

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.



PLAN 29:11

in attendance with
SWU
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COHORT 10318

Many are the plans in a man's heart, but it is the LORD's purpose that prevails.

Proverbs 19:21

In his heart a man plans his course, but the LORD determines his steps.

Proverbs 16:9

The Future God Planned for You is Only Discovered by Walking Through the

Gates of Opportunity

"Make the most of every opportunity for doing good in these evil days."

Ephesians 5:16 (NLT)

"A wise youth works hard all summer; a youth who sleeps away the hour of opportunity brings shame."

Proverbs 10:5 (NLT)

Opportunity comes to all of us, but very few people are able to recognize it and take advantage of it when it arrives. Opportunity is defined as: *a good chance for advancement or progress*. All of us desire to advance in life, but we must make the necessary preparations before we can go to that next level.

Let me illustrate my point. Suppose an elementary school encouraged its students to take the entrance exam into an Ivy League university. The results would be shameful, because elementary students are not prepared for collegiate exams.

God deals with us in the same way. He withholds opportunities from our lives until we are adequately prepared to experience them. We are only able to enter the doors of opportunity when we prepare for the responsibility of the opportunity. Jesus used every opportunity He could to demonstrate the Kingdom of God. Whether through miracles, forgiveness, parables,

or compassion, Christ opened the doors of opportunity for those who prepared, bringing the transformation of God's kingdom directly into their lives.

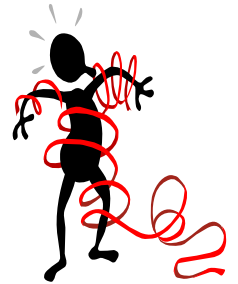
Certain people, specific ideas, and particular instructions are sent by God to help prepare us. If we make the most of them, when the doors of opportunity open, we can run through them to achieve the plan God has for us.

Daily Confession

Father, I thank You that I do not sleep away the hour of opportunity in my life. You give me wisdom, and I work hard to seize every opportunity You have in store.

Volume 1 Issue 3

November 11, 2008



Quotes to Live By

- Victory In Life Can Only Be Achieved If You Are Willing To Fight For It
- Accuracy And Passion For Life Are Solely Dependent Upon Your Commitment To Focus
- Transformation Is The Finished Product Of Embracing God's Thoughts.

THE TONGUE CAN BE YOUR WORST ENEMY!

Your words, your dreams, and your thoughts have power to create conditions in your life. What you speak about, you can bring about.

If you keep saying **you can't stand your job**, you might lose your job.

If you keep saying **you can't stand your body**, your body can become sick.

If you keep saying **you can't stand your car**, your car could be stolen or just stop operating.

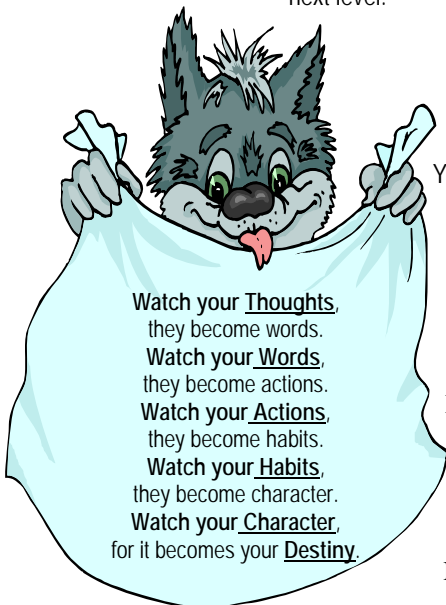
If you keep saying **you're broke**, guess what? You'll always be broke.

If you keep saying **you can't trust a man or trust a woman**, you will always find someone in your life to hurt and betray you.

If you keep saying **you can't find a job**, you will remain unemployed.

If you keep saying **you can't find someone to love you or believe in you**, your very thought will attract more experiences to confirm your beliefs.

If you keep talking about a **divorce or break up in a relationship**, then you might end up with it.



Commit to the LORD whatever you do, & your plans will succeed. Proverbs 16:3



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BIBLE CLASS

RECAP FROM EMAIL:

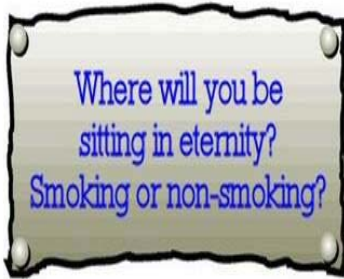
I recently contacted Mr. Sibande, the Professor for the upcoming Bible class which will be starting on December 9, 2008. I wanted to know if we should follow the assignments in the syllabus or if he had his own agenda. I also inquired about the possibility of study groups being reassigned.

Mr. Sibande will not be reassigning study groups; however, **he will be following the syllabus as outlined. There are several assignments due prior to class.** For those of you who have not looked forward to the upcoming class, I recommend you do so at this time. We have just a short time before we begin this class and there is quite a bit of individual reading assignments as well as study group assignments.



**The Only
One It
Is Right
To Look
Down Upon
Another Is
When You Are
Bending Over To
Pick Them Up!**

"Be kindly affectionate to one



Spiced-rubbed turkey with cranberry barbecue sauce

Ingredients

- Nonstick cooking spray
- 2 tablespoons packed dark brown sugar
- 2 teaspoons [paprika](#)
- 2 teaspoons garlic powder
- 1-1/2 teaspoons salt

- 1 teaspoon ground [cumin](#)
- 1 teaspoon chili powder
- 1 teaspoon freshly ground black pepper
- 2 3- to 3 1/2-pound bone-in turkey breast portions with bone
- 1 cup chopped onion (1 large)
- 1 tablespoon cooking oil
- 1 16-ounce can whole cranberry sauce
- 1/3 cup bottled chili sauce
- 1 tablespoon cider vinegar
- 1 teaspoon [Worcestershire sauce](#)

Directions

1. Preheat oven to 400 degrees F. Coat a large shallow roasting pan and roasting rack with cooking spray. In a small bowl combine brown sugar, pa-

prika, garlic powder, salt, cumin, chili powder, and 3/4 teaspoon of the pepper. Place turkey, bone side down, on rack in prepared pan. Set aside.

2. Starting at the breast bone of turkey portions, use your fingers to loosen the skin from the meat; leave skin attached at the top. Spread spice mixture evenly under skin over the breast meat. Insert a meat thermometer into thickest part of the breast. (The thermometer should not touch bone.)

3. Roast turkey, uncovered, on the lower rack of the oven for 20 minutes. Reduce the oven temperature to 350 degrees F; roast for 60 to 90 minutes longer or until juices run clear and turkey is no longer pink (170 degrees F), occasionally spooning pan juices over turkey. Transfer turkey to a cutting board. Let stand, covered with foil, for 10 to 15 minutes before slicing.

4. Meanwhile, for barbecue sauce, in a medium saucepan cook onion in hot oil over medium heat about 5 minutes or until tender. Add cranberry sauce, chili sauce, vinegar, Worcestershire sauce, and the remaining 1/4 teaspoon pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until thickened, stirring occasionally. Serve with the turkey.

Never allow the Defeats of the Past to Rob you of the Victories of the Future.

FLEX YOUR MUSCLES.
DO PUSH-UPS EVERY DAY INSTEAD
OF WORRYING ABOUT WHETHER
YOU NEED A PUSH-UP BRA.
LIFT YOURSELF
UP

INSTEAD OF WAITING FOR RESCUE,
PUMP UP YOUR CONFIDENCE BY
FOCUSING ON YOUR STRENGTHS
INSTEAD OF YOUR WEAKNESSES.

