



**America's Heartland**  
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## Sometimes we need a bump on the head to think clearly

The story is told of a rather odd fellow who sat beneath a walnut tree one day thinking odd thoughts.

"It was so silly," he thought, "for God to put little walnuts on such a big tree and then put huge watermelons on flimsy little vines."

Just at that moment a walnut fell from the tree and conked him on the head.

"Thank God that wasn't a watermelon," he thought.

That bump on the head did a lot to clear up that fellow's thinking. Perhaps you know people who could benefit from such a bump. It's silly that people would second guess our Creator when it comes to his design for the amazing world we live in.

Every born-again believer understands that "by him were all

things created that are in heaven and that are in the earth, visible and invisible" (Colossians 1:16). But there are others who have no such understanding because they have never been told about how God spoke everything into existence. They haven't heard about the fall of mankind through Adam. And they haven't heard the good news of Christ, the redeemer of fallen man.

A very pertinent question is asked in Romans 10:14: "How shall they believe in him of whom they have not heard? And how shall they hear without a preacher?" (Romans 10:14).

Thank God that we have preachers like Kentucky's Doyle Spry who has spent his life telling everyone who would listen about Jesus. From his base in the tiny community of Log Lick on the outskirts of the Appalachians, this 92-year-old preacher has touched many lives. In fact, he has personally baptized 191 people.

I talked with Brother Doyle not long ago, and he shared some very touching words that reflect his love for Christ. What he said went something like this: "I can envision a tree without branches. I can envision a church without

pews. I can envision a well without water. But, Lord, I can't envision me without you."

As Brother Doyle closes in on 100 years on this earth, he remains the same bold advocate for the Gospel that he has always been. He has been through good times and bad during his lifetime. He survived the Great Depression as a boy. He survived the Korean War. He experienced the heartache of losing a beloved wife. Through all that and more, he will tell you that the Lord was always there for him. And he will tell you that the Lord will be there for you, too, because he will never leave you nor forsake you.

The fellow who sat beneath the tree questioning God's design realized his folly when the walnut bounced off his noggin. But good men like Brother Doyle would never be so silly as to question God, because they declare with the prophet Jeremiah, "Ah Lord God! Behold, thou has made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee."

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## Kitchen Diva by Angela Shelf Medearis

### Pomegranate Seeds Are Bursting with Nutrition

Pomegranates are known as a superfood with tons of wonderful health benefits, including fighting cancer and heart disease, as well as lowering blood pressure and cholesterol. They're also loaded with B vitamins, potassium and folic acid.

If you've never tried eating or cooking with pomegranates, now's the time! Pomegranates are in season and available through November, and some years into December and even January. Pomegranate concentrate is available throughout the year.

A pomegranate is about the size of an apple, and has a leathery, deep-red to purplish-red rind. When choosing the perfect pomegranate, look at the skin. It should be thin, tough and unbroken, indicating the flavor is well-developed. Pomegranates can be held at room temperature for reasonable periods of time, out of direct sun.



Most of the fiber you get from eating pomegranates comes from the arils (seeds). So to keep up with a healthy dose of daily fiber, crunch away! You also can sprinkle pomegranate seeds over broiled fish, salads, fruit desserts, cakes and puddings, or use them in marinades, glazes and for garnish. Pomegranate seeds also are a delicious topping for waffles, oatmeal, pancakes, cereal or sundaes.

#### HOW TO REMOVE POMEGRANATE SEEDS

Only the seeds, with their sweet-tart flavor and juice-squirting texture, are edible. Also, for the fullest of flavor, the seeds should have an abundance of juice. One medium-size pomegranate will yield about 1/2 cup of juice or 3/4 cup of seeds.

- 1 pomegranate
- Sharp knife
- Sturdy spatula or wooden spoon
- Medium-size bowl
- Storage container or zippered bag

1. Wash the pomegranates well before using them. Any time you're cutting into a fruit or vegetable with a skin or rind, you take the chance of introducing bacteria from the outer surface into the edible portion.

2. After washing, slice the pomegranate in half horizontally. When you split the hard fruit open, a mass of red seeds in a spongy white membrane is revealed. The white pithy membrane around the pomegranate arils (seeds) should not be too prominent.

3. To remove the seeds, place the pomegranate, cut side down, in your non-dominant hand with your fingers spread apart. Place a deep, medium-sized bowl in a sink to capture the seeds and juice. Hold your hand with the pomegranate over the bowl.

4. Take a sturdy spatula or a wooden spoon and begin to whack the top surface of the pomegranate as hard as you can to dislodge the seeds. Turn the pomegranate over to see where the remaining seeds are lodged. Continue to whack that area and the surface all over the top of the pomegranate until all seeds have fallen out.

5. Repeat this process with the other half of the pomegranate. Pick out any bits of fibrous white membrane mixed in with the seeds and discard it.

6. The whole fruit or seeds can be refrigerated in zippered plastic bags or in an airtight container. Refrigerate the pomegranates at 32 F to 41 F. Pomegranate seeds will keep this way for 4-5 days. They also can be frozen and stored for several months.

**To Freeze:** Line a sheet pan with parchment paper or waxed paper. Spread the seeds in a single layer, uncovered, until frozen, 1-2 hours. Once frozen, transfer to an airtight storage container or freezer-zippered bags.

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## You Get What You Give

Sunday, October 11<sup>th</sup> 2020 Morning Message  
 Bro. Warren Rogers, Ivory Hill Baptist Church

"Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets." Matthew 7:12 "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again." Luke 6:38

This topic usually means money but it also can mean several other things. Let's look at four different things this morning.

**#1 Consideration --** "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; <sup>13</sup>Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye." Colossians 3:12-13 "And the second is like unto it, Thou shalt love thy neighbour as thyself." Matthew 22:39

The kind of seed a farmer sows determines the harvest. The same can be said for Christians -- what you sow, you reap. So many times Christians wonder why they are not getting anything out of church, when they just sit there, do nothing to help the church, and want the church to do all the work. If you are not trying to help God with the church; witnessing, sowing spiritual thoughts, then you are not going to be blessed. "For if ye forgive men their trespasses, your heavenly Father will also forgive you: <sup>15</sup>But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." Matthew 6:14-15

**#2 Consolation --** "Grace be unto you, and peace, from God our Father, and from the Lord Jesus Christ. <sup>4</sup>I thank my God always on your behalf, for the grace of God which is given you by Jesus Christ;" <sup>2</sup> Corinthians 1:3-4

God comforts his children and he wants us to be a comfort to those around us. Are you trying to be a comfort to someone in your life?

God consoles Christians -- "Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee." Hebrews 13:5

**#3 Co-operation --** "For we are labourers together with God: ye are God's husbandry, ye are God's building." <sup>1</sup> Corinthians 3:9 Also Ephesians 4:1-6. God didn't intend for us to get saved and sit back and watch what is going on. He wants us to be a part of what's going on. He intended for us to help spread the gospel. You are his tool to use in this awful world. Are you letting Him use your talents?

**#4 Confidence --** "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:" <sup>1</sup> John 5:14 It doesn't say that we will get everything just the way we want it to be done, but it says God hears us and **IF** it is according to His will. People get down on God if He doesn't answer their prayers the way they want him to. This is a time when our confidence should grow and trust that God will answer for what's best. The more we show faith, the more it grows.

Unused faith dies - "Even so faith, if it hath not works, is dead, being alone. <sup>18</sup>Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works." James 2:17-18

#### Story of 5 sponges:

There are five sponges laying on your kitchen counter top. Each member of your family has been cleaning up different areas of your home, but all the sponges look the same. You are curious as to what was cleaned in your home, but you really can't tell by looking -- they all look the same -- so what do you do?

You squeeze each sponge to see what comes out. As you squeeze the first, you see that cola comes out, and so you know that someone cleaned the kitchen. When you squeeze the second one, you find tub and tile cleaner - that one was used to clean the bathroom. Next, is the third sponge, you find motor oil -- hubby has been cleaning the garage! In the fourth sponge, baby powder puffs out when it is squeezed - yep, the baby's nursery was done with that one! And finally, in the last one, is floor wax - that was the one you used on the hall floor!

As you lay the last one down, you look again at their similarity -- and they all look the same until they're squeezed.

Christians are the same way.

As life squeezes us, different things come out; anger from one, a need for revenge from another, tears from one, remorse from yet another - also greed, untruth, lust - and finally, from one Saint, pours forth the love of Christ.

Just like the sponge, we can only squeeze out what is put in -- stay in the Word daily, and be in continuous prayer, so that when life puts the squeeze on you, (and it will), Jesus, and Jesus alone will shine forth from you.

Friends, if you find you are not in the will of God, please return to Him. He never left you, you left Him!

If you need to talk please call 606-481--0444.

Until next week, may God bless you is my prayer!

Bro. Warren

## TIGER

by BUD BLAKE

