

UGFE MINISTRIES

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Lead Article T.A.L.K.

If we are righteous-minded, we shall choose to walk by faith. But... not only must we walk the walk; we must also talk the talk. God has given us examples in His word on ways to talk the talk which activates the faith for our walk in the faith. I shall share the T.A.L.K. technique of faith here in this article.

The first part of this method is represented by the letter “T”. The first step is to talk about the faith based objective. Remember, when God created the heavens and earth, He spoke everything into existence. Everything starts with a word, a confession of faith, which initiates the process. Talking about the objective helps to formulate the vision so that you will have something to move towards.

The second part, represented by the letter “A”, involves the believer acting upon that which was spoken. After God spoke about the things He was created, He acted upon it by creating them. You may have been talking about starting a business, or getting some credential, but never took the initiative to act upon that which you were speaking. Without action, nothing happens. The scripture says that faith without works is dead.

The third part of the equation, represented by the “L”, is to let everybody know about what you have done. See, too often we want to let everybody know before we act on it, in order to get the “pat on the back” from man,

but that is out of divine order. You can't testify about something until it is done. God's creation was so magnificent that it testifies from itself. Jesus said that if He was silent, even the rocks would praise God's name. The mere perfection, accuracy, consistency, and complexity of God's creation prove that only a superior designer could've created them. Our work should also testify unto ourselves, but we must let everyone know of the God that blessed and anointed us to be able to create, complete, achieve, or master that thing of faith that we had set out to do.

Finally, we have the “K” which represents our need to keep moving forward to newer and greater things. God told us in His word to behold that He is doing a new thing. God is life, and life can only continue by expanding. You are either living or dying. If you are not living – your cells continually multiplying and increasing – then you are dying – in a state of atrophy where your muscles, organs, and all of your life elements are deteriorating and fading away. One bad habit of people is that we too often reach a point of stagnation. We convince ourselves that once we achieve a certain thing, we are “there.” Thus, we no longer have any more ambition to do anything else. One of the first things God told man was to be fruitful and multiply, so just the same with our goals, we must continue to be fruitful, continually, and multiply the results of our faith in an ever-growing manner.

As we put this simple technique into practice, the results can be truly powerful. Walking it out can be difficult, but without first learning to talk it out, the walking part can be

must further away. May the grace of God empower you to be stronger in your walk, and more consistent in your talk, that you may exhibit the faith to move mountains and complete all of the objectives that have been placed in your heart.

By the grace of God,

Kelvin

Health Tips

1 Corinthians 3:16

If you often find yourself dealing with digestive issues such as gas pressure and indigestion, the way you chew your food may be a major source of the issue. In this hurry, no patience world, we often don't allow ourselves to enjoy the simple things, even eating. Yet, chewing your food properly goes far beyond simple enjoyment, but it also serves a specific function.

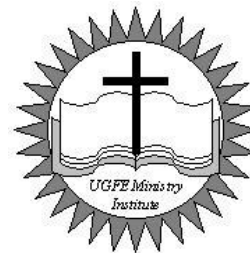
Think about this: your mouth is the first, and probably the most vital, part of the digestion process. It is used to completely breakdown the food from its solid state so that the rest of the digestion process can go smoothly. The reason that baby food is made mushy is because they don't have the teeth to "puree" the food for themselves. Chewing is supposed to render the food into the same level of "mush" that baby food is in, for at that stage it is prepared for swallowing. We actually should not swallow our food until the consistency becomes so soft that it would take very little to no effort to swallow, which means much less stomach discomfort and easier bowel movement.

Proper chewing also helps with the proper chemical breakdown of your food, helping to release many of the nutrients that are vital for proper health that may sometimes be missed out on because of improper digestion.

The last point, however, returns to the enjoyment factor. Through proper chewing, we are allowed to really taste our food and become

more relaxed. Most of us don't even know how the food we normally eat really tastes because we swallow it before we get the chance to find out. Even when eating something as basic as a saltine cracker, you can begin to taste the different sugars and salts that make it up if you chew it long enough, discovering that this once thought-to-be flavorless snack can actually be quite pleasing. So please, learn to chew and eat your food in the fullness of it, and not only will you find greater enjoyment, but also better digestion and well being.

Disclaimer: You should always consult a physician before beginning any fitness program. This ministry will assume no responsibility for any injuries or trouble caused by this fitness information. Practice at your own risk. The writers only present you with information, but are not and do not claim to be licensed physicians nor personal trainers.



UGFE Ministry Institute

It is about that time again to offer the honorary Doctorate of Christian Leadership award to someone who has shown outstanding leadership in the kingdom of God. If you know of someone who should be awarded with this prestigious honor, please contact us and tell us about him or her. You can find information about previous recipients at our website in the "Institute" section.

Prayers

As always, we seek prayer for this ministry that it may only grow in doing the Lord's will according to His desires. We ask that you pray for all of the silent requests that we have and receive here at this ministry, including those ministries in covenant with us from overseas. Finally, if you have any prayers

that you'd like to add to our prayer list, please feel free to send them to us.

Announcements

- On October 13, 2007, we will be having the "Power of No" seminar at Psalm Road Recreational Center in Columbus, GA. You are welcome to attend. Please RSVP, if possible, using the e-mail address below, or by calling 706-405-3856. Bless you.
- Our new series, "Godly Traits in Animals" is now complete and available for purchase on CD from our website.
- We are also planning a three night revival conference at the beginning of 2008. More details will be coming soon.
- As always, Pastor Broadus is accepting speaking engagements and youth rallies, contact us for availability.

Contact

If you would like to contact us, please visit our website, or email, using the information below.

Website: <http://www.ugfe.org/>

Email: church@ugfe.org

Financial Support

Consider becoming a financial partner or sponsor of this awesome evangelistic ministry. We have a great work set before us to do for the kingdom of God, and through the support of the faithful, we can continue to carry this work to those who are in need. If you'd like to support this ministry in any way please use the previously listed contact information. Your financial support will be utilized for the following purposes.

- **Poor, Orphans, Widows (POW) Outreach** – this is our outreach to provide food and supplies to the homeless, spend time visiting widows and the elderly in nursing homes, and provide tools for growth and mentorship of orphans
- **Evangelism/Crusades** – we desire to be able to carry the gospel to the world through independent crusades, such as tent revivals around the country.
- **Media Ministry** – we shall use the different medias (television, radio, print, etc.) to deliver the message of the gospel to the world in their own comfort zones. This can be done through purpose driven commercials on the secular television and radio stations, not that advertise our ministry, but rather that focus on promoting righteousness through portrayal of it.
- **Benevolence** – just as throughout history, tithes and offerings were taken up and stored to help the poor and needy, we also desire to be able to give to those in need to assist them with emergencies. Rather than focusing on building up our facilities beyond actual need, we should be also building up the people, which make up the true body of Christ.
- **General Maintenance** – lastly, your support will allow this ministry to be able to maintain its vision, helping to cover the costs associated with the website, printing of newsletters and various outreach supplies, as well as to enable the needs of all of the various outreach expenses.

Remember: Give and it shall be given to you, pressed down, shaken together, and running over. May the Father bless you greatly!

UGFE Ministries
