



Writings from Jesus

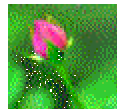
by

Joanne Lowe

The devotional thoughts are free gifts
to you because Jesus gave them
so freely to Joanne!

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*Ruthe's
Secret
Roses*



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TABLE OF LOVE

“Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart.”

**Proverbs 3: 3
King James Version**

Are we following these instructions? Have we invited people to feast at the table in our heart by extending forgiveness and understanding?

All of us are guilty of telling someone; I forgive you, yet in our heart we continue to harbor resentment, unforgiveness, and bitterness. I have found out by personal, heartbreaking experience that you do not hurt anyone else by that attitude. You only hurt yourself and Jesus.

We need to realize that we hurt people also. We want their forgiveness and understanding, yet we are not willing to offer them the same forgiveness. What is wrong with our thinking? Clearly, it is not controlled by the Love of Jesus! How many times have we gone to God and asked Him to forgive us? How dare you and I ask Him to forgive us when we are not willing to forgive others?

We all need to realize that it is a privilege and honor to even say the Name of Jesus, much less ask Him for something. Is the table of your heart spread with kindness, honesty, understanding and forgiveness? If not, you have pounded another nail into the Hand and Heart of Jesus.

**Joanne Lowe
October 13, 1999**

HAPPY BIRTHDAY JESUS

“And the child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him.”

Luke 2:40

King James Bible

Why is it that we will sing Happy Birthday to everyone but Jesus? We need to realize that it hurts Him and breaks His Heart when we ignore His Birthday or treat it just as a time to get together with family and friends and give gifts.

This wonderful Baby was born to give Light, Hope, Salvation, Peace, and Joy to the world. We need to understand, however, that He is not a Baby now. He grew up and became obedient to His Father and willingly laid down His Life for you and I so that we might know the fullness of His Love.

The best way we can honor Him on His Birthday is by thanking Him for all He has done for us and by being kind and patient to one another. The Bible says, **“Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me”**. Let’s give Jesus a special Birthday Gift and spread His Love to family and friends and those who are lonely.

Joanne Lowe

December 10, 2004

DECORATIONS OF THE HEART

“Keep they heart with all diligence; for out of it are the issues of life.”

**Proverbs 4: 23
King James Version**

As we look at the decorations on the Christmas Tree, we are filled with a sense of beauty and peace. Without the decorations on the tree it would look bare and not as pretty.

What about our hearts? Are they decorated with the Love of Jesus? When others look at us, do they see the Love of Jesus shining from our hearts?

My Mother told me that she always knew when I was happy, that my eyes would sparkle. Are our hearts sparkling with Love, Joy, Peace, and Happiness?

There are many countless people who are lonely and discouraged and they need encouragement. We can not encourage anyone if we do not have the Love of Jesus shining brightly in our hearts.

There is a song I used to sing in Sunday School that said, “This little light of mine, I’m going to let it shine”. Let me encourage you to let others see your light shining brightly so that they may not only be encouraged but also be filled with warmth and comfort.

Joanne Lowe
December 18, 2004

JESUS UNDERSTANDS

“Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in Heaven.”

Matthew 5: 14-16
King James Version

If you are experiencing problems with your children and are discouraged to the point of giving up, the most important thing I can tell you right now is that Jesus Loves you and He understands completely what you are going through and what you are feeling and He cares. He knows your heart and He knows that you love Him.

I encourage you and urge you to reach down in your heart and let Jesus light your candle again, the candle that draws people to you and closer to Jesus. There are so many people that need what you and I have to give them, the Love of Jesus. Not everyone can give the Love of Jesus because they do not have His Love in their heart.

Remember Jesus could come back today even before you go to bed and there could be someone who is desperately lonely and maybe even contemplating suicide right now, and you may be the one that He wants to use.

Joanne Lowe
December 19, 2004

A LOOK OF LOVE

“I will praise thee, O Lord, with my whole heart; I will shew forth all thy marvellous works. I will be glad and sing praise to thy name, O thou most High.”

**Psalm 9: 1,2
King James Version**

For those of us who have pets, we know that they are loyal to us and give us these looks that make our heart tender. They are a joy to us and give us companionship.

There is One who gives us looks of Love, Peace, Joy, Happiness, and Faithfulness. Jesus gives us these looks through other people. He has not been here for over two thousand years. He has left us to spread His looks of Love.

When others look at you, what do they see? Do they see a grouchy person with a bad attitude who dares others to smile at them? Jesus wants us to smile with Joy and Love at others.

I have a parakeet that is a gift from God, who fills me with joy every day and brings me happiness. Sometimes however, I get irritable if I am not feeling good and take it out on her.

God never gets irritable with us. He never takes anything out on us. He remains Faithful and Loyal no matter how we treat Him. Let's start giving others a look of Love that will warm and encourage them.

**Joanne Lowe
December 21, 2004**

WHAT NOW

“What doth it profit, my brethren, though a man say he hath faith, and have not works? Can faith save him? If a brother or sister be naked, and destitute of daily food, And one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body; what doth it profit? Even so faith, if it hath not works, is dead, being alone.”

James 2: 14-17
King James Version

A pastor once said in a sermon, “There was a man who wrote the entire Bible word for word by memory without making one mistake. However, that same man went home and beat his wife”.

We are to read our Bible. God said that we should but He also said not to hurt people. What good is it and what does it mean to us if we don't employ the knowledge and instruction we receive from God?

Did you know that the Bible is God's Love Letter to us? He tells us over and over again how much He loves us and how precious we are to Him.

It is no wonder at all that people do not want to go to church when they see the ones who profess to be Christians not acting like it. God said that He wants us to be either cold or hot and not lukewarm.

When you read a map it is useless unless you follow the directions, it is the same with the Word of God. The Bible was written to direct, inspire, encourage, and comfort us.

The Bible gives us all the ingredients necessary for life but it is like making a cake, if you leave one of the ingredients out it will not taste right.

Many years ago back in Texas I was going door to door on visitation from church and I will never forget what this one lady said to me. I asked her, "If you knew that God was telling you to sell your home and give all the proceeds to the poor, would you do it"? She did not hesitate. She said, "Absolutely not! I have worked hard for this home for many years and everything in it is mine that I bought with my own money".

I didn't say anything to that lady but later at home my heart broke when I realized that God gave the very Best He could give us, His Own Beloved Son, Jesus.

I have thought many times about how Jesus willingly left His Father and all the Beauty and Peace of Heaven and came to earth knowing that He would be treated worse than any individual would ever be treated. What Amazing Love!

Let's stop just reading the Bible, let's start living the Bible so that others will want the Peace and Joy that only Jesus can give a person.

Joanne Lowe
December 21, 2004

NEVER FORGET JESUS

“Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest.”

Luke 10: 2

King James Version

Many years ago I felt the call to missions and I told my pastor. He said there was an opening in the Missions Service Corps. He told me I would have to raise my own support so I went from church to church in our association speaking on missions and I raised my support.

They sent me to Phoenix, Arizona to the Indian Reservation. However, I only stayed two days and called my pastor and said this was not where I should be so he told me to come home.

We had Bible Stories for the children and different activities. At the end of the first day I went to the mission leader's room and asked him what time we had devotions. He replied, “We are too tired at the end of the day and too busy at the start of the day for devotions”.

I didn't say anything to him but the more I thought about it, the more I realized that the reason we were here was to spread the Love of Jesus. If we didn't take time for Jesus, to talk to Him and thank Him and ask Him for help and guidance, then our labors would be in vain.

Everything that we do in life should be for Jesus. It is all about Jesus. He is the Giver and Sustainer of life. We must never forget Jesus or leave Him out of our daily lives. If we don't receive instruction and support from Him, we will never be effective like He wants us to be for Him.

I encourage you to always remember and include Jesus in your daily activities. You will find that you will have a much better day.

Joanne Lowe
December 23, 2004

STILL NO ROOM

“I will praise thee, O Lord, with my whole heart; I will shew forth all thy marvellous works. I will be glad and rejoice in thee: I will sing praise to thy name, O thou most High.”

Psalm 9: 1,2

King James Version

There was no room for Jesus when He was born and sad to say, it is still true today in a lot of people's hearts. Today is Jesus' Birthday and how many of us sang Happy Birthday to Him. We sing to our family and friends because we love them. How much more should we sing to Jesus, the Best Friend we will ever have.

Did you make room for Jesus today? When you woke up this morning, was your first thought about Jesus? Did you thank Him for this Joyous Day? As you gathered with family and friends today, did you stop and let Jesus into the activities?

I challenge all of us to make more room for Jesus in our daily lives. If making Jesus happy is not your reason for living, then I suggest you do a heart checkup and have a long, serious talk with Him. Open your heart to Jesus and let Him fill it with His Love, Joy, Peace, and Happiness.

Joanne Lowe
December 25, 2004

IN THE VALLEY OR ON THE MOUNTAIN

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith.”

**Galatians 5:22
King James Bible**

Are you in the valley of despair or on the mountain of Joy? If you are in the valley of despair, you do not have to stay there! It is a lie straight from the pits of hell that we have to remain in valleys.

This verse gives us the ingredients for us to use in our daily lives but too often we forget to put them into practice. God has given us all we need to live a daily, victorious life through Jesus. However, He is not going to do it for us. We can ask Him for strength and courage to do what we need to do, but we are the ones to employ these principles He has given to us.

I challenge you to let Jesus help you get out of the valley of despair and back up on the mountain of Joy. Never forget that God may want to use you today and you need to be ready.

**Joanne Lowe
January 11, 2005**

THE LIVING WORD

“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”

**2 Timothy 2: 15
King James Version**

I have heard many people say and some say it almost in a bragging manner, “I have read the Bible through more than once”. That is wonderful! We should read our Bible but my question is, “Are you spending time with the Living Word?”

Jesus is not only the Written Word; He is also the Living Word. I have not read the entire Bible through word for word. I have tried many times but I would always get stopped when I got in the Old Testament where there is much law and history.

I do know the Heart of the Living Word! I know what makes Jesus happy and what makes Him sad. I don't always please Him because I am human. However, He knows my heart and He knows how much I love Him.

Please keep reading your Bible but also spend time with the Living Word. Allow Jesus to rise with Joy in your heart. The Bible says that the Joy of the Lord is our strength. Let others see the Living Word shining brightly in what you say, where you go, what you watch, who you associate with, and what you do.

**Joanne Lowe
January 17, 2005**

HIGHER THAN A KITE

“Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, o my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle’s.”

**Psalm 103: 1-5
King James Version**

You may feel that nobody really understands how you feel and that very well may be true, however I tell you on the Authority of the Word of God that Jesus does understand! When it comes right down to it, Jesus is the only one who can really see into the depths of our heart and know exactly what is going on inside. He Loves you and He cares about your every breath.

I am speaking from experience! I have suffered physical, sexual and emotional abuse in my life and I can tell you that the emotional abuse is the worse. The scars from the physical abuse eventually fade away so that you don't really think about it that much, but the emotional scars never go away!

We are to forgive people. God said that if we don't forgive others, He will not forgive us but He understands that it will still hurt. I had to give all the bitterness, hurt, confusion, suicidal thoughts which I had every day for sixteen years, and the loneliness to Jesus.

It did not happen over night but when I really opened my heart to Jesus and made a heart commitment, not just a head and verbal commitment, all of my past started to fade away. It took

years to do that and He is still in the process of working on me by reassuring me, sometimes every minute of the day, how much He Loves me and cares when it seems nobody else does.

God used a beloved Pastor who has been a dear friend of mine for many years to show me how to open the door to my heart emotionally. Pastor Byron said this statement in a sermon once and when he said it I honestly thought the man was crazy. He said, "If you want to fly higher than a kite, start bragging on Jesus". I started doing that. I began to tell everyone I came in contact with how great Jesus is and how much He Loves you and desires to heal your pain.

I remember once several years ago at a bus stop while waiting for the bus, there was a man sitting there waiting with me. I was still extremely afraid of people but I finally started talking to him. I said, "Sir, do you know how much Jesus Loves you"?

He just looked at me and didn't say anything. It scared me so I didn't say anything else. Five minutes later, he began to weep and said, "Do you really think it is possible for Him to love me since I have done so many terrible things in my life"? I told him that if Jesus could love me as many crazy and mixed up and sinful things that I had done, He can love anybody.

The bus was late and we talked for twenty minutes and I had the privilege and honor of leading him to accept Jesus into his heart. I have never seen or heard from that man again but I know that Jesus has him in the Palm of His Hand, and that is all that we can do for anyone. Give that person to Jesus and then get out of His way and stop telling Him how to fix the situation.

Joanne Lowe
January 22, 2005

UNDER THE BED

“Bear ye one another’s burdens, and so fulfil the law of Christ.”

Galatians 6: 2
King James Version

Many years ago I signed myself into a hospital because I was feeling suicidal. While in the hospital, I crawled under the bed because I was afraid of people and had no desire to live. The nurses would keep pulling me out and as soon as they left my room I would crawl back under the bed.

This went on for two weeks until one night on the midnight shift a nurse I had never met literally got down on her hands and knees and crawled under the bed with me and laid beside me. She took hold of my hand and told me that she wouldn't let anybody hurt me and it was safe to come out. I didn't believe her but I did come out after she laid there for about an hour with me.

There are many people who are under the bed in their emotions. They are afraid to show their emotions for fear of being ridiculed and put down. We need to open our hearts to others who are hurting emotionally and all of us hurt in one way or the other.

I encourage you to find someone you can trust, someone who won't judge you or make fun of you and open your heart to that person. I know from experience that the only way to get rid of all the hurt in our hearts is to start talking to others.

God said that we are to bear one another's burdens. It is impossible to bear someone's burdens if we don't know what they are. The best way to help someone is by sharing what you have been through so that person will know that you really do care and understand. Come out from under the bed in your emotions into the Arms of Jesus.

Joanne Lowe
January 22, 2005

NOT ENOUGH

“Wherefore by their fruits ye shall know them. Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven”

**Matthew 7: 20, 21
King James Version**

There is a teaching tape by Joyce Landorf called "Balcony People" that I used to listen to every day and sometime two or three times a day. I was going through a period of severe depression at that time in my life and God used that tape to bring me out of my depression.

One of the things that Joyce says on the tape is that people used to come up to her and hug her and say, "Hi, how are you doing? Jesus loves you. Got to rush, bye". Joyce says that one day she told someone, "Well, that's not enough. I need someone to put their arms around me and prove that Jesus Loves me".

We can tell people that Jesus Loves them but if we never do anything to prove it by our actions and not just words they are not going to believe us. We need to demonstrate the Love of Jesus and not just tell them that He Loves them.

When is the last time that you went up to someone and hugged that person? When is the last time you shut the television off and picked up the telephone and called someone that you knew was lonely and needed to hear a friendly voice?

Let me encourage you to not only tell people Jesus Loves them, prove to them Jesus Loves them by the way you act toward them. Yes, it might be inconvenient and not in our daily schedule for us to do these things but I am sure it was not convenient for Jesus to hang on that cross for us. He did it to prove that He Love us.

**Joanne Lowe
January 22, 2005**

KNEES AND HEART

“But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.”

**James 4: 6
King James Bible**

The Bible says that we are to bow our knees before God when we pray. However, if we are just bowing our knees and not our hearts, it is in vain.

When we come to God in prayer we need to come with our hearts lifted up in joy and praise. Yes, we might be going through devastating heartache and circumstances but if we really have the Joy of the Lord in our hearts, satan can not get the victory over us.

The Bible says that the Joy of the Lord is our strength. There is nothing that you and I can do to generate that Joy. It is Jesus living in us Who is the Joy that flows from our hearts.

I was heavy hearted last night about something that I had heard and for a while I was really down. Then I started singing to Jesus and telling Him how much I love Him. I started laughing out loud because satan can not win the war because he is already defeated through the Precious Blood of Jesus. We may let satan win a battle but he will never win the war.

I urge you to let the Joy of Jesus in you overflow onto all you come in contact with and watch how Jesus will heal broken hearts and lives.

Joanne Lowe
January 26, 2005

GOD'S LOVE SALE

“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”

**John 3:16
King James Version**

A lot of us have had garage sales or we have gone to them. Many things in garage sales are broken and look terrible. We go through our closets and the rest of our home cleaning out things that we don't want or use.

One day God had a Garage Sale. However, it wasn't a Garage Sale, it was a Love Sale. It also was not because He didn't want or use what He sold, it was to show His Love to us

God's Love is free. There is nothing that we can do to deserve His Love. You might wonder about this title, "GOD'S LOVE SALE". His Love is free to us but it cost Him everything. It is impossible for us to comprehend with our human minds how much God Loves us.

One day, God cleaned out His Heart and gave His Beloved Son for us. My heart has broken many times over the agony that God must have experienced. Not only was He giving His Son to die a cruel death, He was sending Him on a Mission and He was going to miss His Son.

I wonder what would happen and how many hearts and lives would be changed if one day we had a love sale that was free to others but cost us. Let's open our hearts and give of our time and talents.

**Joanne Lowe
January 28, 2005**

EMPTY HEARTS

“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.”

Psalm 19:14

King James Version

Many times I have asked God this question. Who am I that You should love me? Every time He says I am His child and I am precious to Him. When I finally realized who Jesus is and what a Great Friend He is, my life changed.

Our hearts are barren and empty of love for others until Jesus puts His Love in our hearts. All of us are born with a selfish nature, which carries over when we grow up. It is only by allowing Jesus to work through our hearts and lives that we can love others and be effective as He wants us to be for Him.

How about your heart today, is it filled with the Love of Jesus? Are others seeing the Joy of Jesus on your face? When you talk, do others hear the Compassion and Love of Jesus in what you say?

So many people are hurting inside and they desperately need this Joy and Love of Jesus. I urge you to let Jesus fill your heart with His Love and Joy so that you can be a vessel fit for the Master's use.

Joanne Lowe

January 28, 2005

IT HURTS

“Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colours. And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him.”

**Genesis 37: 3,4
King James Bible**

Several years ago on Christmas Day, I sat in a hospital room with my sister while our Mother was dying. Mom would call out my sister's name over and over, but she never called my name once and she knew I was there. I was hurt deeply and I cried myself to sleep for almost a month after she died.

I was very bitter toward Mom and then one day God spoke to me and said, "She is not to blame. No one showed her My Love so she didn't know how to show it to others, even to her children."

I am convinced that the reason that people act so terrible toward one another and the reason that people kill, steal, and deliberately say hurtful things to one another is because they do not believe that anyone loves them.

Jesus has not been here for over two thousand years. He has left us to spread His Love and Compassion. Are you spreading the Love of Jesus to others? Do you feel the Love of Jesus for you?

I finally understood that it really was not my parent's fault that they didn't hug me and tell me that they loved me. It is because they had not been shown love and so they didn't know how to express love. It is like telling someone how to go someplace that you have never been.

I urge you to open your heart wider so that Jesus can pour His Love into it and in turn you can express the Love of Jesus to others. You never know, a hug that you give someone might literally stop him or her from committing suicide.

**Joanne Lowe
January 30, 2005**

GOD'S SPICES

“Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man.

**Colossians 4:6
King James Bible**

I made some vegetable soup and gave some to my sister and she said it wasn't spicy enough so she added spices. She gave me some chili that she had made and it was delicious, but it was too spicy for me so I added a can of tomatoes and then it was perfect. When God adds His spices to our heart, we can love others with His Love and Compassion.

God's Spices are His Love, Compassion, Protection, Faithfulness, and Salvation. The Bible **says "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me."**

We are the ones to show the Love of Jesus to others in our actions, our speech, our attitudes, and in the way we treat our families. We need to season people's hearts by proving to them that Jesus Loves them.

Are you seasoning other people's lives and hearts with God's Spices or do you even care about others enough to get out of your comfort zone and minister to others? One day, you might be the one who needs a telephone call or a hug. You might be the one who is hurting.

I guarantee you that if you are not a giving person, and I am not just talking about money, that when you are in need you are going to feel very lonely in your heart. It is so true that you get back what you give out. Jesus has done so much for us. He has known so much heartache and rejection. When you are rejecting others, you are rejecting the Heart of Jesus.

Joanne Lowe
February 3, 2005

JESUS IS THE ANSWER

“Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.”

Psalm 103: 1-5
King James Version

Many times in our life we face trials and heartaches that to us seem almost impossible to bear. Jesus promised us that He would never leave or forsake us. No matter what heartache we have and no matter what our situation, the King of Kings is with us to Comfort, Encourage, and Help us.

A very dear Pastor friend of mine has said many times in his sermons, "If satan is not attacking you all the time, then you need to do a checkup with God". When we are not serving God like we should, when we are not bragging on Jesus, then satan doesn't have to bother with us because we are not a threat to him.

Some people have tried drugs, alcohol, adultery, and all other things, which bring disgrace on the Name of Jesus trying to escape from the heartaches, which we face. There is no other way to be at peace in your heart except through the Blood of Jesus and the Love He gives you.

I urge you to let Jesus be your Answer in life. He has given all to you, His very life. He can do no more for you. It is up to you to open your heart to Him and then watch while all your problems and heartaches become bearable through the Compassion of Jesus.

Joanne Lowe
February 9, 2005

GOD'S TAPE

“The sun shall be no more thy light by day; neither for brightness shall the moon give light unto thee: but the LORD shall be unto thee an everlasting light, and thy God thy glory. Thy sun shall no more go down; neither shall thy moon withdraw itself: for the LORD shall be thine everlasting light, and the days of thy mourning shall be ended.”

**Isaiah 60: 19,20
King James Version**

It is very difficult for me to find new shoes as I have very wide feet and my feet swell a lot. I have been using Duct Tape that you use on packages to keep the shoe together, but a lot of the time it comes off and I have to tape it over and over again.

God's Tape never comes off. His Unconditional Love, Mercy, Grace, Protection, Understanding, Compassion, and Tenderness are there for Eternity. Once we ask Jesus into our hearts and make Him the Master of our lives, His Tape stays there and nothing or nobody can tear it from us.

Sometimes our lives are so fragmented with despair, anger, hurt, turmoil, and bitterness that it is impossible for another person to help us. Jesus is the only One that can take a person who is brokenhearted and turn that person's sorrow into Joy.

Jesus uses people to spread His Love, however we have to be willing to give our lives in His service. He can't use someone who is more interested in watching television than picking up the telephone and calling someone who is hurting.

Are you willing to do what is necessary to serve Jesus? I encourage you to only go to the places where you can take Him, and only say things that bring honor to His Name. Jesus gave His all for us, His very life. I don't think that He asks too much of us. Do you love Jesus enough to dedicate your time and talents to Him?

**Joanne Lowe
February 16, 2005**

GOD'S FORMAT

“Who can understand his errors? Cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me; then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.”

**Psalm 19: 12-14
King James Version**

My computer stopped working right and no matter what I did to fix it nothing worked. My brother-in-law who is a computer expert advised me to format my computer and it would be just like sending it to the factory to be fixed. Many times we try to format our hearts by being nice to others and by doing good deeds. That is just like trying to fix a computer that is broke, it will not work. Our feeble efforts to love someone in our own strength has never worked and will never work. It is only as others see and feel the Love of Jesus in us that they will know that Jesus does love them.

Have you been trying to be nicer to your family and friends? Do you get frustrated because it seems no matter what you do to be kind to others it is not appreciated? We need to go to Jesus and ask Him to take His Broom of Mercy and Grace and sweep out all the bitterness and resentment in our hearts toward other people.

We are not capable of loving others as Jesus wants us to love others in our own strength. It takes Jesus planting His Love in our hearts to format our hearts to minister to people. I urge you to ask Jesus to format your heart with His Compassion and Mercy so that you can effectively love others.

**Joanne Lowe
February 24, 2005**

ENCOURAGE OR DISCOURAGE

“And we beseech you, brethren, to know them which labour among you, and are over you in the Lord, and admonish you; And to esteem them very highly in love for their work’s sake. And be at peace among yourselves.”

**1 Thessalonians 5:12,13
King James Bible**

Several years ago when I lived in Oklahoma, my Pastor’s wife was my closest friend and we always sat together in church. One Sunday when the invitation was given to accept Jesus as your Personal Savior, she walked down the aisle to the front of the church where my Pastor, her husband, was standing. He was so overwhelmed! He took his wife’s hand and wept.

She gave a testimony and said, “I have been teaching Sunday School for many years and singing in the Choir, but I have never had a personal relationship with Jesus. I have never experienced the Joy that only Jesus can give in the midst of heartache”.

Instead of that church rejoicing with them, they held an emergency meeting and voted to ask the Pastor to leave. I have never forgotten that and I know that one day every member of that church who had a part in that decision will stand face to face with God and give an account for that decision that so devastated my Pastor and his wife.

My friend told me when we were alone after the service as she was brokenhearted and weeping, “Pastors and their spouses need encouragement”.

Joyce Landorf says on one of her teaching tapes, “I was waiting at an airport with a lady and she pointed to herself and said, “Pastors and their wives need encouragement”.

The Bible says that death and life are in the power of the tongue. We have a choice to make in our lives. We can choose to encourage or we can choose to discourage. If we say hurtful, discouraging words to one another, we might as well put a gun to their head and shoot them. It has the same effect.

The Bible also says, **“Inasmuch as ye have done it unto one of the least of these, My brethren, ye have done it unto Me”**. We need to remember this verse the next time that we are tempted to say something that will discourage someone.

Are you an encourager? Do you try to find ways to say things to bring peace and happiness into someone’s life? The best way and also the only way to encourage someone is to tell them that Jesus Loves them and then prove it to them by your actions.

Joanne Lowe
February 26, 2005

A SHARED SMILE

“Let the words of my mouth, and the mediation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.”

Psalm 19:14

King James Version

When we see something that is funny, we look at our family and friends to see if they are sharing the laughter with us. Sometimes when the pastor says something funny in his sermon we look at one another and smile.

I think that God and Jesus look at one another and smile when we do something that pleases Them. What kind of look are They giving each other concerning you? Is it a look of happiness or a look of sorrow?

Are you doing and saying things to bring happiness to the Heart of Jesus? Jesus has done so much for us and asks so little of us. He gave His very Life for us. His commandments are not that difficult to keep if we truly love Him as He wants us to love Him.

How about the things you are watching on television and the places you go and the friends that you have? Is your life bringing a smile to Jesus' Face, or is it bringing tears? If you could see Jesus in the flesh sitting right by you, would you continue to do the things that you are doing?

I urge you to search your heart and make room for Jesus. He has suffered enough, let's not hurt Him any more. I know from personal experience if you will put Jesus first in every area of your life, you will be happy even in the midst of trials and heartache.

Joanne Lowe

March 5, 2005

A PUNCTURED BALLOON

"Pleasant words are as an honeycomb, sweet to the soul, and health to the bones".

Proverbs:16:24

King James Version

Have you ever seen a balloon that has been punctured by a fingernail or object? It only takes one little hole in the balloon to deflate it. It may take a while for it to completely deflate but eventually all the air goes out. You may try to patch it with something and it might help for a while but doesn't last.

It is the same with our hearts. When someone says something negative to us, a sarcastic remark, a discouraging word, or something that pulls us down, that is all it takes. It only takes one discouraging or sarcastic remark to put the hole in our hearts. That is why it is so important to choose your friends wisely.

People can try to encourage us and tell us not to listen to those people who delight in putting us down, but the hole is already there and nothing anybody says or does can take the hole out of our hearts. Jesus is the only One Who can reach down His Healing Love and completely make our hearts new.

Someone told me that I had written something in a writing that I had already put in another writing. I was unaware of it, but I think the reason I used the same illustration is first of all, when I write I have no idea what I am saying until I read it back.

Second, God probably inspired me to use the same illustration because of what a Pastor said in a sermon I heard years ago. He said, " I've had a lot of people ask me why I preach almost

the same message Sunday after Sunday. It is because God told me to preach it until you grasp it and employ it in your daily lives."

Please don't say things to discourage people. Joyce Landorf says on one of her teaching tapes: "Men and women are leaving full time ministry in droves because we have not encouraged them."

I urge you to be an encourager of others. Let's start building people up instead of putting them down.

Joanne Lowe
March 16, 2005

GOD'S MENU

"O taste and see that the Lord is good: blessed is the man that trusteth in him".

Psalms 34:8

King James Bible

My sister and I go out to eat and sometimes I say that I don't like something and she has asked me many times, "How do you know if you like this or not? You haven't tried it." I think we do the same thing with Jesus.

We have tried the world and it didn't satisfy us. O' the world may entice us and we will do things to fill our empty hearts with the things of this world. Many people have tried drugs, alcohol, sex, and all other things that hurt the Heart of Jesus. I can tell you from personal experience that Jesus is the only One Who can satisfy an empty heart.

I have not done all those things but I have tried filling my empty heart by watching television trying to fill the void. It didn't work and it will never work. Jesus is the only One who can reach down His Tender Love and fill our hearts with Joy, Peace, and Happiness.

I urge you to taste the Love of Jesus and you will experience a heart filled with Peace that you have never known.

Joanne Lowe

March 20, 2005

GOD'S VICTORY PARTY

“For it is written, As I live, saith the Lord, every knee shall bow to me, and every tongue confess to God.”

Romans 14:11 - King James Version

One day, God is going to have the biggest party the world has ever known. One day, Jesus is going to be rewarded for all He suffered for us.

The world could care less about Jesus, much less make time for Him. The world is so busy with schedules, television, and sports that they push Jesus into a corner if they think about Him at all.

There is nothing wrong with watching television provided you would watch the same programs if Jesus was sitting next to you. There is nothing wrong with going to basketball, football, baseball games and other activities if you include Jesus.

I used to be just as guilty. I would sit by the hour and watch basketball games on television without once opening my Bible or praying. Prayer is just talking to God about our lives.

I used to think I had to pray at least an hour a day until I heard a Pastor friend of mine say in a sermon, “God is not impressed with a long, eloquent prayer. He is touched by the condition of our hearts.”

Are you telling the world that Jesus Loves them? Are you telling the world that you love Jesus? Are you kneeling in prayer? If so, are you kneeling in your heart? If you are only kneeling physically and not in your heart, then it is in vain.

Are you bragging on Jesus? If not, you are missing out on a lot of fun and excitement. There is Joy in serving Jesus. Start telling others of the Love of Jesus and then prove Jesus Loves them by your actions. It will make the Heart of Jesus happy.

Joanne Lowe
March 21, 2005

NOT JUST EASTER

“And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said, Come, see the place where the Lord lay.”

Matthew 28: 5-6 King James Bible

Easter will be here in two days and we will be getting together with our families and loved ones to celebrate the holiday. The same thing happens when Christmas and Thanksgiving arrive, we get together for the holidays. The sad part of it is, sometimes that is the only time we see our families, loved ones, and friends during the entire year.

Holidays are wonderful for us. They bring out the good inside of us and we want to do things for others. We need to realize that these good feelings and giving we have for others should be in our daily lives.

Easter is the Celebration of the Resurrection of Jesus. If Jesus truly lives inside of us, then we need to be celebrating every day. We need to let the Joy of Jesus and the Compassion of Jesus shine through us every day of the year.

Some people only go to church on Thanksgiving, Christmas, and Easter and they think that is enough. What they don't realize is that it hurts the Heart of Jesus when they only recognize Him three times out of the year.

I urge you to let the Joy of Jesus' Resurrection arise in your heart every day so that others will know that they too can have the Joy that only Jesus can give a person.

Joanne Lowe
March 25, 2005

GOD'S ARMY

“We then that are strong ought to bear the infirmities of the weak and not to please ourselves.”

**Romans 15:1
King James Bible**

I have seen on television when a soldier was wounded the rest of the troop rushing to help and placing themselves in danger of getting hurt or killed. How sad it is that in this world when someone makes a mistake or sins, instead of rushing to help that person we point the finger and condemn the individual!

Last week, I made a very poor decision that left me broken hearted. I started to cry so I called someone for comfort and encouragement. Instead of comfort, I was reminded of several things that I had done wrong in my life.

Are you encouraging people and comforting them, or are you pointing the finger and condemning them? We are so quick to point out the faults of others, yet we don't like to admit that we also make poor decisions and sin.

We need to be lifting people up instead of putting them down. One day, all of us will stand before God and give an account of every critical and abusive word we have said to others. We hurt the Heart of Jesus when we say things that discourages people.

Joanne Lowe
April 10, 2005

GOD'S SCHOOL

“When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.”

**1 Corinthians 13:11
King James Bible**

Most of us have been to kindergarten, grade school, high school, and possibly on to college. We are expected to learn as we advance and are graded according to what knowledge we acquire.

When we accept Jesus into our hearts, then we need to study and learn what Jesus expects from us in the way we live our life and in what we say and where we go and with who we have as our close friends.

There comes a time when we need to let go of our bitterness, resentment, hatred, and criticism of others. For years, I allowed all of these things to keep me from a close relationship with Jesus. Yes, I accepted Him in my heart, but I held on to all these bad feelings toward others that had hurt me.

One day, I realized that I was breaking the Heart of Jesus by not forgiving as He wants us to do. I asked Him to forgive me and ever since then I have had such Joy and Peace flood my heart. Yes, I still get upset and angry when someone hurts me because I am human, but it doesn't take me very long to forgive that person.

If you are holding on to all these destructive feelings, then I urge you to let them go and allow the Peace and Joy that only Jesus can give to flood your heart. Not only will you have Peace and Joy, you will make the Heart of Jesus happy.

Joanne Lowe
April 11, 2005

NOT SHAREWARE

“Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.”

James 4:3

King James Bible

If you are familiar with computers, you know that you can try a software program before you buy it. Many of us have tried shareware programs. However, we need to realize that Jesus is not Shareware!

Many times we treat Jesus like He is a shareware program. We have tried everything else and it didn't seem to work so we decide to give Jesus a try. May God forgive us! I can tell you on the Authority of the Word of God that it is never the fault of Jesus if something goes wrong in our lives.

I have heard many people say that their prayers were not answered. We need to search our hearts and see if there is something we need to repent of and ask Him to forgive us. We think if we say the right prayers then we are sure of God answering our prayers.

Sometimes our Mom and Dad say no to things we want because they are not good for us or they will get us into trouble. If our earthly parents love us enough to guide us, how much more our Heavenly Father Loves us and will protect us even if it means saying no to something we want or think that we need.

Please don't treat Jesus like shareware. Open your heart and make a heart commitment and not just a verbal and head commitment to Him. Jesus deserves to be treated with Respect and Honor.

By Joanne Lowe

April 13, 2005

HOW MUCH

“He saith unto him the third time, Simon, son of Jonas, lovest thou me? Peter was grieved because he said unto him the third time, Lovest thou me? And he said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, Feed my sheep.”

John 21:17

King James Bible

Peter was upset because Jesus asked him three times if he loved Him. Jesus knew if Peter really loved Him. I think Jesus is asking all of us, maybe more than three times, “Lovest thou Me”? He knows if we love Him or not, He is trying to get us to take to heart what He is saying.

The Bible is full of reassurance of the Love of Jesus for us. There can be no doubt in our minds that He really does Love us. He literally died for us. There is nothing more that He can do to show His Love for us. He paid the debt to God that we owed. What Amazing Love Jesus has for us!

Jesus is asking us to feed His Sheep if we really love Him. Are you feeding the Love of Jesus to people or do you even care enough to shut off the television and pick up the telephone and call someone who desperately needs a touch of the Love of Jesus?

One day, all of us will stand before God and give an account of every word and every deed and every thought we had while we were living. What are we going to tell God when He asks, “Why did you hurt that person by your cruel words and actions?” We won’t be able to give excuses like we do now because He knows everything.

Let's make an extra effort to give of ourselves, not just our money and talents, but especially our time to others. You never know but God may use a kind word or hug from you to keep someone from committing suicide. O' that we would grasp the concept and take to heart what Jesus is asking us to do for others. Jesus doesn't ask much of us considering all that He has done for us. How dare you and I be so selfish with our time, talents, and money!

I know that parents are really touched when their children come up to them and hug them without being asked and tell them that they love them. When is the last time you told Jesus that you loved Him? When is the last time that you hugged Him? We hug Him by hugging others. I urge you to tell Jesus you love Him before you go to bed tonight.

Joanne Lowe
April 16, 2005

GOD KNOWS

“Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity.”

**2 Timothy 2:19
King James Version**

I have a parakeet and she talks and says a lot of things. I can understand everything she says, however my sister said that she couldn't understand what Baby is saying.

Many times when we try to express something it doesn't come out right or the person doesn't understand what we mean. God always knows what we are trying to convey to others.

Have you ever tried to apologize to someone and the words just would not come out the way you wanted them to come out? Have you ever tried to tell someone how much you love him or her and there were just no words?

Many times I try to tell Jesus how much I love and appreciate Him and there are no words that will even begin to let Him know how much I love Him. When is the last time that you tried to tell Jesus how much He means to you and how much you appreciate Him?

We try to make excuses for not serving Jesus. What would have happened if Jesus had made excuses to God for not coming to earth to give His Life for us so that we may be saved for all Eternity?

We may be able to fool others about the intentions of our heart, words, and actions, but we can't fool God. He knows our thoughts even before we think them. I urge you to serve Jesus instead of serving the world. Jesus deserves to be happy.

Joanne Lowe
May 13, 2005

NOT ONCE

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”

**1 Peter 5:8
King James Bible**

I have a pinball game that I play on my computer and I have learned not to take my eyes off the ball for one second. Yet, time after time, I allow myself to be distracted by something and I lose the ball.

It is the same with satan. Every time that I put my eyes on a person, a situation, or any other distraction instead of focusing on Jesus, I have opened the door for satan to enter and cause pain, heartache, and sorrow. I never capitalize the name of satan. I will not give him that respect.

Are you taking your focus off Jesus and putting it on people and circumstances? You are opening the door for satan to enter and cause problems in your life. We need to stay alert and keep our hearts and minds centered on Jesus.

In this world of temptations that surround us, I urge you to keep your hearts, eyes, and minds on Jesus. What about the programs you watch on television? Would you watch them if Jesus were sitting beside you? I can remember when they had good, clean family programs that were funny and inspiring. Now, it seems when you turn on the television most of the time you see and hear sex, violence and profanity.

Let's turn our hearts and our homes back to Jesus so that we will not be ashamed when we stand before God on the Judgment Day.

Joanne Lowe
May 20, 2005

DON'T DO IT

“Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.”

Romans 12:19
King James Bible

Many years ago when I lived in Oklahoma there was a person who just rubbed me the wrong way. One day as I was driving past her house, I saw her in her driveway trying to change a flat tire. I am ashamed to admit this, however it is true, I started laughing. She had hurt me by some unkind remarks she had made to me and I was glad she was having trouble. Guess what happened to me? Within an hour, I had three flat tires while I was driving!

Before you start judging me, I suggest you search your own heart. How many times have you wanted to say or do something in retaliation to someone? Perhaps you didn't say or do anything but you thought it in your heart.

How about your husband or wife, have they said or did something that really upset and hurt you? You may have stopped talking to them for a while or ignored them. The Bible says that we are to be at peace with one another.

We need to ask God to forgive us for our bad thoughts and actions toward other people and let Him handle the situation. We must never forget that when we hurt other people, we hurt Jesus.

Joanne Lowe
May 20, 2005

AMAZING LOVE OF JESUS

“Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God; therefore the world knoweth us not, because it knew him not.”

1 John 3:1

King James Bible

I don't think any of us have any concept or grasp of the Love of Jesus that He extends to us. Do you realize or have you even thought about what a privilege it is just to be able to say the Name of Jesus?

There is a song “What A Friend We Have In Jesus”. There is no other Friend like Jesus. He is dependable, compassionate, loving, understanding, giving, protecting, and always with us.

I am sitting here in awe as I think about the King of Kings and Lord of Lords reaching down His Hand to me and lifting me up and placing me in His Lap of Love, Mercy, Grace, and Tenderness. Tears are rolling down my cheeks as I think of where I was even last year and how Jesus forgave me all my failures and unfaithfulness to Him. I do not deserve such Amazing Love that he showers upon me, none of us do.

One day, He looked down upon the earth and saw all the wickedness and evil and His Heart broke as He saw His children living the way they were and sent His Own Beloved Son knowing that Jesus would die the worse death than anybody would ever experience.

Why did He do that? Why would God send His Son to die for us? He loves Jesus much more than any earthly parent could

love a child. He did it because He loves us and desires to fellowship with us.

O' that we would turn our hearts to Jesus and give Him all of our attention, loyalty, and life! We have no guarantee of tomorrow. Tomorrow may not come for some of us and yet you and I let each day slip by without fully comprehending this. I challenge all of us to start living each hour of every day for Jesus.

If we ever come to the realization that when we hurt others we hurt Jesus, I think we will stop treating others the way we do. I think we will stop saying the harsh, critical, and condemning words we say to others. We will stop doing things that hurt others and make them doubt that Jesus Loves them.

Jesus has done so much for us. Think about it! Every breath that we take is from Him. He supplies every need and protects us from harm and what do we do? We ignore Him most of the day and continue on doing what we want to do.

I wonder how many of us, including myself, ask Jesus the first thing every morning what He want us to do that day. His plans may not fit in with our plans. He may want us to do something that will involve a lot of time away from our schedule for the day. Perhaps, He just wants us to take an hour or so to call people on the telephone and let them know Jesus Loves them.

May God forgive us for taking Him for granted! His heart must break many times over the way we treat Him and His children. Let's take the time to ask Jesus what He wants us to do each day.

Joanne Lowe
May 21, 2005

WHAT JOY

“Behold, he cometh with clouds; and every eye shall see him, and they also which pierced him: and all kindreds of the earth shall wail because of him. Even so, Amen.”

**Revelation 1:7
King James Version**

My sister and brother-in-law are coming over today and I am happy and excited because I love them. However, anything could happen to prevent them from coming.

One day, Jesus is coming back and the joy and happiness that brings to me is impossible to describe! One day, I am going to be able to see Jesus face to face. One day, all sorrow and pain that I have on this earth will all fade away. There is a song that says, “IT WILL BE WORTH IT ALL WHEN WE SEE JESUS”.

There are no questions about Jesus coming back. Nothing can happen to prevent His return. The question we need to ask ourselves is “Am I ready”? While I have an approximate time that my family is going to be here today, we have no idea when Jesus is coming back. We will not be able to prepare and be ready when He comes. It will be too late.

Are you ready to meet Jesus when He returns? If not, then I urge you to get ready even as you read this and realize that there is not going to be any time, not even one minute, to prepare for Him when He returns. There is nothing in this life that should take precedence over being sure that you are in right standing with the King of Kings and Lord of Lords.

**Joanne Lowe
May 25, 2005**

ALL GLORY TO GOD

“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”

Matthew 5:16
King James Version

I have had several people say to me that I should be very proud because my writings are on so many websites and to this I reply:

**TO GOD BE ALL THE GLORY
FOR IT IS HE AND HE ALONE
WHO IS WORTHY OF OUR PRAISE**

I spent sixteen years without a desire to live. I feel humbled that God Loves me so much to give me a reason to live and allow me to serve Him. I have also had some people say to be careful that I don't let all the attention go to my head. When they said that to me, I was very hurt and it dampened my commitment for a couple of days every time it was said to me. God finally spoke to my heart and said they were jealous.

I submit to you on the Authority of the Word of God that if your heart is where it needs to be with Jesus then you will not be tempted to become proud. You will stand in awe that the King of Kings and Lord of Lords would allow you to serve Him. Many people do not realize that it is not only our duty to serve Jesus, it is also a privilege.

Sometimes we say the name of Jesus so much that it becomes just another word to us. May God forgive us! Every time that we utter the Precious Name of Jesus, our hearts should rejoice with gladness and joy that we are allowed to say His Name.

Once again, I say to you that all Glory belongs to God! The Bible says that we are to rejoice with one another. If you are a Christian, then you need to be filled with joy when you see the Name of Jesus exalted. For those of you who are reading this and can't say or don't know for sure that you have made a heart commitment to Jesus, then you need to be sure even as you read this. Simply say this prayer, Jesus, I admit that I am a sinner. I ask You to forgive me, come into my heart and save me and help me live as You want me to live. In Jesus Name, Amen.

Someone made the comment "I have never told a lie, cheated, stolen anything, or killed anyone so I am not a sinner". That is contrary to the Word of God. The Bible says that we come into this world as a sinner because of Adam and Eve sinning in the Garden of Eden. Don't let satan fool you into thinking that just because you are a good person that you will go to Heaven.

I heard a Pastor say in a sermon, "If you are searching your own heart to see if it is pleasing to Jesus, then you won't have time to criticize and condemn somebody else".

Joanne Lowe
May 26, 2005

GOD'S CONSTRUCTION

“By the word of the Lord were the heavens made; and all the host of them by the breath of his mouth.”

Psalms 33:6

King James Version

We have seen beautiful homes and tall business buildings and been impressed. When I was reading this verse this morning, I realized that God did not use His Hands to construct the world, He used the words of His mouth.

If we would ever fully grasp the impact of the cruel and critical words that we say to one another and the crippling devastation they bring to someone's heart, I don't think we would say them. One day, you and I are going to stand before God and give an account of every word that we have said and we will be judged according to what we have done to people.

We can tell someone that we are sorry and really mean it in our heart and they can forgive us, but the scars of those words will never fade away. I challenge all of us to ask Jesus to help us to be kind and loving to one another. Remember that when we are loving and compassionate to one another, it makes the Heart of Jesus happy.

Joanne Lowe

June 3, 2005

GOD'S REST

“I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.”

Psalms 4:8

King James Version

For years I could not sleep when I went to bed. I took sleeping pills for several years off and on but nothing helped. I would stay up until midnight and get up very early to see if that would make a difference, but it didn't.

I finally realized why I could not sleep, why I would toss and turn most of the night. It is because my heart was not right with Jesus. I had made a verbal and head commitment to Him, but I had never made a heart commitment to Him. It is impossible to lay down to a peaceful sleep if your heart is not right with Jesus.

Is your heart right with Jesus? Are you able to go to bed in peace knowing that you have done your best that day to serve Jesus? We need to realize that we can't serve Jesus in our own strength. We need to ask Jesus to work through us and speak through us. When others hear us talking, do our words draw them closer to Jesus? When we do something, do our actions demonstrate the Love of Jesus?

If you have something hindering your fellowship with Jesus, I urge you to make a heart commitment to Him. You will experience Joy and Peace that you have never known.

Joanne Lowe

June 3, 2005

GOD'S LIGHT

“The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined.”

Isaiah 9:2

King James Version

I have had several people ask me, “How do you know Jesus Loves you?” I know because I was walking in the darkness of anger, resentment, bitterness and hatred. I was in the shadow of death with my emotions and one day, Jesus shined His Light upon me, took my hand and set me on His Lap of Love and I have never been the same.

Are you walking in the shadow of death with your emotions, actions, and words? Have you felt the Light of Jesus warming you like no blanket can do? There is nothing and nobody in this world that can give us the Peace and Joy that Jesus gives when we open our hearts to Him.

When that devastating hurricane hit us last year, we were without electricity for several days. It was very hard to see without a flashlight. God's Light is much stronger than a flashlight. His Light illuminates everything so that you can clearly see.

If you have never experienced the Light of Jesus in your heart, then I urge you to let Him shine His Light of Peace in your heart.

Joanne Lowe

June 5, 2005

GOD'S SON

“And some began to spit on him, and to cover his face, and to buffet him, and to say unto him, Prophecy: and the servants did strike him with the palms of their hands.”

Mark 14:65

King James Version

Many years ago, I attended a Sunday School party in the teacher's home. We had a lot of fun and a lot of good food to eat. After we had played games and ate, she went into another room and told us to follow her. It was then that the sacrifice of Jesus became real to me for the first time.

There on the floor was a large wooden cross and lying beside it was a lot of hammers and nails. She had us take a legal pad and write down everything we had done wrong in our life, all the times we had sinned. I am ashamed to say it, but my paper was filled.

She then had us take a hammer and nails and for every sin that we had put down, for every time that we had hurt Jesus, we had to hammer a nail into the cross. There are no words to describe the agony I experienced as I pounded countless nails into the cross. However, my agony was nothing compared to the agony that Jesus went through at Calvary. Sad to say, He is still being subjected to agony today.

Every time we hurt someone and do things that bring shame upon the Name of Jesus, we might as well pick up a hammer and nails and hammer them into the Heart of Jesus. May God forgive us for our lack of love and compassion for others!

If someone handed you a hammer and nails, how many nails would you have to hammer into the Heart of Jesus?

Joanne Lowe

June 6, 2005

A NEW DAY

“It is of the Lord’s mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

**Lamentations 3:22,23
King James Bible**

I was singing Christmas songs tonight. I have heard a lot of people say that it is not appropriate to sing Christmas songs in the middle of the year. If you have ever experienced the Mercy of Jesus in your heart and realized the extent of His Forgiveness to you, then I submit to you that every day should be a celebration of His Mercy and Compassion.

We should treat each day like it is going to be our last day on earth, because it might be. We have a choice to make every morning. We can choose to wallow in self-pity, depression, anger, resentment, bitterness, and hatred, or we can choose to exalt the Name of Jesus.

If we ever get even a thumbnail’s glimpse of all that Jesus has done for us, we will stop complaining about things. We will start praising Him for all that He has done for us. Every breath that we take comes from Him and we can choose to glorify Him or ignore Him.

What is your choice today? Are you going to spend the day serving Jesus or serving the world?

**Joanne Lowe
June 8, 2005**

GOD'S FRIEND

“And the scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness: and he was called the Friend of God.”

James 2:23

King James Version

I have a lot of wonderful friends and several people have told me that I am a good friend to them. While I desire to be a good friend to them, I want with all my heart to be a good friend to God.

The first thing we need to do to be called a friend of God is to believe Him. A friend is someone who is loyal, trustworthy, compassionate, caring, understanding, and stays with us even when we make mistakes. God does all of these things for us. He has proven to us that He is our Friend. If we don't employ all of these character traits toward God, then we are not His Friend. Are you a friend to God? If so, what are you doing to prove it?

If I have hurt a friend, then I don't want to look that person in the eyes. If God was standing in front of you, could you look Him in the eyes? Friendship is like a marriage in the sense that it must be watered on a daily basis. Most married people hug each other every day if they are not having problems.

We must spend time with Him daily. We need to read His Word, and talk to Him every day, not just on Sunday. Are you hugging God every day, or is there a problem with your relationship with God? If so, then I urge you to get your heart right with Him.

Joanne Lowe

June 8, 2005

WHICH OFFERING

“Speak unto the children of Israel, that they bring me an offering: of every man that giveth it willingly with his heart ye shall take my offering.”

Exodus 25:2

King James Version

I once heard a pastor say in a sermon “Every time you come before Jesus, you should give Him something”. Many people think if they give Jesus their money then they have done their duty. In the first place, giving to Jesus is not a duty, it is a privilege.

There are many ways we can give to Jesus besides giving our money. We can give the time and talents that He has given to us back to Him by using them to help others. All of us have twenty four hours in a day, and it is our choice how we use them.

If you have made a heart commitment to Jesus, one day you will stand face to face with Him. Will you have anything to give Him on that day? We won't be able to give Him any of our earthly possessions because they will be gone. The only thing we can give Him is what we did for Him while we were living.

I don't know about you, but I do not want to go and meet Jesus without knowing that I did the best I could. He understands that we are not perfect, that we will sin every day of our life. Just because a person is a Christian does not make him or her perfect. All of us sin every day in some way, hopefully it is not done on purpose.

The Bible says that if we know to do good and do it not, to us it is sin. We know to pick up the telephone and make an encouraging call to someone. We know to go visit people and there are many other ways we can serve Jesus every day. A lot of the time, we allow our busy schedules to interfere with doing what He has told us to do.

There is a song that says, "What shall I give Thee, Master". He has already answered that question for us. He wants us to spread His Forgiveness, Compassion and Love to others. He wants us to stop criticizing people and start encouraging them.

If we will pray for someone and allow that person to feel the Love of Jesus through us, then we will be able to stand before Him knowing that we have done the best we could.

Which offering are you giving Jesus, an offering of love to Him and others, or an offering of bitterness and strife?

Joanne Lowe

June 8, 2005

THE LIGHT OF JESUS

“The sun shall be no more thy light by day; neither for brightness shall the moon give light unto thee: but the Lord shall be unto thee an everlasting light, and thy God thy glory.”

Isaiah 60:19

King James Version

One day, we will not need the sun and moon for our light because Jesus shall be our Light. This verse is talking about the sun and moon in the sky. We don't have to wait until that day to have the Light of Jesus in our heart.

For years my heart was filled with darkness and despair, then one day I opened my heart to Jesus and He took all the darkness away and implanted His Light of Love for Eternity. There is nothing and nobody that can ever take the Light of His Love from me.

Have you experienced the Light of Jesus in your Heart? Do you want His Light, or are you too wrapped up in the unstable light of the world? Drugs and alcohol may help alleviate the pain for a while, but the false high goes away. Jesus is a Light that will never leave you. You will experience a High that will never fade away.

I know what it feels like to walk in total darkness in your heart. I urge you to open wide the door to your heart and let the Light of Jesus illuminate it with His Peace, Joy, and Love.

Joanne Lowe

June 9, 2005

GOD WON

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

Ephesians 6:12
King James Bible

Have there been times when you have gotten angry with your family and friends? There have been many times in my life when I have been angry with my family and friends. I used to have a terrible temper and just because I am saved, it does not make me immune to the attacks of satan.

I used to be stay angry for a long time at people. One day, this verse became real to my heart. I finally grasped the concept Jesus is telling us. It is not people who are the problem, it is satan. When I asked Jesus to forgive me for all my anger, He took the anger out of my heart and filled it with His Peace.

Stop being angry with your family and friends; vent your anger on the one who causes conflicts, satan. However, we can control what we say and do to others. It is satan that tempts us, but we have the choice how to react to the temptation.

Sometimes we allow satan to win a battle, but he will never win the war. The war was won and satan was defeated when Jesus died for us.

Joanne Lowe
June 12, 2005

GOD'S DESIRE

“And, Thou, Lord, in the beginning hast laid the foundation of the earth; and the heavens are the works of thine hands:”

Hebrews: 1:10

King James Version

Have you ever wondered why God created us in the first place? I have, so one day I asked Him about it. I said, “I know that You are a Loving God so why would You make us in the first place knowing that Your Beloved Son would die for us?”

This is what He told me, “I need nothing or nobody because I am God, however I desired fellowship so I made man.” If you know God, then you know that He is not vain. He does not look in a mirror to admire Himself. He does not need us to worship Him because He does not need anything. He desires our fellowship. The reason He tells us to worship Him is because He knows that we will worship something.

Everything God does is for our benefit. Sometimes our earthly parents will say, “I am doing this for your own good.” A lot of times it is not for us they do something, it is for their benefit. What a Loving God we have!

Do you know this Loving God? I didn't ask if you are saved, I asked if you know Him. There is a big difference between being His child and knowing Him. There are many children who never know the heart of their parents. We know what our parents look like and the things they tell us, but do we really know what is in their heart? Do we know what make them happy and what breaks their heart?

Do you know what makes God happy and what breaks His Heart? We must spend time with Him daily. We need to fellowship with Him and allow Him to talk to us.

Joanne Lowe

June 12, 2005

GOD'S INGREDIENTS

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”

**Galations 6: 22, 23
King James Version**

I have been making a lot of macaroni salad in the last three weeks and each time I have added something new to it. Every time that I add something new, it tastes better. We need to do the same thing with the way we treat people.

If we are only extending gentleness to someone, we need to add the rest of God's Ingredients that He tells us to do in this verse. It is only by employing all of these character traits that people will come to fully understand the Heart of Jesus.

How have you been treating your family? Have you demonstrated all of these actions to your husband, your wife, your children, your parents, your sisters and brothers, and to your friends? If not, then it is no wonder at all that they don't believe that you love them. When we don't think other people love us, it is almost impossible to believe that God can Love us.

We need to allow Jesus to take control of our heart completely. Not only will people feel our love for them, they will come to understand and believe that Jesus Loves them. Let's use all of God's Ingredients in the way we treat people. It will make the Heart of Jesus happy.

Joanne Lowe
June 12, 2005

GOD'S FREEDOM

“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”

**Galations 5:1
King James Bible**

We celebrate our country's independence, which was won for us at a great price. Our brave men and women fought for us against our enemies to allow us to live in freedom. Even greater than their sacrifice was the price that Jesus paid for our Freedom in Him.

One day, Jesus allowed us to spit in His Face, curse Him, mock Him, pluck out His beard, and strike Him so that we can have Eternal Freedom. I used to think that the people who did that to Him were cruel and terrible. However, as I was thinking about this many years ago, I realized that I was just as guilty as if I had been one of the people to do that to Jesus.

Every time that we treat other people in a cruel manner and say harsh and critical words to someone, we are doing it to Jesus and breaking His Heart once again. May God forgive us! Why do we persist in hurting Jesus?

One day, I am going to see Jesus and have the privilege to look in His Eyes. I want to be able to look Him in the Eyes with a clean heart. When you see Jesus will you be able to look at Him with a smile, or will you close your eyes and weep?

**Joanne Lowe
June 15, 2005**

WHOSE FORGIVENESS

“And one of the malefactors which were hanged railed on him, saying, If thou be Christ, save thyself and us. But the other answering rebuked him, saying, Dost not thou fear God, seeing thou art in the same condemnation? And we indeed justly; for we receive the due reward of our deeds: but this man hath done nothing amiss. And he said unto Jesus, Lord, remember me when thou comest into thy kingdom. And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise.”

Luke 23: 39-43
King James Version

Last year, someone hurt me very much by her words and actions. For months, I would not speak to her. I was very angry with her. The Bible says that if we don't forgive others, God won't forgive us so I forgave her. However, I still held on to the hurt and resentment in my heart. I had forgiven her because I knew I should, however, I did not forgive her in my heart.

When the man hanging on the other side of Jesus asked Him to remember him, Jesus said, “To day shalt thou be with me in paradise.” Jesus did not hold a grudge and harbor unforgiveness and resentment in His Heart like I did. Before you start judging me, I suggest you search your own heart. Are you holding on to bitterness, resentment, unforgiveness, and hurt in your heart?

When Jesus forgives us, He never holds it against us again or brings it up to us. How many times do we forgive people, but still bring the past up to them if they do something to hurt us again? We need to ask Jesus to help us operate in His Forgiveness, not in our forgiveness. May God forgive us for not being all that He asks us to be!

Joanne Lowe
July 2, 2005

GOD'S FURNITURE POLISH

“But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.”

1 Samuel 16:7
King James Version

I have some kitchen chairs that don't look very good and my sister told me to get some Old English Furniture Polish and that would make them look pretty. We go to the beauty shop, the barber, get a manicure, get our face lifted, and all other things to try to improve our looks. Jesus is the only One who can make us beautiful on the inside.

I once saw a man who I thought was the most handsome man I had ever seen in my life, but then he started talking. The cursing and hatred that came out of this man's heart frightened me. It does not matter how we look on the outside; it matters to Jesus how we are on the inside. I am not saying that we should let our outward appearance become sloppy. If we concentrate more on how we look on the outside, rather than how we are on the inside, then that is wrong.

Have you been to Jesus and allowed Him to polish your heart? If not, then I urge you to let Jesus take away all the cursing, violence, and hatred in your heart. Let the Beauty of Jesus be evident in everything you say and do so that others will be drawn closer to Him.

Joanne Lowe

July 5, 2005

GOD'S FRAGRANCE

“And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweet smelling savour.”

**Ephesians 5:2
King James Bible**

As I was walking back from the mailbox this afternoon, a lady passed me and she was smoking. The doctors have told me a portion of my lung has collapsed and every time I am around people who smoke, it is very difficult for me to breathe.

What about our lives, are they pleasing to God and others? Do they smell sweet to others, or is the aroma coming from our heart a foul odor? Just as the terrible smell from that lady who was smoking was offensive to me, I am wondering if I am offensive to others with what is coming from my heart?

We need to be drawing others to Jesus, not chasing them away by the awful smell of hatred, bitterness, cursing, and cruel words. They not only are a barrier between Jesus and others; they are a stench in the Nostrils of Jesus.

Ask Jesus if your heart is a sweet fragrance to others and to Him. If He tells you that you smell bad to Him, allow Him to pour His Fragrance in your heart so you will smell sweet when you go to Him in Prayer.

Joanne Lowe
July 6, 2005

GOD'S FORECAST

“And he said also to the people, When ye see a cloud rise out of the west, straightway ye say, There cometh a shower; and so it is. And when ye see the south wind blow, ye say, There will be heat; and it cometh to pass. Ye hypocrites, ye can discern the face of the sky and of the earth; but how is it that ye do not discern this time?”

**Luke 12:54-56
King James Bible**

I live in Florida and there is a lot of anxiety right now about Hurricane Dennis hitting us here in Pensacola. One of my friends told me tonight that people are already buying bottled water and making preparations. Jesus is telling us to be alert to the tricks and temptations of satan.

There is violence and hatred all around us. There are murders, abuse of spouses, the elderly, and children. If we do not stay alert at all times, then satan can win a battle. Jesus already defeated satan on the Cross and satan will never win the war. However, we allow satan to defeat us in our relationships, our jobs, our finances, and in our hearts.

Jesus is urging us to be aware of the attacks of satan. Jesus wants us to be on guard constantly. When we see the effects of alcohol, drugs, and all other crippling diseases, then we need to be alert and realize that all of these diseases can affect our families and jobs.

Let's keep our hearts and eyes on Jesus and be alert to the attacks of the enemy. Keep praying for your family and friends as they may be in danger.

**Joanne Lowe
July 7, 2005**

PLEASE INTRODUCE ME

“But if from thence thou shalt seek the Lord thy God, thou shalt find him, if thou seek him with all thy heart and with all thy soul.”

**Deuteronomy 4:29
King James Version**

There was a time in my life when I asked several people to introduce me to Jesus. I told them that I didn't know what to say to Him. All of those people said the same thing; “ You have to talk to Him alone”. So for years, I desperately wanted to meet Jesus and have a relationship with Him.

No one ever took me to Jesus and introduced me. Yes, someone prayed the sinner's prayer with me when I told Jesus I was sorry for my sins and asked Him to forgive me and come into my heart and save me. It is not the same as knowing Him. We have parents that we don't even know. We don't know what they like, what their favorite color is, what makes them happy, and many other things.

Let me introduce you to Jesus: Jesus, this is my brother and sister who desperately wants a relationship with You. Would You please assure them that You also want to know them in a personal way. Put your Arms of Love and Joy around them, fill them to overflowing with the Peace that only You can give.

If you don't know Jesus, then I urge you to run, not walk, into His open and waiting Arms. He longs to fellowship with you and kiss away your tears.

Joanne Lowe
July 16, 2005

GOD'S FABRIC SOFTENER

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.”

**Psalms 139: 23,24
King James Version**

I have some bath towels that my sister gave me about six years ago. They were very rough on my skin. The more I wash and dry them and put fabric softener sheets in the dryer, the softer they become. It has taken many fabric softener sheets to get them as soft as they are now.

The same is true with our hearts, the beginning of softening our hearts is when we ask Jesus to come into our heart and save us. However, we have to keep going back to Jesus and ask Him to take away all the harshness and anger from our heart. Sometimes, we need to go more than once a day to Jesus and ask Him to soften our heart.

How is your heart today? Is it soft so that Jesus can work through you, or is it filled with things that turn others away from Jesus? If you haven't asked Jesus to soften your heart today, then I urge you to go to Him and ask Him to help you be the person He wants you to be.

Someone may be looking at your life today, perhaps your spouse, children, grandchildren, or friends. Someone may be contemplating suicide and you may be the one God wants to use. Allow Jesus to soften your heart today.

Joanne Lowe
July 18, 2005

GOD'S PICTURE

“One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple.”

Psalm 27:4

King James Version

We take pictures when a baby is born and show them to family and friends. We take pictures, as the baby grows older and show them to everyone we meet. I was fifty-seven years old before I ever saw a picture of God. The first time I ever saw the Beauty of Jesus was when I saw a Bill Gaither Homecoming Video. I saw Jesus in the faces of the singers.

If we claim to be a child of God, then we need to let others see Him in our actions, speech, and on our face. Our eyes should be sparkling with the Joy of Jesus. The words that come out of our lips should be drawing others closer to Jesus. We should be wearing smiles most of the time.

When others look at you do they see the smiles of Jesus, or do they see the frowns of satan? Are your eyes sparkling with the Love of Jesus, or are they filled with hatred and bitterness showing the traits of satan?

Joanne Lowe

July 18, 2005

GOD'S SPOT REMOVER

“Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless.”

2 Peter 3:14

King James Version

I found a spot of blood on my towel so I immediately ran it under cold water. We need to immediately run to Jesus when we find a spot of anger, harshness, cruelty, and things that hurt other people in our heart. It is imperative that we allow Jesus to wash the spot in our heart away before it sets in and we become hardened in our heart.

This verse tell us to be diligent with our heart. Jesus will help us, but He won't do it all. We have to go to Him and ask Him to forgive us for the bitterness and anger in our heart. Don't put it off and certainly, don't go to bed angry with your spouse. God may call your spouse Home before you wake up in the morning.

How about your heart today? Is it filled with spots that hurt the Heart of Jesus? Have you allowed the wounds and hurts that others have inflicted upon you to fester in your heart? The longer you wait, the harder it will be to go to Jesus and ask Him to remove the bitterness from your heart.

Open your heart to Jesus and let Him pour His Spot Remover of Forgiveness, Love, and Mercy in your heart so that you can stand before Him without those crippling spots in your heart.

Joanne Lowe

July 19, 2005

GOD'S BLESSINGS

“Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse: for ye have robbed me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour out a blessing, that there shall not be room enough to receive it.”

**Malachi 3: 8-10
King James Version**

Most of us know that we need to pay tithes and offerings to Jesus, but a lot of us don't realize that this verse is not just talking about money. Jesus said to bring all the tithes into the storehouse. Our tithes should also include our time and talents.

There are twenty-four hours in a day. How many of those hours are spent serving Jesus? If we spend more hours on our own selfish pleasure, rather than serving Jesus, then we are hurting the Heart of Jesus.

There are people all around us who are hurting, in despair, and lonely. All of us can spend at least an hour a day calling people on the telephone or emailing people to let them know that Jesus Loves them.

Jesus doesn't ask much of us considering everything He has done for us. None of us, including myself, have any idea of how much Jesus has done for us. We only have a little grasp of how much Jesus suffered when He hung on the Cross for us.

Let's reach out to others today and let them know that Jesus Loves them by our actions and words.

**Joanne Lowe
July 21, 2005**

GOD'S ENCOURAGEMENT

“Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.”

Matthew 28:20
King James Version

In this world of disappointment, discouragement, and trials, all of us need encouragement. Have you gone through a discouraging time and it seemed like no one cared? Have you encouraged someone who was bearing a heavy burden?

We are so good at hiding our feelings. We don't want people to know that we have problems. However, that is not what Jesus told us to do. He told us to share our burdens so that others could pray for us. It is very important to understand that when someone asks you to pray for them, do not use that as a time of criticism of things you think they are doing wrong.

Immediately pray for that person and let Jesus be the One to instruct and change that person if he or she needs to change. None of us are perfect and Jesus said, **“He that is without sin among you, let him first cast a stone at her.”**

I challenge all of us to be an encourager and encourage people with the Love of Jesus.

Joanne Lowe
July 23, 2005

THE GREATEST BIRTHDAY

“For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.”

**Luke 2 :11-14
King James Bible**

My birthday was a couple of weeks ago and I had a nice day. However, August 14, 1980, I asked Jesus to forgive me of my sins and come into my heart and save me. If didn't have a Spiritual birthday, then I would not be assured of going to Heaven to be with Jesus.

We have been told over and over that hell is a real place of eternal torment and if you don't make a heart commitment to Jesus, that is where you will go when you die. That is a harsh statement, but it is true.

Most of us don't realize or haven't really thought about it, not only is hell eternal torment, it is a place without Jesus. I long to see Jesus and spend Eternity with Him. He is my Best Friend.

Do you have a Spiritual birthday as well as a physical birthday? If not, I pray that even as you read this, you will open your heart to Jesus and make a heart commitment because you may not have tomorrow.

**Joanne Lowe
July 23, 2005**

GOD'S SLEEPING PILLS

“Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.”

**Psalms 127: 1,2
King James Version**

For many years, off and on, I took very strong sleeping pills, as I could not sleep. They did not work as I would still toss and turn all night long. When I made a heart commitment, instead of a verbal and head commitment to Jesus, I started going to sleep as soon as I went to bed. Most of the time I don't even remember going to bed, that is how good I sleep.

I was not his beloved when I was having all that trouble sleeping. I was very bitter in my heart toward people. I had hatred and resentment in my heart. It is no wonder I couldn't sleep.

How about you, are you having to take sleeping pills every night? Go to Jesus and allow Him to give you a heart checkup. He will take away all the bitterness, resentment, and hatred in your heart. I promise you that your sleep will be sweet.

Not only was I unable to sleep at night, I was breaking the Heart of Jesus by my attitude toward others. How is your attitude toward others? Is it pleasing to Jesus? We need to realize that when we hurt others, we hurt Jesus.

Joanne Lowe

July 24, 2005

GOD'S PRAISE TEAM

“I will bless the Lord at all times: his praise shall continually be in my mouth. My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. O magnify the Lord with me, and let us exalt his name together.”

**Psalm 34: 1-3
King James Version**

We have sports that have teams such as football, baseball, and basketball. I have read articles where people have practiced for years to make a team. I wonder how much we practice and how much we desire to make God's Praise Team.

The verse says, “His praise shall continually be in my mouth.” I read that verse for years and didn't take it to heart until one day, God spoke to me and said, “you need to praise Me.” So, I started doing that. I started training myself when I woke up at night to go to the bathroom to start singing praise songs to Jesus. At first, it woke me up and I couldn't go back to sleep for an hour or so. Now, I get excited about being able to praise Jesus in the middle of the night.

It is very sad that people will train for years and sacrifice and spend a lot of money on equipment for sports, but are not willing to invest their lives training to be on God's Praise Team. It also breaks the Heart of Jesus. What about you, are you praising God when you wake up at night? If not, then I submit to you on the Authority of the Word of God that you need to start training to be a member of God's Praise Team.

Joanne Lowe

July 26, 2005

RUN TO JESUS

“Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners, and purify your hearts, ye double minded.”

James 4:7,8

King James Version

A friend called me on the phone this afternoon and cried her heart out about some things she is going through. She is facing very difficult decisions and circumstances. We talked for almost an hour. I listened to her and then I read her one of my writings that she said helped her.

She said that she trusted God, but she just felt overwhelmed. I told her to get out of the way and stop trying to solve her problems and let God solve them. When it comes right down to it, He is the only One Who can fix what is wrong in our lives. Our feeble efforts are nothing compared to His Works.

I don't know about you, but I am tired of satan coming against us. I can honestly say that I may get down and upset about something I am going through for an hour or so, but I have learned to immediately run to Jesus for help. We are instructed to resist the devil.

One of the best ways to resist the devil is not to give him any respect and when we capitalize his name (I used to do that), then we are giving him the impression that he is important to us. We need to realize that he may win a battle, but he can never defeat us as our Victory was won by the shed Blood of Jesus on the Cross.

When you fully comprehend in your heart that if you will run to Jesus when something is wrong, then you will always get the victory and be at Peace even in the midst of the most difficult situations. I know this from personal experience. I urge you to immediately run to Jesus and let Him give you Peace and the Victory. Jesus is an Expert at defeating satan.

Jesus Loves you and desires to see you happy. However, He can't help you unless you go to Him and get out of the way and let Him fill your heart with His Peace, Understanding, and Love.

Joanne Lowe

July 27, 2005

GOD'S RECLINER

“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.”

**Revelation 21: 4
King James Version**

I needed to know how God was going to wipe away all the tears from my eyes so I asked Him. He told me that He was going to kiss them away like an earthly father should do for his children. When we get to Heaven, I believe that God is going to pick us up, put us on His Lap, and sit in His Recliner of Love and hold us close to His Heart. What a beautiful picture of the Love that Jesus has for us!

All the physical and emotional pain that we suffer on this earth will all fade away. We will be with the King of Kings and Lord of Lords! Hallelujah to the Lamb of God! Worthy is the Lamb of God! Glory to His Majestic Name!

I believe that when Jesus went back Home after His Mission on this earth, God put His Arms around Jesus and hugged Him and told Him how much He had missed Him and welcomed Him back Home. I believe God told Jesus that He was very proud of Him for fulfilling His Mission. We need to tell our family and friends that we are proud of them when they accomplish something. We need to be an encouragement on a daily basis to our loved ones.

Have you made your reservation and obtained Salvation's Ticket through the Precious Blood of Jesus so that you will go to Heaven when you die? Will you be able to sit in God's Recliner of Love?

Joanne Lowe
July 27, 2005

GOD'S GARDEN

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”

**Galatians 5: 22,23
King James Version**

My sister took me out to eat Tuesday and asked me if I needed to go buy groceries. I told her no, that I had plenty of food. My freezer was full of food. Yesterday, I started to take something out to thaw and all that was in there was ice. I had completely forgotten that I had thrown everything away because of Hurricane Dennis.

I have had to swallow my pride and apply for food stamps several months ago. I received a letter telling me they were going to issue food stamps to replace the food that we had to throw away due to the hurricane. However, they are not going to issue mine for two more weeks. I had ten dollars so I went to Wal-Mart today and got some canned goods and chips to last me until the first of next month.

While waiting for my ride to come, this man came up to me. I had never seen him before. He asked me if I needed some cash. I asked him who he was and he just shook his head with tears in his eyes. I knew immediately that he is a man who loves Jesus and desires to serve him.

Five years ago, I would not have accepted that money from a stranger. However, five years ago, God spoke to me in Church and told me to give some money to the lady sitting in front of me. I had less than a dollar and was embarrassed to give it to her, but I was obedient. I have learned that not only does God bless us when we are obedient, it makes Him happy. Today, the money that I had given out of obedience was multiplied back to me several times over.

Several years ago when I was living in Texas, God spoke to my heart and told me to give my computer to someone. At that time, I was not serving God. I went to church and sang the songs, but I had not accepted Jesus into my heart at that time. I had just made a head commitment to him.

I am probably one of the most selfish people in the world. I did not want to give that computer away, but I had read in the Bible that Jesus Loved me so much that He died for me. I decided that if He would give His Life for me, a horrible, wretched sinner, then the least I could do was give the computer as He requested.

I heard a sermon preached many years ago, and the pastor said, “If you plant corn, you will get corn. If you plant tomatoes, you will reap tomatoes”. God had put it in my heart to plant a computer. When the computer I had bought after I had given my old computer away failed on me and I didn’t have the money to go buy one, God provided a computer for me through someone who put it on his credit card and allowed me to make monthly payments to him.

What are you planting in God’s Garden? Are you planting peace, smiles, love, compassion, and all other things that make Jesus happy and encourages others? If you are planting discouragement, sarcasm, criticism, cruel words, and negative thoughts to others, that is exactly what you will get back.

I challenge all of us to start planting words of hope, love, peace, compassion, and encouragement to others. Then, watch how Jesus will give them back to you in abundance.

Joanne Lowe
July 28, 2005

GOD'S HUG

“O Jereusalem, Jerusalem, thou that killest the prophets, and stonest them which are sent unto thee, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!”

**Matthew 23: 37
King James Version**

There have been two times in my life when my heart broke and I prayed for every person in the world who was facing trials and pain. So, I have prayed for you because all of us experience pain, be it emotional or physical.

Yesterday, when Baby, my parakeet, was on my arm walking up and down and playing with my fingers, I was filled with an overwhelming desire to put my arms around her and give her a big hug. Of course, I could not do that to a parakeet.

Jesus is looking down on us and longs to put His Arms of Love and Compassion around us and hug us. However, He is not here, He has left you and I to hug for Him. When is the last time you gave someone a hug from Jesus? I am not talking about hugging your spouse, children, family, or friends just because you love them. When is the last time you hugged your family and friends and said this hug is from Jesus because He Loves you?

How we must break the Heart of Jesus because we will not extend His Love to others as He asks us to do! Let's make a special effort to hug someone and tell that person that this hug is not from me. It is a hug from Jesus because He Loves you.

Joanne Lowe
July 28, 2005

GOD'S REUNION

“But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the arch-angel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air, and so shall we ever be with the Lord. Wherefore comfort one another with these words.”

1 Thessalonians 4: 13-18

King James Bible

My sister and brother-in-law are leaving next week for vacation and they will be going to a class reunion. They will see a lot of loved ones and friends. One day, God is going to hold the greatest Reunion the world has ever known. One day, we will not only see our loved ones and be reunited with them for Eternity, we will see Jesus. Are you going to be at God's Reunion?

I have heard a lot of people say that you should not cry when someone dies because you know they are going Home to be with Jesus. I am sure that when Jesus died, His mother's heart was broken and she cried. His mother knew that He was going to Heaven, but she cried because of all the physical and emotional pain that He suffered. She cried because she was going to miss him.

Yes, we miss our loved ones when we are separated from them and we grieve. Thank God, that because of the Sacrifice, Obedience, and the Love of Jesus for us when He gave His Life for us on the Cross, one day we will be reunited and be with our loved ones forever.

If you are not sure that you are going to be at God's Reunion, you need to run as fast as you can to the Heart of Jesus and ask Him to forgive you and save you. Don't wait! Tomorrow may not come for you. None of us know when Jesus is going to call us home. Open your heart to Jesus and let Him write your name on His Reunion list.

Joanne Lowe

July 30, 2005

WHY GOD

“Then the high priest rent his clothes, saying, He hath spoken blasphemy; what further need have we of witnesses? behold, now ye have heard his blasphemy. What think ye? They answered and said, He is guilty of death. Then did they spit in his face, and buffeted him; and others smote him with the palms of their hands, Saying, Prophecy unto us, thou Christ, Who is he that smote thee?”

Matthew 26: 65-68
King James Version

Many people have questioned God, including me, asking Him why did You allow my child to die? Why did I have to give up my child for adoption?

He says to us, “My children, I Love you very much. You are very precious to Me. Do you care that My Son, Jesus, was tortured, spit upon, and cursed? If you do, why do you break My Heart by the way you treat people?”

Yes, it is almost impossible to bear the loss of a child. God understands because He lost His child. He can't do anything else to prove His Love for us. He gave His Son to die a death that can never be adequately described. Yes, we have read many things pertaining to how they suffered when they hung on crosses, but nothing can tell how much agony Jesus suffered in His Heart when everyone deserted Him. I believe with all my heart that Jesus died of a broken Heart.

Joanne Lowe
July 31, 2005

YES WE DO

“Now Peter sat without in the palace: and a damsel came unto him, saying, Thou also wast with Jesus of Galilee. But he denied before them all, saying, I know not what thou sayest. And when he was gone out into the porch, another maid saw him, and said unto them that were there, This fellow was also with Jesus of Nazareth. And again he denied with an oath, I do not know the man.”

**Matthew 24: 69-72
King James Bible**

There was a time in my life when I was ashamed to carry the Bible. I would hide it in my purse for fear of being ridiculed. I was denying Jesus. Are you denying Jesus by your actions and words?

I think that we hurt the Heart of Jesus when we have a conversation with someone and never mention His Name. We brag about our children and family, but do we brag about Jesus? We go out to eat with friends and family, but do we ever talk about how much Jesus means to us and how He has provided for us and protected us? May God forgive us for denying Jesus!

When we won't even mention the name of Jesus, we are just as guilty as Peter was when he said, “I do not know the man”. Every day of our lives, every one of us deny Jesus in some way, either by our words or actions.

I challenge all of us to start bragging on Jesus and showing His Picture. When others look at you, do they see the Eyes and Smiles of Jesus, or do they see satan in your attitude?

**Joanne Lowe
July 31, 2005**

GOD'S TENDER HEART

“But the children of Israel walked upon dry land in the midst of the sea; and the waters were a wall unto them on their right hand, and on their left. Thus the Lord saved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore.”

Exodus:14:29,30
King James Version

I have heard parents telling their children, “If you don’t stop that, I am going to ground you”. However, they didn’t ground them for as long as they said they would. I always thought they were just being permissive parents until I got Baby, my parakeet.

I have told Baby several times if you don’t stop nipping at me, I am going to keep you in your cage for the rest of the day, but a couple of hours later, I relent and let her out of the cage. I know her heart and I know she is a very loving and tender companion and that she is just having a bad day. The same is true with Jesus, He is so Tender and Loving to us.

Jesus knows our heart better than anyone does. He can see pass the barriers we put up for the world. He knows that down deep we love Him even when we are disobedient to Him. Just as He rescued Israel after they had disobeyed and turned away from Him countless times, He rescues us time and time again.

If we are tender with our pets and children, how much more is the Heart of Jesus tender toward us. He knows that we will once again act like His children should act. We should thank God every day of our life for His Understanding and Tender Heart.

Joanne Lowe
August 6, 2005

GOD'S CLOSET

“And I will kill her children with death; and all the churches shall know that I am he which searcheth the reins and hearts: and I will give unto every one of you according to your works.”

**Revelation 3:23
King James Version**

I'm sure all of us have cleaned our closets at one time. I am cleaning my closets today and Jesus inspired me to stop, sit down and do this writing.

A lot of times there are things in our closet that are old, don't fit, or just need to be thrown away. It is the same with our heart. There are many things in our heart that need to be cleaned out and thrown away.

We have anger, hatred, unforgiveness, bitterness, resentment, and all other things that hurt the Heart of Jesus buried deep in our heart. Not only will God give us according to our works; we can't be effective in serving Him the way He wants us to serve Him. Unless we allow Him to search our heart and throw away all the feelings that hinder us from having a right relationship with Jesus, we will be unable to spread His Love.

What does the closet in your heart contain? Is it filled with things that are keeping you from the Peace of Jesus? If so, then I urge you to let Jesus take His Cleansing Blood and make you fit for His use.

Joanne Lowe
August 8, 2005