer life a.k.a. personal relationship with God is a vital aspect of our lives. Prayer fights the attacks of the enemy, helps us to see clearly, delivers us, breaks yokes & keeps us strong, and these are just a few of the benefits of prayer. Praying God's word is very powerful. When we pray God's word, we are praying his will. This not only gives us a sense of confidence and direction when we do not know what to say when praying, but it reminds us of God's promises when we are feeling a little discouraged.

For some of us, becoming involved in one of the prayer ministries will be the boost we need to get back on track with our prayer lives. There are several prayer groups here at The Lighthouse that everyone is encouraged to get involved with.

Men's Prayer

Men gather every Sunday morning to share testimonies and pray for one another as well the church service. They pray for the leaders in the church as well as the church programs.

WHIP

Women Holding on In Prayer, prays every 2nd & 4th Tuesdays @ 6 p.m. in the Youth Sanctuary. The prayer time consists of sharing, caring, bearing, intercession, and bible study.

On request WHIP will pray in the homes of those who have extenuating circumstances.

Sunday Morning Intercessors

This group of people prays in 15 minute intervals on Sunday morning while the word is going forth. They are praying that the Lord moves in a mighty way in the service.

Gatekeepers

This group bathes the sanctuary with prayer, praise, and worship before every service. Their goal is to bind anything that may try to hinder the service and to loose the purpose and will of God for that day.

Emergency Prayer Chain

These groups of people "touch & agree" with others in emergency situations. Matthew 18:19 says, *"Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven."* When certain emergencies occur at The Lighthouse e.g., accidents, death of a loved one... the prayer group performs a chain of calls praying for the needs of others by "touching and agreeing".

Renew yourself

rejuvenate

First Friday Prayer

The first Friday of each month we have 1st Friday prayer. On this night the entire service is geared toward certain areas of prayer. WHIP teams up with the Men's prayer ministry and tackles problems that are attacking the saints of God. It is a time of powerful prayer and encouragement where we receive strength from God.

Saturday Chain Prayer

Every 1st Saturday we have a chain prayer from 6 a.m. to noon. If you are ready to be a prayer warrior, Saturday chain prayer is where you need to be. Prayer is held in 1-2 hour intervals.

Corporate Prayer

This is a time where the church comes together to get on one accord and give the devil a black eye! We pray and fast together. This is a powerful time of revival in the church so stay on the lookout for dates for our next corporate prayer.



Dates to Remember:

October

- 13-26 Corporate Church Fast
- 14 Women's Prayer (WHIP)
- 28 Women's Prayer (WHIP)
- 31 Fall Festival

For those of you who cannot make it to prayer and really do not know how to pray, we have a prayer clock on request. It can be very helpful. This prayer clock is very detailed and will give you clear direction on how to spend your time in prayer. Whatever you do, do not forget to be quiet and listen for God to speak to you.

Now if you are really ready for a healthy prayer life, we have all the tools you need to get started. All you need is a willing heart and mind.

Remember we can pray throughout the day...while driving, at school, or on our lunch break... it's just a simple conversation with God.

The more we talk to him the closer we will get to him and the closer we get to him the better we will know him. So come on! Let's get together and give the devil a fight he will never forget!

For information about any of the prayer groups/programs here at The Lighthouse, please contact Chandra Houston, Michelle Boxley, or Greg Boxley.

Get Connected..

Creating Healthy Families

Home Alone... Keeping Kids Safe

How old is old enough for a child to be left alone? As a parent you are the only one who can make that decision. However, be cautious of leaving children under 12 years of age alone. Assess their emotional, physical, and problem solving maturity.

Prepare Your Child Ahead of Time

1. Teach your child how to use the key, lock all doors and windows from the inside, and safely store the key.
2. Teach the child how to get out of the house in an emergency like a fire.
3. Teach the child how to use the 911 system (dial 911, give address, name and nature of problem in that order).
4. Role-play possible situations with the child. Ask the child what he/she would do if the popcorn in the microwave oven catches fire, the phone is dead, the power goes off, or they lose their key, etc.

Establish House Rules Ahead of Time

1. Have specific times established for the child to call you and check in. If child doesn't check in or answer phone, then your child may be too young to stay alone.
2. Establish boundaries like whether the child is allowed to play outdoors, where the child can go, etc.
3. Set appropriate rules about visitors. Decide which friends can come over and for how long.
4. Decide which appliances the child is allowed to use unsupervised--and make sure the child knows safe and appropriate usage. The microwave is any easy-to-use and convenient appliance, but many kids do not realize that microwaved food can burn them.
5. Set firm guidelines for snacks, TV and the Internet.



Explain about the "Bad Guys" Out There

1. Teach your child why he/she should never open the door to strangers. Teach the child to use the door peephole and go over a list of people who can be admitted.
2. Tell your child never to tell anyone who calls on the phone about being home alone.
3. Instruct your child to hang up and call you or a backup person if he/she gets a crank or obscene or frightening phone call.

(This information courtesy of The Wellspring)

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*"Changing Lives Through the
Marvelous Light of Truth"*

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