



**WHO WAS
NOAH IN THE
BIBLE?**

**WHY WE ALL NEED A
FINANCIAL ADVISOR?**

**HEALTHY
NOTES
- ALOE -**

From La Yorda
Oregano

Mozambique
A country to
pray for

**THE BOOKS OF THE BIBLE
GENESIS**

**Names of God
JEHOVAH - RAAH**

FROM THE EDITOR

This is a mix of a blog, bulletin, newspaper or newsletter to share about God, my hobbies and all my work areas.

AILIME
EDITOR-IN-CHIEF

God's Promises

The LORD himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Deuteronomy 31:8

God's numbers for...

Anger...

Proverbs 15.1; Matthew 5.21-26

Anxiety/Worry...

Psalms 25; Luke 12.22-31

Confusion...

Psalms 37; Ephesians 4.14

Depression...

Psalms 16; Psalm 130

Disappointment...

Psalms 55; Jeremiah 15.10-21

Discouragement...

Psalms 42; 2 Corinthians 1.3

Doubt...

Psalms 8; Psalm 146; Proverbs 30.5

Fear...

Psalms 27; Luke 12.4-7



THE BIBLE TEACHED US



The fact that the earth is rounded was told to us in the Bible through the book of Isaiah. Written approximately by the 740-701 B.C

"It is He who sits above the circle of the earth, And its inhabitants are like grasshoppers, Who stretches out the heavens like a curtain, And spreads them out like a tent to dwell in." Isaiah 40:22



A country to pray for

MOZAMBIQUE



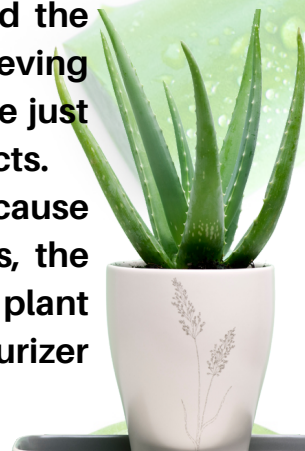
- Population of about 30 million with about 61 ethnics.
 - The life expectancy the average people is 54 years.
 - Portuguese is the official language
 - Pray for effective, practical programs to assist those who live in the most severe poverty.
 - HIV/AIDS is a major challenge, with 16% of the adult population HIV-positive. Malaria is even worse, with over 5 million cases a year. Diseases like diarrhea and tuberculosis make the situation worse.
 - The trauma of violence and extreme poverty left many people emotionally or psychologically broken. Now, the primary threat is the Islamist terror group IS-CAP (Islamic State Central Africa Province), visiting murder and havoc upon a predominantly Muslim region in the north, but threatening to expand beyond this. Mozambique is ill-equipped to deal with such a threat.
- Pray for God's mercy upon this long-suffering land!**

<https://operationworld.org/locations/mozambique/>

HEALTHY TIPS *Aloe*

- Aloe vera gel is widely known to relieve sunburn and help heal wounds. But did you know that your favorite potted plant can be used for much more than sunburn relief and household decor?
- The succulent has a long history of being used for medicinal purposes, dating back to ancient Egypt. The plant is native to North Africa, Southern Europe, and the Canary Islands. Aloe Vera is grown in tropical climates worldwide. From relieving heartburn to potentially slowing the spread of breast cancer, researchers are just beginning to unlock the benefits of this universal plant and its many by products.
- You can use aloe vera to keep your skin clear and hydrated. This may be because the plant thrives in dry, unstable climates. To survive the harsh conditions, the plant's leaves store water. These water-dense leaves, combined with special plant compounds called complex carbohydrates, make it an effective face moisturizer and pain reliever.

<https://www.healthline.com/health/7-amazing-uses-aloe-vera>



Winter Season

Winter can be a season of joy and celebration for some people, but for others it can be a season of loneliness, sadness when we are away from our country or our families, or when we have lost a loved one and it is in those moments where we cannot forget that we are not alone, that beyond the physical absence of some around us we have the presence of God, who accompanies us, keeps us, comforts us and through the Holy Spirit lets us know that his love and presence it goes beyond the time or the season we are in.



The Word that says "The LORD is near to the brokenhearted, and saves the downcast in spirit."
(Psalm 34:18)



A podcast that does not hold back on speaking the True Truth, so guys of all ages, can not only learn how to get Unstuck & Rooted, but also discover how to apply truth to our daily lives in a way that will greatly enhance relationships, businesses, friendships and so much more.

"If you Embrace the truth, it Will release true freedom into your life." John 8:32

So do not fear, for I am with you;
do not be dismayed, for I am
your God. I will strengthen you
and help you; I will uphold you
with my righteous right hand.
Isaiah 41:10



Why we all need a FINANCIAL ADVISOR

You need to ask yourself if you are satisfied...

...in the way that you meet your financial obligations.
...with your current income.
...with your spending habits.
...with the amount of debt that you have.
...with your ability to provide financial help to family members.
...with your insurance protection.
...with the amount of money that you can save on a regular basis.
...with the age that you will be able to retire.
...with the level of employee benefits that you receive.
...in the way you do your personal financial management.

...with the amount of income that you will receive for retirement.
...with your estate plan.
...with the amount of money that you contribute to charitable, donations or serve to others.
...with the financial knowledge that you have.



If you are not fully satisfied...

You may need a financial advisor. He will be your financial planning partner. The financial advisor is also an educator. Part of the advisor's task is to help you understand what is involved in meeting your future goals. The education process may include detailed help with financial topics. In the next issue this topic will be discussed with more details.



Buffalo Bills safety Damar Hamlin is out of the hospital (Photo: ESPN / MGN)

THE POWER OF PRAYER

A picture that shows more than words. A few days ago a football player had a medical emergency and became unconscious in the middle of a game, surprisingly and especially in this time when public prayer is being banned in some places, most of the players, referees and the present staff knelt to pray to God for the health of the player. After suffering cardiac arrest on the field, been receiving CPR for about 10 minutes, the player was taken out to the hospital, he was intubated, and after several days he woke up.

The power of prayer continues to be the most effective weapon of a Christian and was demonstrated once again in public, on live television while according to CNN 23.8 millions of people have seen that game.

The Bible says in Romans 10:11 "Everyone who believes in Him will not be put to shame" and we have seen it once again, all the people who prayed for the health of the player with faith, firmly believing in God, were not leaved ashamed, they showed the world once again that God is real, that we serve a God that is alive, who listens to our prayer and responds to it according to His will and who continues to perform miracles every day individually, privately or like this time, completely public, in a loud voice, that is our God. Praises to Him.

<https://www.wwaytv3.com/damar-hamlin-showing-signs-of-improvement-but-still-in-critical-condition-buffalo-bills-say/>

<https://www.cnn.com/2023/01/04/media/monday-night-football-ratings-espn-damar-hamlin/index.html#:~:text=The%20NFL%20showdown%20between%20the,23.8%20million%20viewers%2C%20according%20to>

Have you ever wondered why..

- If God is not real for some people, then why is the most persecuted religion?
- Christian religion is the most, if not the only religion that is openly mocked on tv shows, movies or by people in general?

What bothers so much about God to some people when the Gospel is a message of love, forgiveness and salvation?

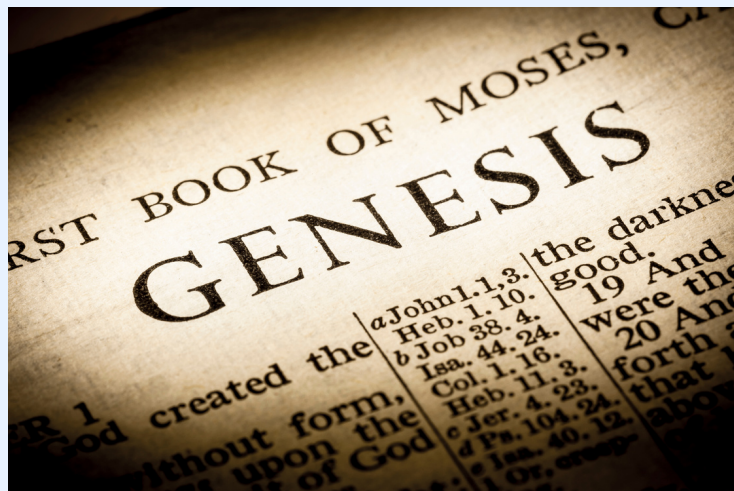
Just think about it...



THE BOOKS OF THE BIBLE

GENESIS

- Genesis means origin or beginning.
- It is the first book of the Bible.
- Written by Moses between the years 1,440-1,400 B.C.
- It has 50 chapters.
- It narrates the creation, the fall of man, the promise of redemption, the beginning of human civilizations, God's pact and the beginning of His relationship with His chosen people, Israel.
- It is the only book in the Bible where God is presented creating something.
- Some of the main characters in the book of Genesis are:
 - God/the LORD God
 - Eve ("the woman")-The first woman, Eve's name comes from the Hebrew word for "living" because she is the mother of all who come after her.
 - Adam ("the man")- The first man, Adam's name is from the Hebrew for "human being" and is also closely linked to the Hebrew for dust or earth.
 - Noah
 - Abram (Abraham)
 - Joseph
 - Joseph



Names of the Lord

JEHOVAH RAAH

The LORD our provider

“And Abraham called the name of that place
Jehovah Jireh: as it is said to this day,
In the mount of the LORD it shall be seen.”

Genesis 22:14

OPTIONS TO PREPARE A "BLESSING BAG"

If you want to share something with a homeless, but you don't know how to start, a "blessing bag" is an option. All according to your budget, but you can prepare a bag with few things:

- A toothpaste
- A toothbrush
- Wipes, Q-tips
- Band-Aids, Triple antibiotic
- kleenex
- A personalized note or an encouraging Bible verse.



WHO WAS NOAH IN THE BIBLE?

Man of great faith and obedient to God. The only righteous person that God found on earth in His time, "The LORD said to Noah, Go into the ark with all your family, for you are the only righteous man I have found in this generation." Genesis 7:1

Legacy to the People of God - One of the best examples of faith and obedience even when we do not see or have not received what we have been told.

Highlight from Noah's Story

- The arch is a typology of Christ since the 3 levels of the arc represents the Father, the Son and the Holy spirit.
- The animals came by themselves to the arc.
- The door was closed before the rain started and opened at the time to disembark the ark directly by God.

What can we learn from Noah?

- Not because we do not see something immediately or in the time we want, it means that it will not happen.
- God keeps His promises, God is faithful and He rewards our faithfulness.
- When we obey God, He protects us from destruction.
- When we are in His will, He supplies and provides what is necessary.
- It is not too late yet to be saved in Him, the door has not been closed yet for this generation.
- The rainbow is the signal of the promise that God made to Noah and humanity to never again destroy it with a flood. "God said: I have placed my rainbow in the clouds, which will serve as a sign of my pact with the earth." Genesis 9:13.

From La Yarda

Oregano

He makes grass grow for the cattle, and
plants for people to cultivate; bringing forth
food from the earth. Psalms 104:14

Oregano is a fragrant herb that's best known as an ingredient in Italian food. Botanically known as *Origanum vulgare*, oregano is a flowering plant from the same family as mint. It's often used as an herb to flavor food. Although it's native to Europe, it now grows all over the world.

Oregano has been popular ever since the ancient Greek and Roman civilizations used it for medicinal purposes. In fact, the name oregano comes from the Greek words "oros," meaning mountain, and "ganos," meaning joy or delight. The herb has also been used for centuries as a culinary spice.

Oregano is considered a staple herb in many cuisines around the world. It has a strong flavor and brings warmth to dishes, along with a hint of subtle sweetness. It can be found fresh, dried or as an oil, and all are said to have significant health benefits. Though typically used in small amounts, oregano packs in some important nutrients. Just one teaspoon of dried oregano can fulfill about 8% of your daily vitamin K needs. From helping fight bacteria to reducing inflammation, studies have unearthed some of its impressive potential benefits.

Evidence-based health benefits of oregano; Rich in Antioxidants, May Help Fight Bacteria, Could Have Anti-Cancer Properties, May Help Reduce Viral Infection, Could Decrease Inflammation.



https://www.healthline.com/nutrition/6-oregano-benefits#TOC_TITLE_HDR_7
<https://www.healthline.com/nutrition/9-oregano-oil-benefits-and-uses#What-is-oregano-oil?>

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