
Press On!

Webzine



Acceptance is the New Freedom
Loving You Isn't Always Easy

It Stinks
Is God Pleased With
Our Sound?

A Conversation With Survival
Talking Yourself Into Going On

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EDITOR'S NOTE

We are approaching the end of another year, and usually at this time we reflect, vowing to do things differently next year.

But, for some of us, this year's situations gave us a greater appreciation for life. Therefore, we have to pause and thank God that we survived!

Read about surviving in the poems and articles in this issue.

In "A Conversation With Survival," I had to talk myself into overcoming some heavy life challenges that I could only share with God. And "Acceptance Brings Freedom" is my story about how God delivered me from me. Hopefully, my story will help someone else.

Sometimes, we are so overworked that we need to rest in order to survive. "You Need a Sabbath Rest" gives tips on how to purposely do this.

And, through our trials we can lose focus and become discouraged. Read "Be Grateful" to find out how pettiness can overshadow what is really going on.

These are just a few highlights of this webzine's contents. Please forward a copy to your friends and family.

If you have any questions and/or comments, e-mail me at pmoore@pressonwebzine.com. Also, I created a holiday greeting for you. Please send me your email address to pmoore@pressonwebzine.com and I will forward it to you. Merry Christmas and Happy Holidays! ■

Phenola Moore

Unless otherwise noted, all scripture is King James Version.



*I press toward the mark for the prize of the high calling of God in Christ Jesus.
Philippians 3:14*

We want to hear from you! E-mail your comments to pmoore@pressonwebzine.com. Submissions may be edited for length and clarity.

And, if you haven't become one of my Facebook friends, what are you waiting for? Log onto www.facebook.com/phenolamoore and request to be my friend!

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A Conversation With Survival

By Phenola Moore

I made it!
Sometimes I thought I was going to lose it.

Oh, you didn't see it because I masked it very well.
But God knew.

Only those who were close to me knew something was wrong.
But I didn't say a word.

God and I went through this thing together.

No, I didn't tell you because you couldn't handle it.
And may have tried to help but it would have made it worse.

Instead, God told me to give it to Him and I did.
At first.

Then I took it back.
Gave it to Him again and took it back again.

I then got so tired of it that I no longer cared and stopped feeling.
But I didn't know it until God answered my prayer and I started living again.

You see, I had to talk myself into surviving.
And by talking to myself, I was talking to God.

And He answered! ■

Meditation:

*In the day of my trouble I will **call upon** thee: for thou wilt answer me. Psalm 86:7*



Acceptance is the New Freedom

By Phenola Moore

During my teenage years, I hated my hair, body and everything about me. I was shy and didn't fit in with the crowd. I carried these disapproving feelings over into adulthood.

As a result, my mind was filled with negative images of myself, dissatisfied on the inside because I wasn't free to love me.

Although I received positive affirmation from my parents and other family members, outside influences from the media, peers and the church overrode the positives.



The media flashed images of the “perfect” woman and my peers at school didn't have any reservations about pointing out what they perceived to be my flaws.

And the church world doesn't always communicate positive physical appreciation of females. We are told to pull it down, cover it up, don't put it on or, in other words, hide yourself so that you won't be a distraction to the opposite sex. You rarely hear that the woman is man's glory (1 Corinthians 11:7) and they it's fine that men are attracted to you. Constantly hearing these types of things made me sometimes feel like wearing a life-size bag over my head.

To survive, I had to change my way of thinking. It came to me slowly as I matured in my relationship with God. I realized that I was “fearfully and wonderfully made,” which meant that I was uniquely fashioned to look just like I do.

When I got tired of being tired with myself, I decided to do something about it and allowed the Holy Spirit to take over that part of my life.

I stopped grimacing when I looked in the mirror. I decided that I could either go through life feeling unattractive or accept me for who I am and go forward. I decided to go forward and I haven't been the same since.

I no longer exhaust myself trying to fit into someone else's mold of beauty, but work with what God gave me. When I enter a room I don't shy away from others because of insecurities, but extend myself. If they accept me, fine, if not, that's fine, too.

It took me a minute to get here, but now that I am here, I am living to love me. And, by loving myself, I can freely show God's love to others. ■

Meditation:

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.” Psalm 139:14

It Stinks

By Phenola Moore



I was at an event listening to a soloist and as she reached the high part of the song, her voice wouldn't cooperate. Instead of hearing a melodic sound, what came from her throat sounded like an animal in distress.

It was so eerie that it seemed as if time stopped until the song ended. I had never heard anything like it come from a human.

Through this experience, God reminded me that there is an unfamiliar sound resonating in His house. Yes, you are trying to present a sacrifice of praise, but it stinks in God's nostrils.

Why? Most likely, you are no longer in relationship with Him. Some are too busy, others don't think it takes all of that in today's time and some don't know they are far from Him.

So how do you get back in tune with God? The same way two people who have an estranged relationship get back together.

You have to repent, make time for the other person and start doing the right things.

1. Repent – Realize that you've strayed from God and ask Him to restore you. You don't have to make a public exhibition of this (unless you want to), but privately ask God to restore and show you how to get back to where the sound that comes from you is pleasing.
2. Make Time – The basics will keep your relationship flowing with Him. Read your Bible, pray, talk to others about your experiences with God.
3. Do Right – You can't serve God and the devil. I know modern day Christians think it's cool to dabble in a little of everything, but you can't do this and please God.

Then the sound that you produce will be a sweet smell to God's nostrils.

Meditation:

“And thou shalt receive them of their hands, and burn them upon the altar for a burnt offering, for a sweet savour before the LORD: it is an offering made by fire unto the LORD.” Exodus 29:25

I Almost Lost Me

By Phenola Moore

I almost lost me when I tried to do you.
I was going along with the program as if business was as usual.
Helping you get you together.

But I was slowly suffocating because as I was doing you, I was losing me.
My confidence diminished.
Joy ceased.
And I started wondering how I got on this path of doing only you.

But I woke up.

It happened when I noticed you were not concerned about me, but off just doing you.
And my self-worth diminished.
Unable to make rational decisions because I was so consumed with you.

Suddenly I realized I was no longer important to you.

Now, I am only doing me and supporting others who appreciate me doing me.
While helping them do what they are destined to do while not losing me.



Be Grateful

By Phenola Moore

I woke up early one morning with the song, “Be Grateful,” recorded by Lynette Hawkins-Stephens and written by the late Bishop Walter Hawkins, on my heart.

I needed to hear it because I was dealing with an issue that had me down, but after I heard the lyrics, realized what I was feeling was so petty. The lyrics state:

*God has not promised me sunshine
That's not the way it's going to be
But a little rain (A little rain)
Mixed with God's sunshine
A little pain (A little pain)
Makes me appreciate the good times*

That's when the tears started to flow and I penned this reminder below for someone who may be on the verge of becoming ungrateful. ■

Meditation:

“If it had not been the LORD who was on our side ...:”
Psalm 124:2

Grateful?

How?

While others are prospering, you're struggling.
You live right and treat your neighbors fair but still.

Why?

Your co-worker just got promoted.
You've put in for your last promotion because they keep blocking you.

Who?

Probably those folks who are receiving blessings?
But your prayers haven't been answered yet.

What?

Maybe last year when you were making six figures?
But this year you patiently wait for your unemployment check.

When?

I'm tired because my prayers haven't been answered yet.

When I think about the goodness of Jesus and all He's done for me ...

To listen to “Be Grateful,” copy and paste <http://www.youtube.com/watch?v=yqWULz3FvkE> onto your browser. ■



Eternity in Hell is Different Than A Taste of Hell

By Phenola Moore

The CNN article, “Chilean Miners Waited for Death,” described the small amount of food the miners ate while underground.

“Richard Villaroel holds up a red plastic bottle cap, the diameter of which is no bigger than two of his fingers. Three-quarters full of canned tuna or salmon – that's how little he ate every day in the Chilean mine that caved.”

On October 12, 2010, they were rescued from being entombed inside the earth in a space less than 165 square feet for 69 days. Villaroel said in the dark inferno of earth's belly, he and 32 other miners resigned themselves to die, but battled for life.”

What these men experienced was a “taste of hell.” But actual hell is different because if someone dies and goes there, that is where they will spend eternity.

The World English Dictionary states that hell is the place or state of eternal punishment for the wicked after death, with Satan as its ruler. Luke 16:24 states, “*And he cried and said, Father Abraham, have mercy on me, and send Lazarus, that he may dip the tip of his finger in water, and cool my tongue; for I am tormented in this flame.*”

There won't be a rescue mission launched to get you out. Jesus did that for us over 2,000 years ago when He died for our sins on the cross (Revelation 1:18).

But we have an alternative and it is Heaven.” John 14:3 states *And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.*”

If you choose to live for God and the principles he left for us in the Bible, Heaven can be your eternal home. All we have to do is stated in Romans 10:9-10 “... *confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the scripture saith, Whosoever believeth on him shall not be ashamed.*”

What these men went through will be engraved in their minds forever. But if you decide to reject Jesus, hell is where you will live forever.

Meditation:

“*But the children of the kingdom shall be cast out into outer darkness: there shall be weeping and gnashing of teeth.*” Matthew 8:12



You Need a Sabbath Rest

By Phenola Moore

“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.”
Genesis 2:2

The average American works Monday through Friday and spends Saturdays and Sundays running errands, shopping, going to church and meeting appointments for themselves and their family, etc. But if we run around Monday through Monday, when do our bodies and minds have time to rest?

In order to survive physically and mentally, we need a “Sabbath rest.” Whatever day you choose, carve out “nothing” time for yourself. It may be sitting on the couch lounging, journaling, taking a walk, or sitting in the park for a few hours taking in the sights.

According to the article “Understanding Stress,” not all stress is caused by external factors. Some of the self-generated stress could be caused by major life changes; work; relationship difficulties; financial problems; being too busy or children and family (www.helpguide.org).

Yes, being too busy can cause stress. That’s why we need a “Sabbath rest.” God patterned it for us in Genesis 2:2. If He who is all powerful said he rested “from all his work,” we need to rest from work, too.

So what are you going to do? How are you, with your busy lifestyle, going to rework your life to get at least a few hours of rest? You have to plan it.

Some of us are so busy that we have to put “Sabbath rest” on our calendars. You may not be able to take an entire day, but carve out at least a few hours. If you have a family, it may be more difficult to get this time, but it is attainable.

It may mean that you purposely use your lunch time during the week to eat by yourself and just take in your surroundings while neither texting, talking nor checking your social media sites. You

will be surprised how these few minutes will refresh you.

After purposely planning, you may get off track, but commit yourself to fit it in. ■

Meditation:

“Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none. And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none. And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws? See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day. So the people rested on the seventh day.”
Exodus 16: 26-30





Press On!

Meditation

*I press toward the mark for the prize
of the high calling of God in
Christ Jesus.*

Philippians 3:14

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