



Shiloh Messenger

March 2021

Spiritual Wellness

"Listen carefully, my dear child, to everything that I teach you, and pay attention to all that I have to say. Fill your thoughts with MY Words until they penetrate deep into your spirit. Then, as you unwrap MY Words, they will impart true life and radiant health into the very core of your being. So above all, guard the affections of your heart, for they affect all that you are." Proverbs 4:20-23 The Passion Translation

When we think about Wellness in the natural, we think about health, and with that being said, our responsibility to take care of our health. And when we think about Spring, so many think about ...OK, its time to get things tightened up a bit, get my health care in gear and do some check ups, perhaps a physical, and truly get back to doing what is needed to steward this body well and prevent illness. Last year and going along into this year, we all have had the stimuli of Covid to catapult us into watching a little more diligently some of our health care practices in hopes to keep the vicious virus away. We do acknowledge that Prevention is the best remedy for keeping us free of maladies. The ideal way in keeping our bodies healthy is to practice health care everyday, not just certain seasons of the year. However, in order to keep our health in the most optimal way, we have to think on the design of how God made us. He made us triune beings, and being made of three parts, we cannot neglect the stewarding of any of the 3 parts. If one part is neglected, all 3 could be affected. God designed us in a specific order, He is such a God of precision. AMAZING!!! He has created us with our Spirit Man to be in the lead, then it is our Soul (Mind, Will, and Emotions) and lastly our body. When we are out of order, it really affects our overall well-being. Therefore, to keep our Spiritual Health Well it requires Prevention. We can get weak very quickly when we do not discipline ourselves and be consistent daily with our Spiritual Care. As we think on Spiritual Wellness, the heart comes to mind. The heart is referenced when we talk about our spiritual life. We are not talking about the heart organ that is part of our Cardiovascular System in our bodies, but our spiritual condition, THE HEART. The Heart is recorded in Strongs Exhaustive Concordance of The Bible 826 times. The Heart when referring to our Spirit is the matrix of our Spirit. The Spirit part of us truly affects every part of us, and our entire destiny. As a review, of Health Care (Spiritually speaking) Where are you? Have you been consistently stewarding well your HEART? How is your Spiritual Wellness? In order to take proper inventory of this check up, we undeniably need the help of Holy Spirit. HE knows the Spiritual Condition of our heart precisely and there are no hidden Spiritual Maladies from HIM even in the deepest parts of our Heart. We can be thankful HE is The One that can give us a check up any time, anywhere, without cost and you do not have to wait in the vehicle or wear a mask... TRUTH being...MASK if worn... are UN MASKED by HIM! Glory to GOD!!! So the first thing about the check up is to inquire of HIM. The Bible tells us that are hearts are deceitfully wicked. (Jeremiah 17:9) Thankfully, Our Helper, HOLY SPIRIT will tell us things about ourselves that require HIS OMNISCIENCE. In order to operate optimally we must inquire of HIM. Jeremiah 33:3 states it well, "Call upon ME, and I will show you great and mighty things you know not of." When we say with all sincerity, Lord, show me my heart, What is the condition of my heart, Is there anything Sir, that I should implement or delete for my well-being? It all begins with an inquiry from a sincere heart. The Great Physician is ready & available, HE is truly an encourager, & HE always fills us with hope. The Bible tells us that Hope deferred makes the heart sick.... WOW!!! Our HOPE keeps us Healthy!!! OUR HOPE HAS AMAZING HEALTH BENEFITS.... HE will strengthen our FAITH, when we meditate and hear HIS INSTRUCTIONS. Faith comes by Hearing and hearing by The Word of God, and in HIS presence is fullness of JOY. A joyful heart is a HEALTHY HEART. "A joyful, cheerful heart brings healing to both body and soul, but the one whose heart is crushed struggles with sickness and depression" Proverbs 17:22 The Passion Translation. As we were typing this newsletter, Holy Spirit welled up in our hearts that old song... I got the Joy Joy Joy Joy down in my heart, down in my heart, I got the Joy Joy Joy Joy down in my heart, down in my heart to stay. SELAH... Pause and think about this.... If the Joy is to stay, that does indeed mean we must guard our heart that the enemy cannot steal our joy, and we do not allow ourselves to get in a position to deplete that joy. WE ARE THE STEWARDS OF OUR HEART. It is remarkable to know that everything about our well-being, (our Spiritual Health) is related to our Intimacy with HIM. HE makes our heart glad. The enemy knows he can kill, steal, and destroy our lives when we have an undivided heart. If we allow other things to come in & crowd our hearts and take over the place that only belongs to THE LORD, we become spiritually anemic very fast. Our strength lies in our Intimacy with God. We must be very intentional about HIS INSTRUCTIONS regarding "GUARD YOUR HEART WITH ALL DILIGENCE for from it flow springs of life" Proverbs 4:23. What is HE showing you? Is it time to do a Spiritual Cleansing, Detox, get rid of some clutter that maybe crowding your heart, perhaps your heart has become hard and needs to be touched and softened by HIM. This month we will welcome Spring, HALLELUJAH!! Oh how glad we are to welcome Spring after the Winter Storms of last month!! Yet, we never have to wait for a particular season & its not dependent on our circumstances, good, bad, or ugly....Everyday we can get a SPIRITUAL CHECK-UP. Everyday we get to choose to FOLLOW WITH WHOLEHEARTEDNESS, HIS SPIRITUAL MEDICAL REGIME.

Shiloh Graduate

Anthony and Emily Huerta are Missionaries through Youth With A Mission (YWAM) in Tyler, Texas. Together they feel called to mobilize individuals into their God given destiny—to know God and to make HIM known. Emily is a second generation missionary and at age 15 pioneered the ministry of KEEPS Boutique in 2008. KEEPS serves teen girls in foster care by providing free brand new clothing through personalized shopping appointments, girls night-out events, KEEPS Summer Kamps and other local outreaches across East Texas. God designed KEEPS Ministries to draw His Daughters out of brokenness and into relationship with HIM.

Anthony came to know The LORD personally on June 16, 2015, one month into Shiloh as a Shiloh Student. After experiencing The Father's Unconditional Love for the first time, he realized his life needed to change in order to reflect this reality. One month after graduating Shiloh, Anthony joined YWAM Tyler where he now leads The Mobilization Team. The goal of the Mobilization Team is to mobilize people into a missional lifestyle through evangelism, worship and training.

Anthony and Emily also work with YWAM's discipleship schools, training people of all ages and countries. The aim of these schools coincides with their life's mission which is: discipling others To Know God and to make HIM Known across The Globe.

Shiloh was blessed to host Anthony, Emily, and their Parents a few weeks ago. Anthony & Emily shared a message at Shiloh Church. Their Message is on YouTube at Shiloh Church & Ministries in Liberty TX. The title of the message is Cultivate the Internal Revival. Please take a listen and be blessed with the message.



Shiloh Ministries is one of The Lord's many Ministry tools to reconcile men for restoration. We are blessed to be used of Him to preach the un-searchable riches that are in Christ Jesus (Eph. 3:8). Everyday we are hearing such wonderful testimonies of our Graduates pursuing their calling of a Godly husband, father, missionary, Staff person at local Churches and a minister of reconciliation in the work place. We are asking that you prayerfully consider financially supporting Shiloh Ministries every month. The Lord's ministry at Shiloh has always been financially free for the man who desires freedom from his addictions. Because of this, we simply trust The Holy Spirit to lead people to give financially. This ministry is grateful to those who express gratitude to God by co-laboring with us in discipleship. The expenditures are huge managing a campus that houses over 30 students, staff & interns. Please prayerfully consider Shiloh Ministries every month as good ground for your financial seed. We invite you to visit our web-site and read our Testimony section. It bares witness of our graduates fruit that is on display, for The Glory of God. Thanks for your giving to The Lord's Ministry at Shiloh!

Shiloh Ministries is recognized by the IRS as a 501c3 charitable organization. All financial gifts are tax deductible at the end of the year.

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www.shilohmensministries.com

View us on [YouTube @ Shiloh](#)

[Church & Ministries in Liberty TX.](#)

We love you and are thankful for your love and financial support of The Lord's Ministry at Shiloh.

Blessings multiplied back to you!!

Rocky & Debbie



**Rocky & Debbie Fondren
Founders & Sr. Leaders**