



The G.E.M.

Edition 7

The Grace Electronic Magazine

July 2007

FOCUS ON HEALTH

Winter is finally upon us, and in full force too. What a marvellous sight last week when the snow came down in Gauteng. For those of you who slept through it and woke up to a white winter wonderland, you missed a great sight. It may not have been as heavy as in the northern countries, but it was beautiful none the less.

In this month's edition of *The G.E.M.* we are going to be focussing on health. Health in all aspects; physical, mental and spiritual. We have also included a crossword on page 2 for you to work on as you wrap up in front of the fireplace.

Our ministry spotlight is on the Happy Families Centre SA. They offer great materials and teaching on how to make your marriage a healthy one.

Be sure to check out our promotions on the last page, and if you find yourself at a loss of things to do in the warmth of your home, then be sure to pay us a visit in store and view our large range of Christian games that are not only fun for the whole family, but educational too.

Until next time,
God bless.✝



In This Issue

<i>Focus on Health</i>	1
<i>Why Worry?</i>	1
<i>Diary of Events</i>	1
<i>Happy Families Centre SA</i>	2
<i>Boredom Buster</i>	2
<i>Protecting God's Temple</i>	3
<i>On Promotion</i>	4



Our winter wonderland

WHY WORRY?

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

Philippians 4:6 (NIV)

Anxiety is a thief. It robs us of our joy, our peace of mind, and even our health. So why do we worry? Simply because there are so many things to worry about!

We all have our own worries: we worry about becoming sick or being caught for something we did. We worry about dying (and even about living), about what has happened, what will happen, what might happen, what is not happening, what will never happen ... or that

nothing will ever happen!

We might as well face it - there will always be things to worry about. So rather than wishing for a problem-free life, we should take Paul's advice: instead of worrying and fretting about everything, we should take our concerns to God.

Paul made a promise attached to this: if you pray about your problems instead of worrying about them, God will give you peace.

Paul could not even describe the peace God gives, because it is beyond human description. But he did say God's peace would set up guard duty around your heart and your mind, so that no troublesome worry could disturb them. You will be free to experience joy because you no longer carry the burden of worrying. When God's peace guards you, you do not have anything left to brood about.

God's peace frees you to live as God wants you to. You will experience supernatural calmness, no matter what your circumstances. Why not pull out your "favourite" worry today and turn it over to God?✝

DIARY OF EVENTS

BE SURE TO DIARISE THE FOLLOWING EXCITING EVENTS

360° Leader with John Maxwell

23 July 2007 at Sandton Convention Centre

Registration: <http://www.entourage.co.za/pages/register.htm>

Planetshakers tour

September 2007

Full details to follow when available

2nd Annual Christian Business Expo

19-20 October 2007 at Mosaiek Convention Centre

For more information visit: www.cbexpo.co.za

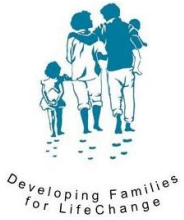
Michael W. Smith tour to South Africa

19-22 October 2007 at various venues around the country.

Book with Computicket.



HAPPY FAMILIES CENTRE SA



The team of the Happy Families Centre SA have affectionately become known as 'Dr and Mrs. How to' due to their "How to" DVD series which offers practical help to

families on issues such as:

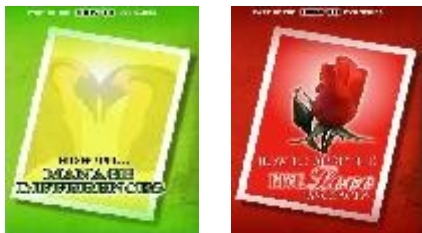
- How to apply the Five Love Languages
- How to Communicate Effectively
- How to Manage Anger
- How to Resolve Conflict
- How to Manage our Differences
- How to Build Trust in Marriage
- How to Nurture Intimacy in Marriage

As a result of the above, and other related family issues, they teach on invitation at independently organised conferences and church events.

Happy Families Centre SA has a working relationship with Turn The Tide (Walk Thru the Bible) in as far as selling through resources encumbering John Maxwell, Chip Ingram, Bruce Wilkinson, etc. They also host Equip.'s Million Leaders Mandate, assist with Silver Ring thing and TTT 4 Children. The last two entities have a specific focus on HIV/Aids prevention.

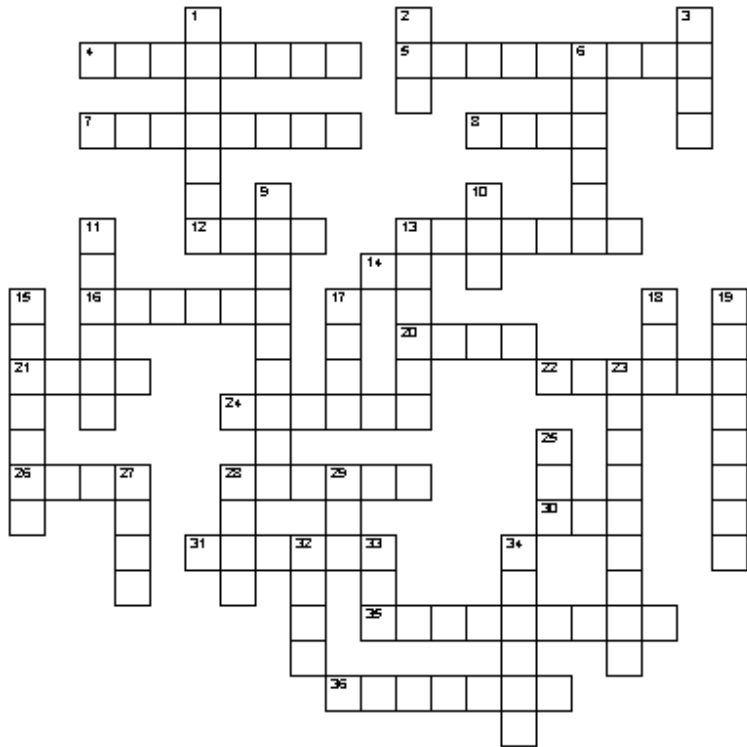
Dr van Tonder also serves on the Task Team of Marriage Alliance SA, facilitating in particular the process toward a future National Family and Marriage Consultation. He also meets bimonthly at National level along with 35 other major role players with the Government Department of Social Development.

www.happyfamilies.org.za



ALL THE "HOW TO" DVD TITLES ARE CAN BE ORDERED THROUGH GRACE MEDIA AT R100 EACH

BOREDOM BUSTER



ACROSS

- 4 Faith Like ___ - movie
 5 "But you have ___ the more important matters of the law." (Matt. 23:23)
 7 Graham ___ - Praise & Worship song writer
 8 "You will rule over them with an ___ sceptre" (Ps. 2:9)
 12 Noah's son (Gen. 6:10)
 13 ___ Zschech - Singer and songwriter at Hillsong Australia
 14 "___ one is good - except God alone." (Mk 10:18)
 16 Noah's Ark came to rest on this mountain (Gen. 8:4)
 20 "Bless the Lord, O my ___" (Ps. 103:1)
 21 Ruth ___ Graham - Late wife of Billy Graham
 22 Noah's father (Gen. 5:30)
 24 One of the twelve tribes of Judah (1 Ch. 2:1)
 26 Compass direction (Ps. 103:12)
 28 God's messengers
 30 The Valley of Siddim was full of ___ pits (Gen. 14:10)
 31 "...a scroll with writing on both sides and ___ with seven seals." (Rev. 5:1)
 35 "How can a man be born when he is old?" ___ asked (Jn 3:4)
 36 Kirk ___ - played Buck Williams in the Left Behind movies

[NOTE: All references taken from the NIV]

DOWN

- 1 "...more powerful than I, whose ___ I am not fit to carry" (Matt. 3:11)
 2 Lodge or hotel (Lk 2:7)
 3 "...the children's teeth are set on ___" (Ez. 18:2)
 6 The Land of Milk and Honey (Num. 14:8)
 9 Cornelius's rank (Ac. 10:22)
 10 Lacking in moisture (Heb. 11:29)
 11 "There tongue is a ___ arrow; it speaks with deceit." (Jer. 9:8)
 13 Dr James ___ - Founder of Focus on the Family
 15 Nineteenth book of the New Testament
 17 "I have finished the ___, I have kept the faith." (2 Ti. 4:7)
 18 "I stand in ___ of your deeds" (Hab. 3:2)
 19 He sought permission to rebuild the walls of Jerusalem
 23 Dr John ___ - Author and preacher
 25 "He got up, took his ___ and walked out" (Mk 2:12)
 27 What Adam and Eve were told not to eat from (Gen 2:16)
 28 "The God of peace will be with you all, ___" (Rom. 15:33)
 29 Mother of Seth (Gen. 4:25)
 32 "The righteous will thrive like a green ___" (Prov. 11:28)
 33 One of the twelve tribes of Judah (Jos. 21:5)
 34 Charles ___ Spurgeon - 19th Century preacher

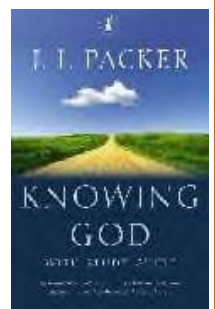
Recommended Reading

KNOWING GOD
by J.I. Packer

J. I. Packer's Knowing God has become a classic of the Christian faith. Why? While it gives us information about God with clarity and grace, it does much more – it aids us in actually knowing him, in building our relationship with him, and helps draw us closer to him in love and worship.

With study guide.

R165.00



PROTECTING GOD'S TEMPLE

In your garage sits the car of your dreams. You climb in, start the engine, pull out onto the road, scrape a tree, hit the curb, grind gears and leave the hand brake on all the time. Worst of all, you fill your car with diesel instead of the petrol that it was designed to use.

Sound crazy? If you were willing to spend a great deal of money on a car, you would certainly protect your investment by treating it with the greatest care. But what about your body? Do you treat it with as much care as you would a new car?

More often than not, we neglect the needs of our physical bodies by fuelling, exercising and treating them inappropriately.

Our daily habits have a huge impact on our overall health. They can determine how much weight we gain or lose, how well our muscles are developed, the state of our digestive system, our mental function, and more importantly, our spiritual condition.

Regular Sleeping Patterns

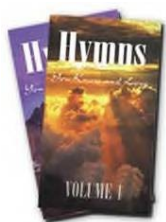
"I have laboured and toiled and have often gone without sleep"

(2 Cor 11:27)

An often overlooked but critical habit is sleep. Sleep is so essential that without it we would go crazy. It is the time when our bodies reconstruct and clean up to allow for growth and healing. By sleeping eight hours a day, we are giving our bodies the necessary amount of rest it needs to heal itself after the stresses and strains of daily life.

As Seen on TV

**Hymns you
Know and
Love DVD's**
volumes 1 & 2



Timeless hymns,
beautiful scenery and
spiritual nourishment from Oswald
Chambers.

R100.00 each

Plan Your Diet

"So whether you eat or drink or whatever you do, do it all for the glory of God." (1 Cor. 10:31)

Believe it or not, food can become an idol if we put it before obeying God's commands to be moderate in all things and to treat the bodies he has given us, with respect (1 Corinthians 9:25). This leads to the second habit; watch what you eat.

But how can we make food our friend and not the enemy? We all know we should eat more vegetables and fruit and less fried or "junk" foods. Fruit and vegetables are low in calories and helps to

fight the bulge. They are also full of the vitamins and minerals that make our bodies healthy, not just slimmer.

It sounds so easy but how do we fit fruit and vegetables into our lives? After all, chips and Coke are much more convenient to grab than a nice big salad and a glass of water. It helps to have a plan:

Plan your meals so that you do not "impulse eat." If buying meals at work or in the canteen, decide before you join the queue to make the healthiest choice possible. Try the grilled chicken sandwich, side salad and water instead of the double cheeseburger combo. If you are living on your own, buy the ingredients to make simple, healthy meals such as fruit smoothies, salads and baked fish. Many grocery stores have salad bars that can make a convenient, fresh alternative to fast food.

Surround yourself with healthy choices to make the odds better that you will choose them over the "junk" food. Buy healthy foods such as fruit instead of sweets, leave them in plain sight and eat them before they go bad.

Eat a fruit or vegetable with every meal, and eat it first. How often are you full with all the other foods on your plate before you even start your veggies? Simple solution: eat your vegetables first. You will never be "too full" again, and you will have filled up on the lower-calorie, healthy foods first. You can do the same with an orange at breakfast, celery sticks at lunch or steamed broccoli at dinner.

Eat your calories instead of drinking them. Fizzy drinks, juice and coffee are a hidden source of calories for many people. It is so easy to down a 340ml can of Cola to get 150 calories, or 300 calories from a latte, but these liquids do not stay in our stomachs to keep us full. Instead they stay on our waist! So save the calories for food and drink some water!

Eat at least three meals a day. Many people think they eat less if they skip a meal, but the reality is that most will binge later and more than make up for the calories. Besides, skipping meals also lowers your metabolism and can affect your performance at work or play. Many studies have shown a correlation between eating breakfast and better performance.

Exercise Regularly

"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever." (1 Cor 9:25)

The final crucial habit is physical activity. Exercise conditions our muscles to work efficiently. It also keeps our internal organs fit and helps stabilise moods! There are many types of exercise; from a daily walk to participating in team sports.

The most critical element of exercise is doing it on a regular basis. Compel yourself to be physically active by making an appointment with a family member or friend to join you in your activity. You will be motivating each other so you will not be wasting your time.

Above all, pick an activity you enjoy. If sumo wrestling is not your thing, you will not be doing it too often. Set reasonable goals, and by achieving them you will build your confidence along with increasing your fitness.

Protect God's Temple

We all know that our bodies are the temple of the living God (1 Cor 3:16,17). He has entrusted us with them and it is up to us to look after them. God has invested time and love in creating us, so it is up to us to look after what he has given us. Surely we would want the same thing if we were in his position.✠

**“DO YOU TREAT
YOUR BODY
WITH AS MUCH
CARE AS YOU
WOULD A
NEW CAR”**

**“IF SUMO
WRESTLING IS
NOT YOUR THING,
YOU WILL NOT BE
DOING IT TOO
OFTEN”**

SUGGESTED HEALTH TITLES



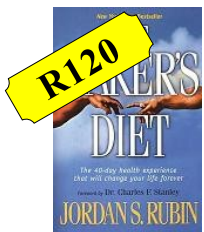
The Bible Cure
by Reginald Cherry, MD



The Bible Cure for ... series
by Don Colbert MD



Overcoming Insomnia
by Ray Comfort
Also Available:
Overcoming Panic Attacks



The Maker's Diet
by Jordan S. Rubin

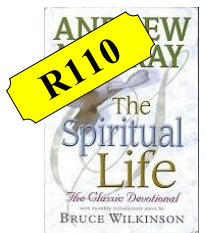


Holding on to Hope
by Nancy Guthrie

SPIRIT LIFTERS



Through the East Window
by Marilyn Brown Oden



The Spiritual Life Devotional
by Andrew Murray



Forever
by Karen Kingsbury



One Night with the King
by Tommy Tenney



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MUSIC & DVD'S



Masterpiece CD Series
[4 titles in series]



Igniting a Passion
by Christ for all Nations Ministries



Bullfrogs & Butterflies
Children's CD series
[4 titles in series]



In God's Presence CD
by Upper Room Ministries

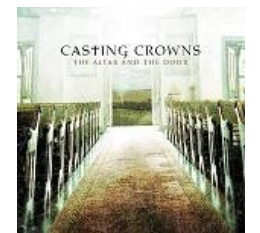


Ribbits! Hoppers of Hoppers Landing
DVD series
by Focus on the Family
[3 titles in series]

COMING SOON



Saviour King (CD or DVD)
by Hillsong Australia
[End August]



The Altar & the Door
by Casting Crowns
[September]

Order before the release dates and receive a **10% discount.**

TRADING HOURS:

Monday – Friday:

9am – 5pm

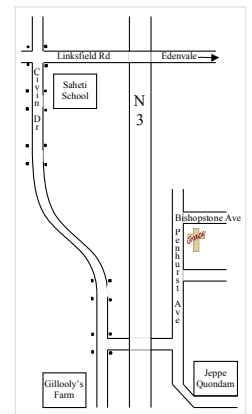
Saturday:

9am – 2pm

Closed Sundays and some Public Holidays

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From the N3, take the Linksfield Rd off ramp. Turn right up hill. Stay in left lane. Turn left into Civin Dr. At 4th set of lights, turn left under bridge. At t-junction turn left. Through the boom. We are ± 200m on the right hand side. Entrance is in Penhurst Ave.



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