



Little Lambs Inc

A John & Eileen Sala Prison Ministry

<http://www.littlelambsinc.org>

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A Magnificent Gift

I have been reading a devotional called, "A Magnificent Gift". In the time of focusing nationally on giving thanks for what we do enjoy, I wonder how many actually do focus on God as the Giver of all these gifts! "Madison Avenue" (advertising) has taken over all holy days and have made them only avenues of buying and selling and riotous pleasure.

Yet, all our benefits come from **Deut 28:1** **if you diligently obey the voice of the LORD your God, to observe carefully all His commandments which I command you today, that the LORD your God will set you high above all nations of the earth. And all these blessings shall come upon you and overtake you, because you obey the voice of the LORD your God.** Then the Lord goes on to list all the blessings: in the field, in the fruit of your body, in the ground, in your flocks, your cattle, sending rain, lending not borrowing, make your enemies afraid of you, literally opening windows of heaven to pour out blessings on you.

And yet we seldom go down to the second part of this great 'contingency contract', verses 15 through 68. Notice there are a lot more verses in this part of the contract! These 54 verses read like our headlines today and catalogue our current condition. It is the word "if" that marks it as a contingency. I had to attend a college level course in real estate law and learn about the contingency contract and how if the contingency is not met, the contract is void! These verses begin with **Deut 28:15** **"But it shall come to pass, if you do not obey the voice of the LORD your God, to observe carefully all His commandments and His statutes which I command you today, that all these curses will come upon you and overtake you.** Then God goes on to list the catalogue of curses we bring on ourselves. We do not regard the giver of the gifts!

In this devotion, the **Magnificent Gift** is the Holy Spirit! *"Do you long to love Me more deeply? Seek the infilling of the Holy Spirit. Do you long to serve with greater ardor? Seek the infilling of the Holy Spirit. Do you pray for a greater burden for the lost? Seek a fresh anointing of My Spirit. Do you long for a more fervent prayer life? O, be filled with the Spirit! Has the world made inroads into your heart and mind? Have the cares of the world brought anxiety and robbed you of your peace and joy? Again I say to you: Be filled with the Spirit. In this one magnificent gift I have made full provision for your every need."* (by Francis Roberts)

What a magnificent gift! All the power we need to love, to live and serve the Lord given to us in His Holy Spirit. We are truly a blessed people. I am so grateful for the woman who came to me 36 years ago and told me about a 'personal relationship' with the Lord Jesus Christ. It blessed my life forever. I am blessed by the spiritual relationship I have with all of you, my partners in ministry. I am blessed in my family and friends. But most importantly, by the precious Holy Spirit who resides in us to keep us on 'the way' to Christ and His blessings!

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His son

Let the weak say, I am strong

Let the poor say, I am rich, because of what He has done for us!

Give thanks with a grateful heart

**Mail
Bag**

Little Lambs Inc
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Coming home again! From a New Jersey Graduate in 2002-2003 !

Dear Little Lambs, I am writing at this time to inquire as to whether you have added any sections to the Bible Studies you offer. Between 2002 and 2003 I completed the following studies (he carefully lists all 19 lessons we had before reformatting in 2009 and merging to make a total of 16). Your studies have sent me on a life changing journey and over the past 14 years I have continued to study His Word and have completed nearly 500 different courses yet find it increasingly difficult to find new places to do studies with. If you do not offer any new courses can you refer me to anyone who does? I look forward to hearing from you and hopefully completing more of your thought provoking studies! God Bless! In His Glorious Name, Forrest NJ

This letter is a request for an opportunity to enroll in your correspondence bible study course that you offer. I have been indigent these past 6 years and have no support from anyone except the kind and caring ministries such as yours who generously allow me to study God's Word at no cost to me. Your support, encouragement and your prayers are a priceless gift to me as I go through this extremely difficult time. I am closer to God than I could have ever, ever imagined and His is the only one that has helped me to maintain my sanity while being locked in a cage. I want to thank you so very much for any type of studies you can offer and thank all of those who make it possible for someone like myself to study and to fellowship and worship with others. I have been fastidiously working to allow the Lord to completely reform me into a useful and productive member of society. Truly it doesn't matter your religious belief, as I am a living testimony of His forgiveness and love, as such I don't intend to squander this second change I have been given.

I am a devout Christian and as such I can no longer lie or use language or participate in any such activities and here that type of behavior will inevitably ostracize you from the general population. I don't expect you to take my word for it and I realize that I will have to prove myself to so many in order to gain their trust and respect. Although I truly welcome the challenge and will accept any difficulties that may arise simply as an opportunity to learn and overcome. I trust God will open doors for me and more importantly my actions will speak louder than words. I am fully aware of the ramifications I face in the public eye as a result of my charge although the fact remains I can't go back, only forward. I have gained the most important thing in my life. Now I have an intimate relationship with God having the ability to live with my unwavering faith in the Lord. God is using me in here and I share my testimony with others to help them and to encourage them. Worshipping the God of generosity in humility, gratitude and faith will make us eminently blessable by its standards. The blessings of God come to those who are ready for them and readiness comes to those who love the Lord with all humility, gratitude, obedience as well as faith. Charles, Tx

TO MY BROTHER AND SISTER IN CHRIST(Michael starts his letter with a litany of assault offenses even in prison since 2000. The he says) Yes sir/Ma am.. Well I will be turning 40 next month and I have recently started to take bible studies and trying to change my life around for the better of myself. Being in my position (lockup), you can relate to my circumstances and understand that we have to come to terms within ourselves, to want to start to change our lives around. I have been reading the bible, reading bible studies, and trying to learn how to grow in (Faith) with our Lord Jesus Christ. I live in a world of negativity and I'm doing my best to stay away from my sinful ways. When I find myself falling to temptation and the devils deeds within these walls, I try to pull myself back into the Lord's path, by praying and asking for His forgiveness. Yes, I am a sinner. I have sinned and I accept the Lord and Savior into my life, and I'm trying to learn how to grow in faith in His Name, Jesus Christ. I will be honest with y'all, I NEED HELP....I NEED GUIDANCE.. AND I NEED PRAYERS TO ASSIST ME... BUT MOST OF ALL I NEED TO LEARN HOW TO ALLOW JESUS TO TAKE CONTROL OVER MY SINFUL WAYS...(MY LIFE). I just wanted y'all to know that I did receive y'all letter material and I embrace all with open hands. I hope to hear from y'all. Thank you so much for reaching out to me. It is very much appreciated on my behalf. As I said/informed, I AM JUST STARTING TO LEARN TO WALK WITH THE LORD...TAKE CARE AND HAVE A GOOD DAY/NIGHT. Respectfully , an inmate in need of the Lord in His life. Michael Tx *Please remember to pray for these men in women, often in desperate circumstances.*

Divine Providence.. When you think you've been let down, God may just be working His will. Dear Brothers and Sisters at Little Lambs, I pray this letter finds you in good spirits. I am writing to inform you of my recent move. The prison I was at closed and I was relocated to Bent CCF. This move has truly been a blessing from God. I was angry about it at first but I gave it to God and let go. I prayed to God and told him I was angry and hurt because of the move to Bent, but I asked God to take me where he wanted me to be and I will be content. The reason I was angry and hurt was because I was told I would go to a minimum security prison if I stayed back and helped close Kit Carson prison. There were 23 of us that was offered that deal. We all found out it was lie and we all went to either Bent or Crowley which are medium security prisons. Like I said I gave it to God and let go. **The faith programs here are amazing!** The first Sunday service I went to had 218 inmates attend! At Kit Carson maybe 20 would show up for any service. This prison has a praise and worship team, Kairos, two faith pods and much more! The biggest blessing is, I got the job I have wanted since I came to prison, I am a chaplains clerk and a teachers aid in the faith pods. I tried to work for the chaplain at Kit Carson but I got stuck in the kitchen and they would not release me. Like I said this move is a blessing from God. Now I can dedicate all my time to God and spreading the Gospel! I really enjoy the bible studies. They are a blessing. Please check on my lesson from Kit Carson. A Brother, Joseph, Co

A Testimony "My Graduation Bible," The Open Bible by Thurston, WI

Dear John & Eileen, I just want to take the time to thank you for your time, and providing me with your lessons in Bible Studies. I also wanted to let you know I received my gift bible!!:) It is so full of all kinds of information and helps!!!:) I cannot thank you enough for the gift of God's Word. Other than God's free gift of salvation, no other gift I could ever receive could even hope to compare to this awesome **study bible**. You have truly given me the gift that keeps on giving. I hope the joy you have by giving me this gift is as great as the joy I have in receiving it and learning about all the great extras that will have me studying God's word in so many new ways! WOW! There is just so many extras, they have their own section explaining the **format** and **how to use this bible**. For bible study helps they have (1) **How to study the Bible** and it is just so full of so many ways to study the bible that I actually want to devote at least a year in all of the different ways! And I do mean a year each. Even longer if that's what it takes. (2) '**The Christians Guide to New Life**' truly covers everything you would hope that I'd learned and know. Thank you. (3) **Biblical Cyclopedic Index** from Genesis to Revelation. I never knew anything like it existed! Wow! 300 pages of **Topical Index**! It is clear you want this Little Lamb to be thoroughly equipped for every good work and to always be rightly dividing the Word of Truth. The **Visual Survey of the Bible** is just packed full of information from Genesis thru Revelation. **The Harmony of the Gospels** covers everything in life, death and resurrection of Jesus Christ. It even has the **Jewish Calendar**. There's a section that covers all the **Teachings and Illustrations of Christ, All of the Old Testament, New Testament Prophecies of the Messiah Fulfilled in Jesus Christ**. Another section covers all the **Laws of the Bible**. There is information on **Between the Testaments** and on **The Apocrypha**, and also on **The Scarlet Thread of Redemption**. There is a big section on the greatest **Archaeological Discoveries** and their effects on the Bible. There is such an awesome section on a '**Guide to Christian Workers**' which is such an eye opening tutorial on our work as a Christian on spreading the gospel and witnessing to others and so much more. There is a page on **Prayers of the Bible**. Of course there is also a **Concordance**, as well as **Bible Maps**. I am sure you already know what this great gift has packed in it. I just wanted to make it clear to you that I do as well and that I will be taking full advantage of each and every tool and tidbit of information that is in this Bible. Thank you so very much. You are and always be family to me and will remain in my thoughts and prayers always. If I ever find myself in need of help understanding scripture I will write to you for help. Or if I have any questions on my walk with Christ. I pray so many wonderful blessings upon you both and upon your ministry. Thanks again. Sincerely your brother in Christ Jesus our Lord. Thurston, WI

*The Open Bible was my first bible after being born again! I still have it today, 36 years old! Thanks to a very special Partner, we are able to provide these bibles to our graduates, which is in itself another course of study. We only hope and pray that every graduate takes full use of this gift as it seems our Brother Thurston is doing. I don't ever remember this bible being described by a student so minutely as he has done. Remember him in prayer! These two letters represent two men who can go out now and **make disciples**.*

Salt and Sugar....An Update

I have recently written about the effects of salt and sugar in our diet and have received lots of feedback. Today I want to bring you an update. Recommendations by the medical establishment is currently 139/89 mmHg. New evidence suggests that the target BP is 115/75 mmHg. A new huge study has revealed that the group with BP below 120/80 has a: **38% lower risk for heart failure; 43% lower risk for cardiovascular death; 27% lower risk of mortality overall; 25% lower risk of first heart attack, stroke, or CVD; 17% lower risk of heart attack; 11% lower risk of stroke.**



One in every 3 adults in the USA has blood pressure reading over 139/89. (www.cdc.gov/blood-pressure/facts.htm)

The name of the study (if you want to look it up) started in 2010 is called SPRINT (Systolic Blood Pressure Intervention Trial). It was published in the New England Journal of Medicine in 2015 (373(22);2103-160). The 5 year study was stopped early after only 3.26 years because it was abundantly clear that the group with BP lower than 120/80 were dying 27% less frequently from any cause! Heart disease happens to be the number one cause of death in the USA, about 610,000 a year. This study showed a dramatic 43% drop in cardiovascular death alone for BP below 120/80.

There is also side effects of blood pressure medications to be considered. 63% of men over 65-75 take blood pressure meds. 72% of women 65-75 take blood pressure medications. Women over 75 years old, it is a whopping 79.9% who take medications.

This is similar to the controversy about glucose levels. In the 1980's glucose levels up to 139 fasting were considered normal. Today conventional doctors consider fasting glucose over 125 an indication of Type 11 Diabetes; a level over 99 is pre-diabetes. A longevity organization, Life Extension, (which information I have used for this article; Nov 2016; their references listed page 16) has recommended since the 1980's keeping glucose levels below 100mg/dl. Now after lots of data from people who practice "calorie restriction", their recommended level is to keep fasting (early morning) glucose below 86 mg/dl. This is the optimal level to brain, heart and body health, but harder to attain. But we should try!

Keeping your BP below 120 is easier because with a healthy plant based diet, salt monitoring, exercise and medication if necessary, it is possible to maintain it at that level. The stealth salt is amazing. A top restaurant in Sebring has a signature dish of chicken wings that contains almost 3700 mg of sodium! And this is in just one item at one meal! Eating fresh fruits and vegetables, lots of raw food, little restaurant food, eliminating pre-packaged food and less meat has helped me maintain a BP around 112/65 and a fasting blood sugar of usually in the 70's. I want all of you to enjoy good health and long life. Call me if I can help! Do not rush to lower your high Blood Pressure. Chronic high blood pressure cannot be drastically lowered quickly. If you take BP medication, simply begin by slowly identifying and reducing the amount of salt in your diet and start walking.

This will help you eliminate the fluid retained by the salt. High blood pressure is the major cause of congestive heart failure (shortness of breath) and kidney failure. As your physical condition improves and weight drops the blood pressure should start to come down. I have my own blood pressure cuff and glucose monitor which can be purchased for less than \$15 at the local drugstores or online and I check weekly or monthly. Weekly if I am traveling as I tend to eat more restaurant food! My Medicare Advantage insurance provide the Silver Sneakers program at Gold's Gym for no fee so during hot or cold months, I can walk indoors. And I visit Farmer's Markets more often.

I love you all and want the best for you. I would undergird all of this with lots of prayer and letting God reveal what you need to do to you. He is our Great Physician and He hears our prayers and He wants you well! Our wishes for a blest Thanksgiving.

Please remember Little Lambs in your Christmas giving. There is no better gift to anyone than the Word of God!

Your Servant, Eileen Sala

Schedule November 2016

Mon...Avon Park Prison Bible Study

Mon...Overcomers with Hogar Resa

Tue...Overcomers Avon Park Prison

**Tue...Marriage & Family/Biblical
Boundaries Avon Park Prison**

**Wed...Anger Management/Biblical
Boundaries First Presbyterian
Church @ 7 pm**

**Wed... Overcomers Bible Fellowship
Church @ 6 pm**

**Thurs..Released to Love, Women
Codependent Recovery @ 6:30 pm
@ Little Lambs Inc**

**Nov 15... Kiwanis Club, Wauchula, FL
Counseling by Appointment
863-273-7388**