

THE GOOD NEWSLETTER

APRIL 2013

GOD'S REFUGE & STRENGTH

I fail to draw on God daily for strength: small strength, medium strength, or huge strength for whatever the circumstance. I think it's like anything else, it just takes practice. Whether we need to overcome an unbelievable trauma, not speak so poorly of others, stop overeating, or simply need a boost to take a step forward through a difficult day, we can rely on God. Too often, I find myself forgetting this. Do you?

I came across a Psalm recently and was reminded that God is more than our Creator. He "is our refuge and strength and an ever-present help in trouble" (Psalm 46:1, NIV). This truth in God's word is a promise for His children. Why do we can't feel His presence and strength? I cause we fail to practice relying on Him. the time or occasion. Just because we

Recently, I've been reading The used a great analogy for God's omnipresence the fish and God is the water. God is all the time or occasion. We can take refuge in God because He surrounds us no matter where we are or what we are doing. What a humbling and comforting thought!



ble" (Psalm 46:1, NIV). This truth in God's we go through phases in our lives where we believe the answer to that question is be- He is always present with us no matter what forget this doesn't mean He forgets us.

Knowledge of the Holy by A.W. Tozer. He ence (presence everywhere). He said we are ways surrounding us no matter what the time

God's eternal strength is also ever-present and available to us. We know His strength is measureless, but we can't have confidence in His power in our life until we are comfortable drawing on Him in times of need. We need to go to God and ask for strength to overcome the small, medium, and large hurdles of life. Sometimes these hurdles may seem insurmountable, but God's strength will carry us through. We just need to practice leaning on His ever-present power for everyday help so it becomes second nature to go to Him when hell on earth breaks loose.

National Day of Prayer

Thursday, May 2 beginning at noon
in Central Park, Greenville, Pa

Please join the Greenville community during
this time of prayer. Josh will be providing a
prayer for families during the event.

Relay for Life

On July 13 & 14 Team CFM will again be participating in Greenville's Relay for Life event.

Please stop by and check it out.

If you'd like to make a donation to help Team CFM
surpass last year's fundraising goal, visit:

www.relayforlife.org & enter

Christian Fitness Ministries
in the Support a Team area.

GARAGE SALE

**HELD BY: KIDS OF CHRISTIAN FITNESS
MINISTRY TEAM**

WHEN:

FRIDAY MAY 17

4:00 P.M.-8:00 P.M.

SATURDAY MAY 18

8:00 A.M.-1:00 P.M.



WHERE:

WEST SALEM

VOLUNTEER FIRE HALL

625 VERNON ROAD

GREENVILLE, PA

DONATIONS ARE WELCOME. ANY QUESTIONS PLEASE

CONTACT AMANDA KOKOSKI @ (724)456-1050



If you want to learn more about CFM, request to receive the GNL regularly, inquire about a speaking engagement, make a tax deductible contribution, ask a question regarding the S.M.I.L.E. program, or share a prayer request or faith journey, please contact us at:

Christian Fitness Ministries
Joshua C. Lentz, President
P.O. Box 409
Greenville, PA 16125

Website: www.cfmini.com
Email: Josh@cfmini.com

¹ God is our refuge and strength, an ever-present help in trouble. ² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging. ⁴ There is a river whose streams make glad the city of God, the holy place where the Most High dwells. ⁵ God is within her, she will not fall; God will help her at break of day. ⁶ Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. ⁷ The LORD Almighty is with us; the God of Jacob is our fortress. ⁸ Come and see what the LORD has done, the desolations he has brought on the earth. ⁹ He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. ¹⁰ He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." ¹¹ The LORD Almighty is with us; the God of Jacob is our fortress.

Psalm 46