



"Strengthening The Saved & Saving The Lost"

January 2019

Dear Friends,

Welcome to 2019! It's going to be the best year yet!

We are geared up with a full nursing home schedule. We are also prepared to hit the running/biking trail and help anyone we find along the way. We are calling this new thrust – **Heart Fit: spirit, soul, and body**. We want to be ready to run our race for the Lord.

| ZONE TRAINING FOR THE SPIRIT | | ZONE TRAINING FOR THE BODY | |
|------------------------------|--|----------------------------|---|
| EFFORT | EFFECT | EFFORT | EFFECT |
| Ministry Gifts | BENEFITS: Discover how to run your race | MAXIMUM 90-100% | BENEFITS: HELPS FIT ATHLETES DEVELOP SPEED |
| In Him | BENEFITS: Who you are 'In Christ' | HARD 80-90% | BENEFITS: INCREASES MAXIMUM PERFORMANCE CAPACITY FOR SHORTER SESSIONS |
| His Covenant | BENEFITS: Better Covenant with Better Promises | MODERATE 70-80% | BENEFITS: IMPROVES AEROBIC FITNESS |
| Spirit Filled | BENEFITS: Receive Ability and Might | LIGHT 60-70% | BENEFITS: IMPROVES BASIC ENDURANCE AND FAT BURNING |
| Born Again | BENEFITS: Come into the family of God | VERY LIGHT 50-60% | BENEFITS: HELPS WITH RECOVERY |

In the nursing homes we are focusing on the 5 zones for the spirit. 1-Born Again 2-Spirit Filled 3-New Covenant 4-In Him 5-the Gifts and Calling of God. I call this our mini Bible School. It comes from 5 of Dad Hagin's mini books.



Wednesday, January 2, 2019

Warner/Tahlequah



It was good to take a break during the Christmas and New Year's season. But it's very good to get back to the nursing homes. Many times there are things that happen during the visit that you can miss unless you pay close attention. Sometimes the slightest move is a big deal. I have observed residents coming out of comas. If you're not aware, you could miss it. This morning we had a full room. I think people were ready to get back to a regular schedule. Today we went back to the basics - John 3:16, "For God so loved the world . . ." His Love Is Amazing!

Tuesday, January 22, 2019

Pryor/Vinita

It was so good to be back in Pryor today. Everyone wants to be accepted. It doesn't matter where you live or what your situation is. Those who live in nursing homes also want to be accepted. They want to belong, to be a part of something. We are inviting them to be a part of the biggest and best group on earth - the family of God. Jesus said, "I am the way, the truth, and the life." We continue to: Strengthen The Saved & Save The Lost.

This afternoon I was ministering On "Expectations". I was reading from 1 Sam 17:37 where David said, "moreover, The LORD that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine." When I said, "out of the paw of a lion", this woman came in, in a wheel chair, wearing this mask over her face. (She got it as a gift from her son at Christmas to help keep her face warm.) But it sure was hilarious when she came in. She became the object lesson for the afternoon.



Once again I want to thank you for being a part of this ministry; for praying, giving, and encouraging, all along the way. We truly are doing this together. I can sense your prayers and the power of God as I travel and stand before the residents each and every day. Together we continue to: Strengthen The Saved & Save The Lost.

Paul D. Miller