

UGFE MINISTRIES

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July 3, 2004 – Volume 3, Edition 1-6 –
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Lead Article **Unleavened!**

I find myself reminiscing to my early years of studying the Bible, and getting involved in the church system, and think back to the first time I read through the ceremonial “guidelines” of using unleavened bread. Something about that word caught my attention, probably because I didn’t know what it meant. Because I didn’t understand it, it prompted me to begin searching to understand it. And, through such searching, I found its origin dating back even to as far as Exodus.

During the ceremonies, even as far back as the beginning, the priests and holy men would not use leaven in their bread before the LORD. Leaven, being the equivalent of yeast, was seen as less than pure as it causes the original substance to change while spreading through it like roaches in a dumpster. And though we may like that it causes our bread to grow, and may even like the taste, only the most pure and perfect are acceptable in the presence of God, whom is Holy.

With that in mind, what does bread have to do with us as humans? Well, let’s take a look at scripture in relation to sin:

1Cor5: *⁶Your glorying is not good. Know ye not that a little leaven leaveneth the whole lump? ⁷Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for*

us: ⁸Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth.

The trouble is that when we allow sin to be added to our purity, just as the yeast, it too begins to spread throughout our bodies. First we may not notice it, but as time passes it takes root in us. It then begins to spread slowly, and then when we finally remove the cloth from over our eyes we realize that it has doubled, or even tripled, in size. What also is an issue is that a lot of the time we find ourselves liking it, the same way we like the bread because it feels as though we are gaining more and that our flavor is enhanced – to the world anyway. Yet, in the presence of God, we have been tarnished and polluted. The world does seem to be more attracted to us, but what good is it to even gain the whole world, and yet lose your soul? Nevertheless, we do have a solution.

Be holy! In the same way as we don’t have to add the leavening to our bread, we don’t have to add it to ourselves. The Bible teaches us that if we resist the devil, he will have to flee. When the temptations of sin come knocking, lock the door. When we feel we are not big enough and want to seek that of the world to puff ourselves up, remember God is bigger than anything we can receive out there and He is greater than all that we need. Let us hold on to Him and His word for our lives. Let us be Holy. Let us be...UNLEAVENED!
By the grace of God,

Kelvin

Health Tips

1 Corinthians 3:16

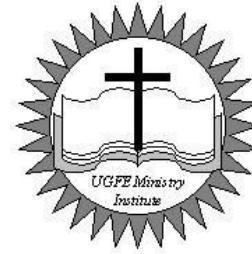
As the seasons have changed, everyone wants to be outside more, go swimming, etc. One of our greatest fears many times though is our appearance. Some of us want to lose weight and some want to gain weight. Regardless of the goal that you may have, remember one thing. Be healthy either way.

If you want to lose weight, don't stop eating. Adjust your diet though, such as eating three primary healthy meals, and then only light snacks during the day. This will keep your metabolism active to burn calories, and doing this with a sensible exercise plan will have you shedding the weight soon enough.

On the other hand, if you want to gain weight, getting slothful isn't the answer either. A small recommendation is to eat more protein and carbohydrates. It is recommended that you do take on a weight program, focusing on high weights with few repetitions. Yet a primary thing is to eat more calories, just make sure they are not fat calories. Some recommended food items are potatoes, eggs, and breads, and dairy products. Give it a try and you should begin to notice a difference. If all else fails, you can purchase weight gain products from your local health food store.

The final option is to just find satisfaction with who you are and how you look already, and just concern yourself with being healthy in general. Appearance will change regardless, but as long as your heart is working well, and your body systems are up to par, you will be okay in the long run. Until next time, be healthy and happy.

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/her. You can find information about previous recipients at our website.

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 July 16, Pastor Broadus will be traveling to Lyerly, GA to speak at the Lyerly Pentecostal Tabernacle with Pastor Jackie Jones.
- Pastor Broadus has completed a DVD on his teaching of balance: "Body, Mind, & Spirit" to be available soon through the ministry.
- 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 websites at:

UGFE Ministries

<http://churchugfe.freeservers.com/>

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

UGFE Ministry Institute

<http://ugfe.faithweb.com/>

Email: UGFEMinistries@praise.com

Please mail all correspondence to the following address.

UGFE Ministries

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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 such faithful members and partners, 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. You can send any money donations via check or money order to the address above. We will provide you with a receipt of your donation upon request. Your financial support will be utilized for the following purposes.

- **Homeless Relief Outreach** – this is our outreach to the homeless, with a goal to provide care packages including tents for shelter, water, non-perishable food items, toiletries, sleeping bags, Bibles, and other essential items to improve their living.
- **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 it's 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.

With that, consider being a blessing to this ministry today, and may the Lord bless you abundantly – pressed down, shaken together, and running over.

By the grace of God,
Kelvin
