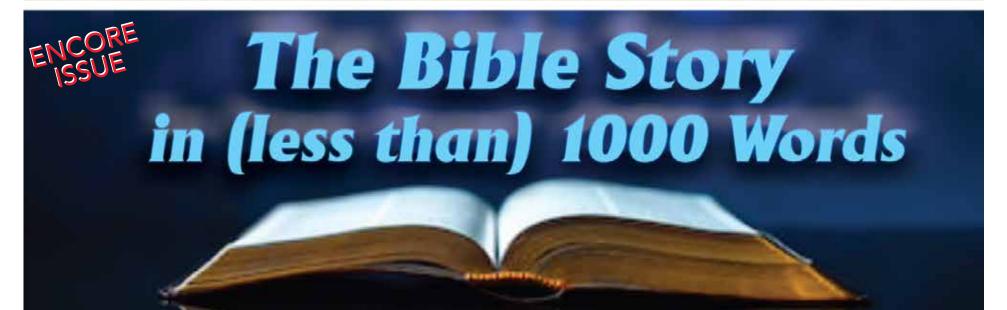


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#### By Seth Halpern

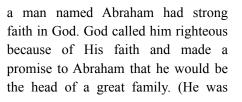
In the beginning of time, God created the world and everything in it. He created humans last and made Adam first, then Eve. He gave them everything including the free will to do as they please but He wanted for them to choose to do what He asked. Satan, the first angel that rebelled against God, tempted Adam and Eve to disobey God. That is called Sin. Sin brought terrible trouble into the world. The people became so corrupt that God destroyed everyone with a great flood, except for Noah and his family. He told them to start the human race over.

Most people continued to rebel against God but many centuries later,



Don't Read This! by Dave Kugelman

Page 8



man named Moses to lead them out in a miraculous way. After leading them out of Egypt, God talked to Moses and gave him rules or laws for the people so that they would be separate from

# Special LISTS Issue!

old and had no children at that time). His son, Isaac and grandson, Jacob, kept Abraham's faith and God chose to bless the children of Jacob, known as Israel. The people grew into a great nation but they had been enslaved by a ruthless ruler of Egypt. God chose a the sinful cultures around them. The laws seemed restricting but were for their own good. There were laws about food, cleanliness, worship, and dealing with one another. Some of the laws of worship included animal sacrifices that would temporarily cleanse their sin and

10 Principles of the Pro-Life Movement

Page 14

allow them to worship God.

After that, God led Joshua, Moses disciple, to victories in battle over a sinful people and they took over the land of Canaan. That became the nation of Israel. Israel had many leaders that God raised up until their greatest leader, David who became king of Israel. Israel thrived under the leadership of David and his son Solomon, but after Solomon, the people were divided and they had mostly bad and sinful leadership. Throughout that time, God raised up people, called prophets, to warn the people that they were going to pay the price of hardship if they didn't repent, or turn back, to God from their



The Ambassador

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Adventure Church 876 W. Onstott Frontage Rd., YC (530) 822-9216 Sundays: 9a.m. & 10:45a.m. Website: www.acyc.family Pastor Greg Mansur

Church of Glad Tidings 1179 Eager Road,Yuba City www.churchofgladtidings.com (530) 671-3160 Saturdays - 7pm Sundays - 10am Wednesday - 7pm

Legacy Baptist Church 1980 S. Walton Ave., YC Sundays - 11am & 6pm Wednesdays - 7pm Pastor Dan Callaghan www.fbcyuba.com

Praise Chapel Yuba City 398 Aylor Rd., Yuba City Sunday - 10:30 am Wed - Men's Bible Study - 6:30 pm Thurs - Women's Bible Study - 6:30 pm (530) 870-0511 Pastors Chris & Angela Madsen Agape Worship Center 504 J St., Marysville (530) 749-9248 Sundays @ 11:30am www.agapewc.com

Cornerstone Church 700 Washington Ave.,Yuba City (530) 674-3087 www.cornerstoneyc.com Sundays 8:30a & 10:30a Virtual Reality Church Sun. 1pm- Altspace VR

Loma Rica Baptist Church 11449 Hill Rd., Loma Rica Sun. 9:30am - Prayer & Bible Study 10:30am - Morning Service www.lrbaptistchurch.com Worship•Evangelism•Discipleship

Word of Life Church 1229 Buchanan Street, Marysville wolmarysville.org 530-742-3724 Sun. 10am & 5pm & Wed. 6:30pm Pastor Stan Reynolds



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The Bride Church 1321 Peach Tree Lane, YC (530) 751-0505 thebridechurch.org Sundays 8:45am & 11am Craftsmen for Christ Tues 6:30pm

Hallwood Community An "I Love You" Church 2825 Hwy 20, Marysville (530) 743-7961 hallwoodchurch.org Stacey Hanson, Pastor Sundays Worship - 10:00 a.m.

New Beginnings Wesleyan Church "Loving God - Loving People" Worship - Sundays @ 10 am 616 C St. Marysville www.ournbwc.com

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Hope Point Church 2727 Fir Street, Live Oak (530) 695-3996 Sundays - 10 a.m. Pastor Sean Blount hpnlo.org

Praise Chapel Plumas Lake A Christian Fellowship Church 1662 Broadway Rd., Plumas Lake Sundays - 10:30 a.m. (530) 300-1458 Pastor David & Marci Dena Facebook: @pcplca



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# INSPIRATION

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For Francis Salvador, the ideal of national independence was bred into his soul. Among his ancestors, he could count slaves groaning in Egypt, vassals subject to domineering kings, and exiles weeping for their lost homeland. Salvador was the descendant of prominent Sephardic Jews who, when he was born in 1747, made their home in London, England.

Francis thrilled to hear stories of the courage and heroism of the ancient Jews, and his nearer relatives kept the excitement up to date. His great-grandfather was the first Jewish director of the East India Company, and in 1733, his grandfather helped move 42 Jewish colonists to Savannah, Georgia (in spite of the colony's prohibition on Jewish settlers).

The year 1773 found Francis Salvador in challenging economic times. His family had lost property in Spain, he had a wife and children in London, and money was short. With hopes of restoring the family fortune, he sailed for South Carolina. Not long after his arrival, he won a seat in the South Carolina General Assembly, and in 1774, he was elected to the Revolutionary Provincial Congress. As you might expect, Salvador spoke forcefully for the cause of American independence.

At this time, Loyalists, aided



by Cherokee Indians, harassed the South Carolina militia. On July 1, 1775, Salvador earned the nickname "Southern Paul Revere" when he rode 30 miles to warn of a Cherokee attack on backcountry settlements. Just a month later, while on another mission, Francis was shot and scalped by the Cherokees. He survived long enough to know that his militia won the engagement, but he never learned that the South Carolina delegation to the Continental Congress in Philadelphia took his advice and voted for independence from Britain. Salvador was the first Jew on record killed in the American War for Independence. He was 29 years old when he died for the freedom we enjoy today.

In ages past, a young rabbi was mistaken for the leader who would crush the brutality of Rome and restore the nation of Israel to its rightful place as God's covenant people. This rabbi was not born into a prominent family, but

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as a child, He heard the same stories of faith as Francis Salvador. In fact, those stories were a foreshadowing of His coming to earth to bring a kingdom that offers independence from sin, death, and separation from God, and freedom to live as adopted sons and heirs of a heavenly promise. Rabbi Jesus was harassed by enemies, too, but they had no power to kill Him. Jesus willing gave His life. He was just 33 years old when He died, but that sacrifice opened the way for Him to stand before the throne of God and declare us free from Satan's tyranny.

This is a story of two Jews who gave their lives for the cause of freedom. How humble we should be as we reflect on the cost of the liberty and celebrate our national independence. Let's also express our gratefulness by thanking those who are currently serving to keep our nation free and supporting the survivors whose sons and daughters gave the ultimate sacrifice.

\_

## Just Right

I am not who I was I am not who I will be I am just right Right in the middle of Gods' plan for me

I don't need to see the end I don't need to know the plan I just need to take a step Holding firm to Jesus' hand

He has a greater vision A greater plan for my life Than allowing me to escape the pains The turmoil, trouble and strife

He will lead me through One valley and mountain peak at a time In Him I can securely place my trust To him alone my life I bind

I surrender to His will I surrender to His way For me there is no other place Right by His side I will stay

April James

 Image: Control of Christ (His death) on the cross and His resurrection is the ONLY means of salvation and the only way to Eternal Life in Heaven.

 We welcome editorial content from anyone wishing to promote the mission of The Ambassador. All articles and advertisement content is subject to the approval of the editor.

Editor/Publisher - Seth Halpern

Advisory - Dave Kugelman

Layout/Design - Teresa Davis

The Ambassador

# **INSPIRATION**

### DON'T LOSE YOUR PADDLE

#### By Paula McBride

I used to think that the way to get from point A to point B on a river was to float most of the time and paddle as needed. I guess my perceptions were based on lazy rivers at waterslide parks. Well, I was in for a perception change when I went to Canoe Camp with young people from area churches. After being guaranteed that I wouldn't get wet because the paddler in the back of my canoe (the "stern") hadn't capsized in twenty years (that may be exaggerated), I agreed to leave my duties in the kitchen and try on the role of canoe camper. I had missed the day of training when the campers learned how to handle their paddles and their craft. They practiced balance, the different strokes, and their favorite activity, capsizing and saving each other. I didn't know any of this when I set out, but I did know one thing the kids had talked about: Never, ever, ever, lose your paddle!

I didn't lose my paddle, but I did cause my "stern" to lose her reputation for not capsizing. I also learned a lot about hard work, team work, and facing fear. The capsizing and rescue became the part of the trip I remember as the most fun.



I used to think that when Jesus said He came to give life abundantly, He meant a lazy ride on His blessings, but that perception changed when I found the verse that told us we would have troubles in this world. Many of the tips the canoe campers learned apply to our journey on the river of life. For example:

**1.** Plan to tip over. When a paddler plans to tip over, he learns to tie everything down. Sunglasses get tied to a hat band, and water bottles and fanny packs get tied to a cross beam. You prepare in advance to hang on to the paddle. If you do lose it, you pray someone coming behind you will pick it up and hand it back. In the upsets of life, God's Word is our paddle. It is the guidebook for our journey, and without it, we are adrift. We need to fasten our beliefs to a secure foundation, the principles we find in the Bible.

2. Listen for the whistle. Strong, experienced paddlers occupied first and last positions in small groups called "flights." Rookies stayed in between so they wouldn't become stragglers. If a canoe capsized, the leader blew a whistle and everyone nearby knew to look for a "rescue." The campers took this very seriously and used the skills they had practiced to upturn the canoe and help its occupants back on board. In life, we need the companionship of other believers, some stronger than ourselves, so when we falter, God can use them to lift us up. We need to be in tune to a "whistle" from God when he wants to use us to help another.

3. Have fun. No doubt about it: for me, canoeing was hard work. But the joy of the journey far surpassed the pain (that lasted for days!). Life is hard work, too, yet we can be joyful in the current planned for us. Let's launch out and let God be our Captain. Be careful not to lose the paddle, though! The Word of God keeps us going in the right direction on the river of life.

## Did You Know?

Titus was a convert from Paul's ministry and was later an emissary to the church of Corinth. When Paul writes to him, in the letter we now call "Paul's letter to Titus," Titus has been left in Crete to lead the work there.



# CALENDAR

#### WWW.AMBASSADORNEWSPAPER.COM

Ongoing <u>Events</u>	日 1-A	
ROAD TO RECOVERY - Sundays, 7:00pm Christian 12 Step support group Crossroads Community Church - 445 B. St. Yuba City	2-A 3-A	tr
<b>GRIEF SHARE -</b> Mondays at 6:30-8:30 p.m. Praise Chapel Church 398 Aylor Ave. A grief support program that meets weekly to help give encouragement after the death of loved one. Anyone can attend on any week because each class is "self-contained." For more information about GriefShare you can go to www.griefshare.org or contact the church at 530-870-0511.	4-A 5-A 6-A 7-A 8-A	ir Nug R Nug V Nug T S Nug S
PRAYER FOR THE NATION - Every Tuesday Night 7PM - 8:30PM Church of Glad Tidings 1179 Eager Rd (Building 200) - Live Oak, CA 95953 (530) 671-3160 - info@churchofgladtidings.com		Nug R a Aug G fo
<b>GRIEF SHARE; GRIEF SUPPORT GROUP -</b> Wednesdays, 6:00pm, For those dealing with the loss of a loved one. Crossroads Community Church - 445 B. St. Yuba City	12-	Aug H Ic Aug N L Aug L
EMBASSY HOUSE OF PRAYER - Every Thursday Night 7PM - 8:30PM Church of Glad Tidings 1179 Eager Rd (Building 200) - Live Oak, CA 95953 (530) 671-3160 - info@churchofgladtidings.com "My house shall be called a house of prayer." (Matt. 21:13). The church today is in an all-out war against the evils of darkness. The body of Christ is called to step up and be aggressive in their prayer life.	15- 16- 17-	Aug C Aug P Aug D Aug D Aug S Aug I Aug I
<b>FREEDOM NIGHT</b> - 2nd Friday of each month Church of Glad Tidings 1179 Eager Rd., Live Oak www.churchofgladtidings.com Join us for a night of worship, prayer, and freedom	20- 21-	Aug A a Aug D li Aug P c Aug I
<b>BETHESDA HEALING WELL -</b> 3rd Saturday of the Month 10AM - 12PM Church of Glad Tidings 1179 Eager Rd (Building 200) - Live Oak, CA 95953 (530) 671-3160 - info@churchofgladtidings.com Come to receive prayer and be refreshed while soaking in an atmosphere of worship and praise. Sorry, No Childcare.	24- 25- 26-	Aug H Aug Is Aug Is Aug R Aug I Aug U
• What Do You Need? • • Find it Here •	29-	tł Aug <b>S</b> Aug L Aug P

#### • Prayer List for August 2023 • Pray for a safe and productive summer and that families would spend quality time together Pastors- That God would give them strength, courage and wisdom to speak the truth from the pulpit Pray for China, Sudan, North Korea and other nations that God would intervene and the leadership woud restore civil rights Revival- Pray that the college student revival would continue and spread to the nation! World Affairs- Pray about international activities that point to the Last Days The Persecuted Church around the world. Pray that believers would stand strong in the midst of brutal persecution Singles, Single Parents, Divorced, Widowed- pray for those experiencing loneliness and overwhelming burdens Human Trafficking- Pray for the freedom, healing and restoration of survivors and for traffickers to repent Race Relations- Pray for Race relations in our nation. Pray for understanding and collaboration between races and an ease of racial tension Global Revival- Pray that our global chaos would lead multitudes to repent and follow the Lord!! Homeless- Safety, health and provision- Twin Cities Rescue Mission, other local homeless ministries. Safety from summer heat Marriages- Pray that relationships would grow and families would seek the Lord together Local Ministries- Pray for continued financial support and volunteers to meet needs (see page 3) California- pray for our Godly representatives (including James Gallagher and Doug LaMalfa) to fight against liberal and harmful state policies. Pray that fathers would give Godly wisdom and have a positive impact and influence on the lives of their children Disabled- that they would receive the assistance and support they need Mental Illness- Pray for those who dealing with Mental Health issues or suicidal thoughts Life- Pray that abortion clinics would be shut down that people would choose life for their babies. Addicted- pray for those under the control of substances that they would surrender and get the treatment they need Discipleship- Pray that believers would seek to follow Jesus and become more like Him every day! President- Pray that God would show Himself to Pres. Biden and he would radically change his life and leadership Pray that children of fatherless homes as well as those in foster care would feel loved and protected by adults as well as the Lord Health Care Workers and First Responders- Pray for physical protection and endurance Israel- Pray for safety from violence, and for the Peace of Jerusalem **Restore America!** Pray against the divisiveness and violence in this nation Pray for each of us to be bold by the Holy Spirit to speak and act in accordance with God's Word and His Way! Unity of Churches/Global impact- Pray for churches to unite and influence the world!

- 28-Aug Seniors and Elderly- Pray for renewed physical and mental strength.
- 29-Aug Local city/county leaders- Wisdom for leading our community
- 30-Aug **Pray for your neighbor-** for opportunities to serve them, pray with them and share the Gospel with them!

# CALENDAR



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#### 10 Ways You Can Help The Ambassador Ministry

1. Pray with us and for us to not only sustain but to grow in impact. Pray for our health and for spiritual protection

2. Read it yourself – You will be enriched by reading it.

3. Share a copy or an article with someone- you will have someone in your life benefit from an article in every issue, cut it out and send it to them, or send them the whole issue

4. Leave a copy of The Ambassador when you're having coffee or a meal or waiting for your car. Use it like a tract. It may be less intimidation.

5.Monitor The Ambassador at your church: assure its presence and visibility

6. Subscribe for a friend or familymember (or yourself)

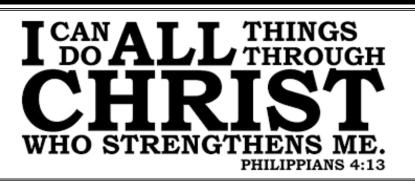
7. Find new locations- ask businesses that you frequent to take some papers, deliver and monitor them

8. Deliver a small route- 1 to 2 hours each month

9. Give financially as an Individual partner, business partner, churches/ministries partner (every dollar helps to impact the community)

10. Talk to your like-minded Christian friends, family, business associates and church leadership, about helping as well.

If you would like to help, please contact Seth Halpern at 530-933-1385 or email editor@ambassadornewspaper.com



Finding Freedom in God's Perfect Peace

If you would like to experience the peace and transformed life that God can provide through Jesus Christ and you are willing to commit your life to the only one who can truly set you free from your sin, you can pray to the Lord right now and ask Him to forgive you of your sins. Because of what His Son, Jesus, did by dying on the cross, your sins will not be held against you by God anymore. You can experience freedom for the rest of your life on earth and then have a life in Heaven with God for eternity. God's part of the deal is already done. Your part is to confess your sins, repent (or change your ways) and believe that He is Lord. If your life is out of control, let Him take over control.

For help, questions, or more information, contact us at The Ambassador or any of the churches listed on page 3.

### Kug's Kolumn

## DON'T READ THIS!

Apparently, you are not good at following instructions. But since you've entered my article, please beware that the following verses may be hazardous to your spiritual wellbeing, but only if you ignore them.

Matthew 6:14-15 "For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins."

I find it fascinating that the entry point to Christianity is forgiveness and yet, I still encounter Christians who feel justified in their unwillingness to forgive. My favorite example is a man who claims know Christ but doesn't like the fact that someone can get right with God on their death-bed. He said, "If someone asked me on their deathbed for forgiveness, I would say, \_ \_ \_ you!" (You can fill in the blank). And I said, "then you will go to hell! That statement may shock you but go back and re-read the verse and decide what it means if God won't forgive you. (Now before you send me hate mail, we did discuss that God

is the ultimate judge, not me, but I told him that it was a dangerous position to take.) Here is the real shocker. His next response was, "what about once saved always saved?" His comment brings me to the main point of my article. He wants to ignore the clear teaching of Jesus Christ as it pertains to forgiveness and at the same time believe that his salvation is secure. Whether it is the issue of forgiveness or another area of direct disobedience, I encounter Christians all the time (like this man) who justify disobedience yet state emphatically that they are saved because they said the sinners prayer. (a sincere sinner's prayer will result in a changed life!)

If our actions resemble the unsaved world, how effective are we going to be in pointing people to Jesus? The answer is obvious. There are millions of broken confused people who need to discover Jesus and you (and I) may be the only Jesus they ever see. Let's encourage, challenge and rebuke (if necessary) one another to live like the God we claim to follow! (And yes, that includes me too).

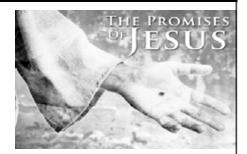
David Kugelman is the president of the Christian Community Network which meets each Tuesday at noon at various locations. Dave welcomes your questions or comments on this article at drkug@comcast.net

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#### Here Are 10 Promises Made By Jesus Christ:

- 1. Eternal Life: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)
- 2. Forgiveness of Sins: "But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners." (Matthew 9:13)
- 3. Peace: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)
- 4. Guidance: "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." (John 8:12)
- 5. Comfort: "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)
- 6. Provision: "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and



your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well." (Matthew 6:31-33)

- 7. Answered Prayer: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." (Matthew 7:7)
- 8. The Holy Spirit: "And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth." (John 14:16-17)
- 9. Salvation: "I am the way and the truth and the life. No one comes to the Father except through me." (John 14:6)
- **10. His Presence:** "Surely I am with you always, to the very end of the age." (Matthew 28:20)



#### **10 Quotes From Great Christian Preachers:**

- "The Christian does not think God will love us because we are good, but that God will make us good because He loves us."
   C.S. Lewis
- "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can." - John Wesley
- "God never said that the journey would be easy, but He did say that the arrival would be worthwhile."
   Max Lucado
- 4. "God loves you just the way you are, but He refuses to leave you that way. He wants you to be just like Jesus." Max Lucado
- 5. "Faith does not eliminate questions. But faith knows where to take them." Elisabeth Elliot
- God never said that the journey would be easy, but He did say that the arrival would be worthwhile."
  Adrian Rogers



- 7. "Faith is taking the first step even when you don't see the whole staircase."
  - Martin Luther King Jr.
- 8. "God is most glorified in us when we are most satisfied in Him."
  John Piper
- 9. "God is more interested in your future and your relationships than you are." Billy Graham
- 10. "God doesn't call the qualified, He qualifies the called."
  Charles H. Spurgeon

#### · Modern Wisdom ·

- Age is a very high price to pay for maturity.
- Going to church doesn't make you a Christian any more than going to a garage makes you a mechanic.
- Artificial intelligence is no match for natural stupidity.
- For every action, there is an equal and opposite government program. If you look like your passport picture, you probably need the trip. Bills travel through the mail at twice the speed of checks.

- A conscience is what hurts when all your other parts feel so good.
- Men are from earth. Women are from earth. Deal with it.
- A balanced diet is a cookie in each hand
- Middle age is when broadness of the mind and narrowness of the waist change places.
- Junk is something you've kept for years and throw away three weeks before you need it.

#### 10 Lame Excuses For Not Sharing Your Faith

8.

By Greg Stier Christian Post Guest Columnist

- "It's the pastor's job, not mine." (According to Ephesians 4:11,12 his job is to equip you to do the work.)
- 2. "I don't know what to say." (There are plenty of resources out there to help you!)
- **3.** "I just live the gospel with my life." (Good, now open your mouth and declare the good news!)
- 4. "I'm waiting for the perfect timing." (There's no such thing!)
- 5. "I don't have the gift of evangelism." (Well, I don't have the gift of mercy but I still should show mercy!)
- 6. "They could reject me." (No, Jesus said they will reject you... at times anyway."
- 7. "I have bad breath." (Testamints!)

- "I don't know how to bring it up." (How about just ask, "What are your spiritual beliefs?")
- 9 "I'm terrified." (So am I. So was Paul! Let's ask God for boldness like he did! Ephesians 6:19)
- 10. "They may ask me a question I don't have the answer to." (You don't have to know all the answers. You just need to introduce them to the One who does!)

Greg Stier is the President and Founder of Dare 2 Share Ministries in Arvada, Colo., where he works with youth leaders and students, equipping them to be effective in sharing the gospel. With experience as a senior teaching pastor and in youth ministry for almost 20 years, Greg has a reputation of knowing and relating to today's teens. He is widely viewed as an authority and expert teen spirituality. He is known for motivating, mobilizing and equipping teens for positive change. For more information on Dare 2 Share Ministries, please visit www. dare2share.org.

- There is always one more imbecile than you counted on.
- Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
- By the time you can make ends meet, they move the ends.
- Blessed are they who can laugh at themselves for they shall never cease to be amused



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# MENTAL HITTE

# MENTAL HEALTH MINUTE

### The Power of Exercise and Good Eating Habits in Overcoming Depression and Anxiety

Depression and anxiety are prevalent mental health conditions affecting millions worldwide. While therapy and medication are commonly prescribed, incorporating exercise and maintaining a balanced diet can significantly contribute to managing these conditions. This article explores the profound impact of exercise and good eating habits on alleviating symptoms of depression and anxiety.

#### 1. Exercise as a Natural Mood Booster

Regular exercise has been shown to boost endorphin levels in the brain, leading to improved mood and reduced feelings of depression and anxiety. Physical activity stimulates the release of neurotransmitters, such as serotonin and dopamine, which play vital roles in regulating mood and emotions. Engaging in aerobic exercises like running, swimming, or cycling helps increase blood flow to the brain, promoting neural growth and reducing inflammation. Furthermore, exercise serves as a distraction from negative thoughts and provides a sense of accomplishment, boosting self-esteem and confidence. The overall result is



an improved sense of well-being and a reduction in symptoms associated with depression and anxiety.

## 2. Building Resilience through Physical Fitness

Regular exercise helps build physical resilience, which translates to mental resilience. Engaging in activities like weightlifting or martial arts helps develop discipline, perseverance, and self-control—traits that are essential in managing and overcoming depression and anxiety. Exercise also improves sleep patterns, which are often disrupted in individuals with these mental health conditions. Adequate sleep enhances mood, cognitive function, and overall mental well-being. Moreover, physical fitness improves body image and selfperception, leading to a more positive self-image and reduced anxiety.

## 3. Nourishing the Mind and Body with a Balanced Diet

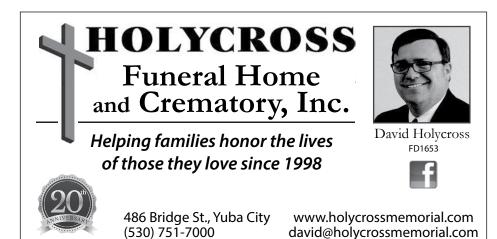
A healthy diet plays a crucial role in supporting mental health. Consuming nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats, provides the essential vitamins and minerals needed for optimal brain function. Certain nutrients like omega-3 fatty acids, magnesium, and B vitamins have been linked to improved mood and reduced symptoms of depression and anxiety. Conversely, a diet high in processed foods, sugar, and unhealthy fats can exacerbate these conditions. Additionally, establishing regular eating patterns and avoiding skipped meals helps stabilize blood sugar levels, reducing mood swings and irritability often associated with depression and anxiety.

#### Conclusion

While exercise and good eating habits are not standalone treatments for depression and anxiety, they are valuable additions to traditional therapies. Incorporating regular exercise into one's routine and adopting a balanced diet can lead to significant improvements in mood, selfesteem, and overall mental well-being. By harnessing the power of physical activity and nourishing the body with wholesome foods, individuals can take an active role in managing their mental health and finding relief from the burdens of depression and anxiety.



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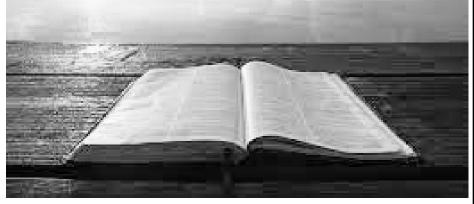
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🥽 Bible Trivia 🗧	Sible Word Search
TRUE OR FALSE	
<ol> <li>David was the last king of Judah.</li> <li>Elisha's servant was Gehazi.</li> <li>Elisha supplied a widow with large quantities of m</li> <li>For lying to the prophet Elisha, Gehazi was turned</li> <li>Elisha's servant had a vision of th ehills filled with l of fire.</li> <li>Hazael murdered King Benhadad.</li> <li>The prophet Urijah was murdered for opposing Ki</li> <li>King Jehu ordered Jezebel's servants to toss her or</li> <li>After Jezebel's death, wild horses ate her body.</li> <li>David saw his neighbor bathing on a rooftop.</li> <li>Nathan, a prophet, confronted King David about her</li> <li>God named Solomon Jedidiah.</li> <li>After killing his brother Amnon, Absalom fled to years.</li> <li>David's son Absalom was known for being an una</li> <li>As David went up the Mount of Olives, he was ba</li> <li>David was anointed king at Hebron.</li> <li>Saul's son Ishbosheth was made king over Israel b</li> </ol>	ed into a leper. horses and chariotsS L T L T E S Y R E R T F E B S R E T S A M O A E N A L M I Y L T G H T W R K W A B S E R F F U S O L O M O N A S H S D E D G W E A R R H U T E U R S E E E D H V H E L T A R E R A D V S L E T R A A R O S D N E S O D E A M V E T P S M M Y F R T O T V Y E S S E H T O L C E E O F E E T N D R D P D N L R D H N N N T D O G O M G E A MOTH MONEY to Geshur for three hattractive man. Darefoot and wept. forest.S L T L T E S Y R E R T F E B S R E T S A M O A E N A L M T F R T O S O L O M O N A S H S D GOD FATHER GOD FATHER S O D E A M V E T P S M M Y F R T O T V Y E S S E H T O L C E E O F E E T N D R D P D N L R D H N N N T D O G O M G E A MOTH MONEY R T S S E T S F L A E T S H K G RFEEDS DRINK FIRE CLOTHE FOOD DEVOTED GOD FATHER GOD FATHER GRASS HEART GROW HEAVEN LABOR KINGDOM LAMP LILIES LIGHT MASTERS MOTH MONEY REAP STORE THIEVES STEAL THEOWN STORE TREASURE WEARby Abner.After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom rightFEEDS DRINK FIRE FOOD DEVOTED GOD FATHER GOD FATHER RUST SOLOMON STORE WEAR
20 King Saul's son Ishbosheth was also known as Tit	
Answers	Answers Page 16
10 Ways You Can Halp The Ambassada	or Ministry CHURCH OF THE COVERED DIGH by Thom Tap
<ul> <li>10 Ways You Can Help The Ambassado</li> <li>1. Pray with us and for us to not only sustain but to grow in impact. Pray for our health and for spiritual protection</li> <li>2. Read it yourself – You will be enriched by reading it.</li> <li>3. Share a copy or an article with someone- you will have someone in your life benefit from an article in every issue, cut it out and send it to them, or send them the whole issue</li> <li>4. Leave a copy of The Ambassador when you're having coffee or a meal or waiting for your car. Use it like a tract. It may be less intimidation.</li> <li>5.Monitor The Ambassador at your church: assure its presence and visibility</li> <li><i>If you would like to help, please contact Seth Halpern at 530-933-1385 or email editor@ambassadornewspaper.com</i></li> </ul>	t t t t t t t t t t t t t t
	The Ambassador 1

#### CONTINUED FROM PAGE 1: "THE BIBLE STORY IN LESS THAN 1000 WORDS"

sinful and rebellious ways. The worst hardship came when the nation was split into two, a northern Kingdom called Israel and a southern Kingdom called Judah, each was ultimately taken over for a foreign power. Israel never recovered, but Judah (the more faithful of the two kingdoms) was allowed to return to their home by a benevolent foreign captor. They returned, built a wall for the city and a new temple to worship God.

Things were quiet for several hundred years until God told a young virgin that she would give birth to a baby to be named Jesus (Y'shua in Hebrew) and since He would be born to a woman and from God with no human father, the baby would be both man and God. He would be the Son of God, the only one to be born without sin and lived a sin-free life. He would grow up to teach as no teacher before him and back up his teaching with miracles. Yet, his purpose was not to teach or do miracles but instead to die a horrible death. His death would come at the hands of the Romans and at the request of the Jewish leaders who were threatened by his popularity. However, God himself put Jesus to death as a sacrifice to pay for the sins of each person in the world, past, present



and future. Because God is Holy, He cannot look upon sin, nor can He have a relationship with anyone who has sinned. This is why the Law was given through Moses, so that an animal sacrifice would pay for debt of the person's sin. The Law was also given to show people that they could not keep it perfectly, but would sin and need a sacrifice. That is how people came to God in history. But now, God was ending the need for all the sacrifices and law keeping. His holiness and justice required a payment, a sacrifice. However, His Love compelled Him give up the Son he loved to make a way for the rest of us, sinners, to have a relationship with Him. After Jesus died, He rose from death, called the resurrection and after showing himself in bodily form as evidence to many of his followers. He went up to Heaven

where he sits on the throne next to the Father. He sent His Holy Spirit to live inside of those who believed in Jesus so that all who believe in Him can have access to His power and His peace. His followers (the 12) were commanded to reach the world with his message of love, hope, and eternal life with Him. (Note: This has been God's plan from the beginning of time. He gave his Word (the Bible) which was written by 40 people over a period of thousands of years. The writers were from different cultures, countries, and careers. Some educated, some not. God divinely inspired each one to write His Word and though there may appear to be problems at first glance, a deeper study of the Bible will confirm that there is perfect unity especially in the most important aspect- reconciling us to God, the redemption of mankind!)

#### **10 Principles** of the Pro-Life Movement

- Sanctity of Human Life: We 1. believe in the inherent dignity and value of every human life, regardless of its stage of development, from conception to natural death.
- 2. Rightto Life: We believe that every human being has the fundamental right to life, as recognized in various international declarations and legal frameworks.
- 3 Human Equality: We assert that all human beings, regardless of their size, level of development, dependency, or disability, deserve equal protection under the law.
- 4. Potential and Future: We believe in recognizing and protecting the potential of each human life, as every individual has the capacity to make unique contributions to society and the world.
- 5. Scientific Understanding: We believe that scientific evidence supports the view that human life begins at conception. This understanding shapes our perspective on protecting unborn

#### CONTINUE ON PAGE 17



### The Oyster and the Pearl: 10 Tips for Dealing with Jerks!

By Steve Arterburn

- 1. Realize that you can't please everyone ' even Jesus had trouble with that. 'And there was a grumbling among the multitudes concerning Him; some were saying, 'He is a good man'; others were saying, 'No, on the contrary, He leads the multitude astray''' (John 7:12).
- 2. Difficult people thrive in the center of controversy. 'Like charcoal to hot embers and wood to fire,' says Proverbs 26:21, 'so is a contentious man to kindle strife.' Don't be drawn into unnecessary situations. Misery really does love company!
- **3.** Set clear personal boundaries for appropriate behavior with difficult people. Communicate with them in a gentle, but clear manner.
- **4.** Never retaliate. In the mind of the difficult person, it justifies their behavior.
- **5.** If you have a moment of rational communication with a difficult person, try to help them see how destructive their behavior is to



themselves, their family and their career.

- 6. When a difficult person goes into attack mode or excessive defensiveness, recognize that it is useless to argue with them. 'Do not answer a fool according to his folly, lest you also be like him' (Proverbs 26:4).
- Learn to recognize when your defense mechanisms come up. Realize that getting defensive will only exacerbate the process of dealing with difficult people.

- 8. A difficult person's behavior is really out of your control. Pray for them and let God deal with them. 'Love your enemies,' said Jesus, 'and pray for those who persecute you' (Matthew 5:44).
- **9.** When you're facing on-going communication problems with a difficult person, it's often helpful to invite the help of a neutral third party to facilitate the process of better communication.
- **10.** Take advantage of the many books, tapes and helpful guides that deal with this common issue.

#### Growthtrac Marriage Minute



- Never bring up mistakes of the past.
- Neglect the whole world rather than each other.
- Never go to sleep with an argument unsettled.
- At least once a day, try to say something complimentary to your spouse.
- Never meet without an affectionate welcome.

http://www.growthtrac.com/







### **12 Questions for a Six-Month Spiritual Checkup**

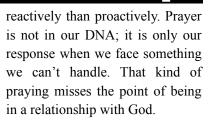
#### By Chuck Lawless

At this time last year, I wrote a post on "10 Questions for a Six-Month Spiritual Checkup." If you haven't done a spiritual self-reflection yet this year, I encourage you to take time to read those previous questions and analyze your spiritual life today. Then, review the questions in this post to look at your life at an even deeper level.

- 1. Do you need to forgive someone? Jesus is clear that if we don't forgive others, the Father does not forgive us (Matt. 6:14-15). So, while we may think our anger is justified, it only hurts us to stay bitter. The cost, in fact, is serious as it harms our relationship with God.
- 2. Does your daily talk reflect godliness? It's hard to read Ephesians 5:4 ("Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving") without evaluating our daily conversations. If other believers heard everything you said last week, would your witness be strengthened or harmed?

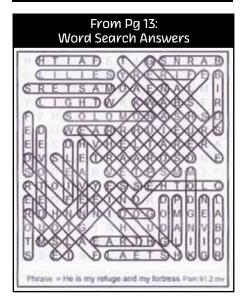


- 3. Does your budget reflect a commitment to God's work? I know it sounds trite, but what we give toward God's work really does have eternal dividends. Any sacrifice so others may know Jesus is no sacrifice at all. Would your checkbook show you prioritize God's kingdom?
- 4. Do you know your neighbors and co-workers? It's easy to be so "on the go" that we know our neighbors and co-workers on only a superficial basis, if we know them at all – which makes it difficult to share Christ with them. Even our prayer for them is surface-level if we don't know them.
- Do you pray regularly for leaders? Regardless of our political positions, we are mandated to pray for those in authority (1 Tim. 2:1-2). Think about those for whom you might pray: school officials, bosses, mayors, governors, the president. Obedience here is especially important in this election season.
- 6. Do you read more blog posts than you do the Bible? Obviously, I tread softly here, as I'm deeply grateful you're reading this post. On the other hand, what bloggers have to say is nothing compared to the Word of God.
- 7. Do you pray only when you have to? Many of us pray more



- 8. If you're married, does your marriage reflect the love of Jesus for His church? Do you love your spouse sacrificially (Eph. 5:25), to the point of being willing to die? Would your spouse agree with your response to that question?
- **9.** Are you hiding anything? Hiddenness is usually a sign the enemy is winning in one's life. Then, the anguish of such sin is only deepened by the efforts we expend trying to keep it covered up.
- **10.** Do you really love God's church? Paul thanked God for the Corinthians at the beginning of his letter to them (1 Cor. 1:4-9) and expressed his love for them in his closing (1 Cor. 16:24). In between,

#### CONTINUE ON PAGE 17



• JESUS NEVER FAILS •





#### CONT'D FROM PAGE 14: "...PRO-LIFE MOVEMENT"

life.

- 6. Adoption: We emphasize the alternative option of adoption, promoting it as a compassionate and life-affirming choice for both the mother and the unborn child.
- 7. Post-Abortion Consequences: We highlight the potential physical, emotional, and psychological consequences that women may experience after undergoing an abortion.
- 8. Consistency: We believe in the consistency of protecting all human life, promoting a holistic approach

that values the well-being of both the mother and the unborn child.

- 9. Supportive Solutions: We advocate for providing comprehensive support systems, resources, and alternatives to abortion, such as pregnancy counseling, financial assistance, healthcare, and childcare services.
- **10. Ethical Concerns:** We raise ethical questions about the act of intentionally ending a human life through abortion, considering it a violation of the principles of respect for life and non-violence.

#### CONT'D FROM PAGE 16: "...SIX-MONTH SPIRITUAL CHECKUP"

- though, he described them as a mess. Only God can give us this kind of love for His bride, especially when the church is problematic.
- 11. Are you ready to quit? Maybe your church role has drained you to the point you wonder if it's worth the effort. If your faith is being stretched to its limit, I encourage you to gather prayer partners and talk with friends before giving up.
- 12. Where do you most need to strengthen your walk with God for the rest of this year? Reading this post will make no difference unless you make an intentional plan to change. Tell us what commitments you are making, and give us the privilege of praying for you.

You can connect with Dr. Lawless on both Twitter and Facebook.

## GOD IS SO GOOD - ALL THE TIME



#### Just For Laughs...

Little Johnny was a lazy student and was failing Math badly. His parents had enough of this, so they pulled him out of regular school and enrolled him in the local Catholic school. After the first day, he

came home and not a word, and headed up to his bedroom to do his Math homework. He was up there four hours until it was done. The same



thing happened on the next day, and so on. Several days later, his parents came up to his room and asked, "Johnny, what brought this on? Your working your tail off!"

Johnny replied, "When I got to my Math class on Monday, and

got to my Math class on Monday, and saw that guy above the blackboard nailed to a plus sign, I knew they weren't messing around!"

#### Bible Trivia Answers · From Pg 13:

- 1. False Zedekiah was the last king (2 Kings 25:1-7) 2. True (2 Kings 4:1-12) 3. False He supplied oil (2 Kings 4:1-7) 4. True (2 Kings 5:20-27) 5. True (2 Kings 6:17) 6. True (2 Kings 8:7-15) 7. True (Jeremiah 26:20-23) 8. True (2 Kings 9:31-33) 9. False Dogs ate her body (2 Kings 9:35-37) 10. True (2 Samuel 11:2-4) 11. True (2 Samuel 12:1-15) 12. False Solomon was their second son (2 Samuel 12:24) 13. True (2 Samuel 12:24-25) 14. True (2 Samuel 13:37-38) 15. False He was handsome (2 Samuel 14:25) 16. True (2 Samuel 15:30) 17. True (2 Samuel 18:14-17) 18. True (2 Samuel 2:4)
- **19.** True (2 Samuel 2:8-9)
- 20. False He was also known as Eshbaal (1 Chronicles 9:39)

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# OP/ED

### THE GREAT STATE OF JOY

By Dr. Ronald Harden President, EPIC Bible College and Graduate School

Nehemiah 8:10: "Go, and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength."

This Biblical state of being, known as "joy," is best defined as, "the assurance that produces peace, in the midst of external or internal difficulties." The key to joy is found in our ability to **focus**. As we looked above at the very definition of the word joy, I would present to you that joy is not just **happiness**, because happiness depends on what is **happening!** There are many references in the Bible to joy, and one of the better known is Nehemiah 8:10 quoted above.

Here's a simple, but profound question for you: Is Joy a "happy feeling" only? The answer to that may surprise you. The true state of joy is something that goes far beyond what can be accomplished through our own feelings or perceptions. In fact, one of the things we have to do, in the midst of all the difficulties, perplexities and adversities going on in our world today, is to just take a moment to focus. We focus our attention on God, focusing ABOVE ourselves and the limited scope of our view of the situation that can trouble our heart and burden our mind. In focusing on God, we get ourselves out of the way. I do not know any truly joyful people who are self-centered or self-focused.

Even the last part of Nehemiah 8:10 show us how important it is to share with others and not just keep it to ourselves. This joy produces "a merry heart that does good like medicine!"

We're not suggesting that the Bible is taken like a pill, but I would suggest that it certainly is an excellent supplement for the debilitating effects from the things of the world today. To have real joy is to focus on God, not on ourselves, and in the midst of that, the Lord will help us. We need to partner together to become "joysharers," instead of "joy-stealers." You'll be surprised about how much real joy you'll experience as you turn your attention to being God-focused, and not self-focused.

It is so pivotal in where and how we choose to focus our thoughts, our words, our actions and attitudes. That joy-stealer can become a joy-sharer just by a change in our focus. Let's recommit ourselves today to be people who are willing to share the joy with many around us, instead of mourning; an attitude of thankfulness, instead of heaviness, and see the beauty that will rise anew as we live in God's strength.

Dr. Ronald Harden is President and CEO of Epic Bible College and Graduate School, located at 4330 Auburn Blvd. in Sacramento, www. EPIC.edu., one of the region's Top 25 colleges and universities and among the Top 10 U.S. faith-based colleges in the U.S., now offering both undergraduate and graduate degree programs with online and standard classroom options.

# LISTS!

I like lists. Change that. I LOVE lists. I don't know exactly why, but I always have. I read books of lists. The book series "Lists to Live By" is one of my favorite series of books ( I think it's out of print. I guess a lot of people don't like lists as much as I do!) Anyway, I like lists because they get right to the heart of it. Whatever IT is. There's no preface or introduction. Nothing leading up to or looking back at the important points, just the important points! No less no more. I use lists everyday so that I know what I need or want to do. As I check them off, I feel productive. Without the list, I flounder all day wondering if I'm doing what I'm supposed to do.

I don't feel bad about being a "list guy" though. I see from the Bible that the Lord uses lists too (although, I'm pretty sure he'd do well without them). The most well-known of God's lists is the Ten Commandments, or more precisely translated, Ten Words. He tells us what's important to Him and



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Seth Halpern - Editor

for us. "Do not steal" "Do not commit adultery" "Have no Gods before Me" and the others. He gets right to the point. God's Word also has lists like things that are an abomination in Proverbs 6, and Galatians chapter 5 gives us both a list of the deeds of the flesh and fruit of the Spirit. Jesus also used lists when he taught the Beatitudes.

With that in mind, I hope you find the lists in this issue to be informative, inspiring and in some way beneficial to you!

The Ambassador accepts opinions and editorials (op-ed's) as long as they are well-written and less than 450 words. Op-ed's will be published purely at the discretion of the editor. If you would like to submit your op-ed, please email it (written in MS Word) to editor@ambassadornewspaper.com.

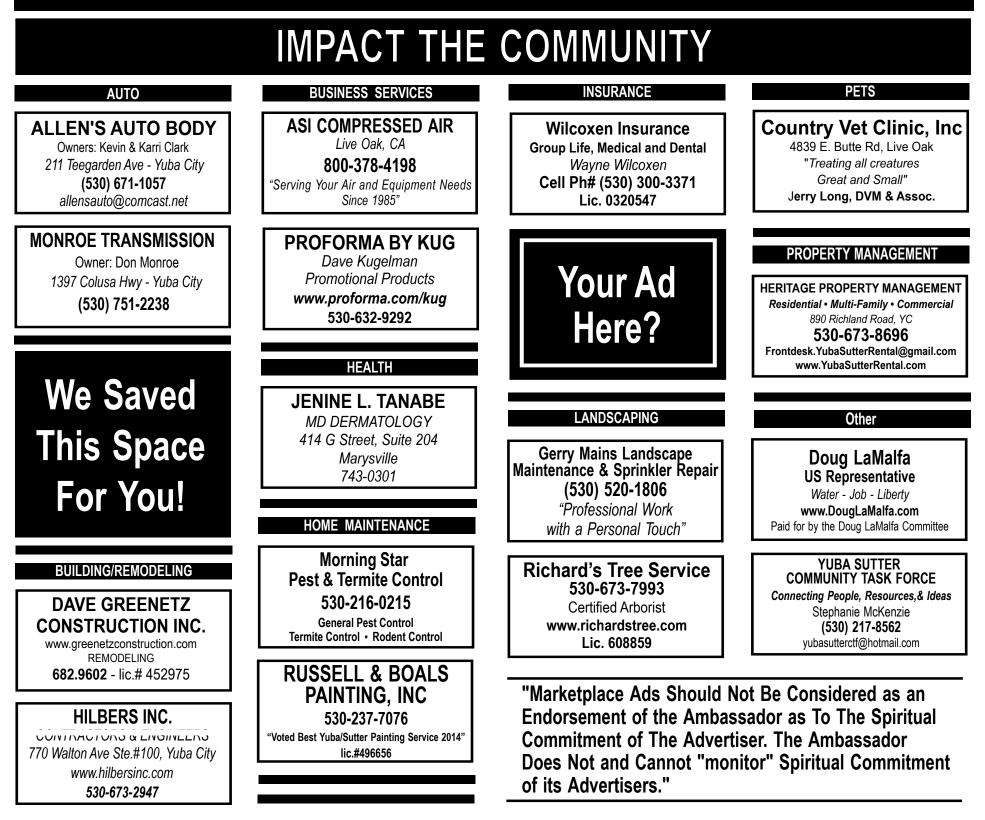
The deadline for submission is the 15th of the month for the next issue.

### Remember... YOU ARE IMPORTANT TO GOD!!

The Voice of the Christian Community, serving Yuba, Sutter, and Butte Counties 🖬

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