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January 2011

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-what is good and acceptable and perfect.
(Romans 12:2)

RE-NEW-ALL

(This story was reprinted with the permission of Bobbi Mullins, a holistic Nutrition and Wellness Trainer and Certified PraiseMoves Instructor (CPI). Thank you Bobbi)
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By Bobbi Mullins

What a great verse for the New Year! Each January we think about our resolutions and goals for the coming year. We seek to make changes for the better, to turn away from bad habits, and transform ourselves into the people we want to be.

“Do not be conformed to this world...” The root of the Greek word for conformed is schema, which means outward appearance. “But be transformed...” Here, the Greek word for conformed is morphe, which refers to the essential unchanging element of something, or in other words, the inner essence which cannot be changed by just altering the outward appearance.

Paul, the writer of this letter to the Romans, seems to be saying, “Stop worrying about how you fit in with the world’s latest views of what is fashionable, but rather, concentrate on changing your inmost being first.” How do we accomplish this? By renewing our minds.

Valuable and long-lasting change starts in our mind. Until we open up and allow this shift of mindset, most attempts will fail. Paul knew this, and even today’s neurologists know the importance of renewing the mind. Oliver Sacks stated in an article in The New York Times on January 1, 2011, “Just as physical activity is essential to maintaining a healthy body, challenging one’s brain.. Is essential to cognitive fitness.”

This year, make up your mind to initiate change from the inside out. Resolve to be fit in mind, body, and soul. Making healthy lifestyle changes requires a renewed outlook on what is truly important. Looking good on the outside has its rewards, but being healthy, energetic, joyful, and at peace is far more valuable. Once you start this inside work, a deeper and richer beauty naturally comes through.

There’s an added bonus, as promised in Paul’s writing. As we renew our mind and become transformed, we will be better equipped to discern the will of God in our life and recognize what is truly good, acceptable and perfect! Now that’s exciting!

So, first, accept yourself and put aside your concerns about how others see you. Next, meditate on the word of God to renew your mind. Realize that your body is the temple of the Holy Spirit. In Romans 12:1, we are all called to present our bodies as a living sacrifice, holy and acceptable to God, which is our reasonable service. Choose to eat wholesome food, exercise, get plenty of sleep, laugh, and pray. Then, you will be transformed from the inside out. Remember, God wants you to be transformed even more than you do, and He will help you do it!

“I can do all things through Christ, who strengthens me!”
Philippians 4:13

DANCING MY PRAYERS

As we begin this new year lets focus on a transforming change. Lets not do the same old thing. If you are not yet fully dancing your prayers, try praying from a different position. Walk

around as you pray. Lay prostrate submitting fully to the will of God. Kneel on one knee with arms up in Yahdah praise. Instead of watching the news in the

morning as you prepare for the day, put on some praise & worship music and just dance. God inhabits our praise, so invite God into your mornings and DANCE!

“ Be subject to one another out of reverence for Christ.” Ephesians 5:21



St. James Marriage Enrichment Ministry

Introduces

Ballroom dance for married couples

Learn how to submit and follow the leader

Friday January 14, 2011

7-9pm

St. James AME Church

588 Dr. Martin Luther King Blvd

Newark, NJ 07102

Save the date

Friday, February 11, 2011

St. James Marriage Enrichment Ministry—Valentines Celebration of Love



“For you were bought with a price, therefore glorify God in your body, and in your spirit, which are God’s”
1 Corinthians 6:20

The Christian alternative to yoga

**Classes resume
Monday January 10th**



PraiseMoves

What is PraiseMoves?

PraiseMoves incorporates scripture with stretching and strengthening postures. It includes time to meditate on God’s word, which brings a deep inner peace and healing of the spirit.

PraiseMoves improves flexibility, agility and coordination, builds strength, increases circulation alleviates stress, helps injuries heal and encourages the release of tissue lubricants, keeping muscles and joints healthy.

January schedule

Mondays—Jan 10, 24, 31

5:30-6:30

St. James AME Church

588 Dr. Martin Luther King Blvd

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