

Enjoying life, living better with God

Do you know that God is interested in every area of your life? The truth is He cares about every single thing that concerns you, and He wants every bit of you to be whole and healthy.

1 Thessalonians 5:23 (AMPC) says, "May the God of peace Himself sanctify you through and through [separate you from profane things, make you pure and wholly consecrated to God]; and may your spirit and soul and body be preserved sound and complete [and found] blameless at the coming of our Lord Jesus Christ (the Messiah)." This verse shows us that we can be "wholly consecrated to God," and He wants our spirit, soul and body to "be preserved sound and complete."

Jesus came to heal you and make you whole. He died so your sins could be forgiven and you could be made whole in your spirit, soul and body (Isaiah 61:1-3; Luke 19:10; John 10:10).

God created us as tri-part beings: we are a spirit, we have a soul and we live in a body. One function of our spirit is the conscience; it's the part of us that receives revelation from God. The soul is made up of our mind, will and emotions, and our body is the "house" we live in. It's easy to think that God is only interested in spiritual things, but all three parts of our being are important to Him.

We can be sound spiritually—born again and on our way to Heaven—but God wants more for us than that. Jesus didn't come so we could just make it through this life and get to Heaven. He wants us to enjoy the journey, too!

I remember years ago when I was going to church regularly and had received Christ as my Savior, but so much of my life was a mess! I really loved God, but I didn't love my life. I looked like I had it all together on the outside, but there was a lot of pain and dysfunction on the inside of me that people didn't know about.

It was an amazing revelation when I saw in God's Word that He cares about how we think, talk, our finances, our relationships, and that He has a plan and purpose for every single one of us. God wants our lives to be good! It took time and a determined decision on my part to study the Word and believe God's promises were for me, but I'm no longer a miserable Christian and can honestly say today that I am much healthier and enjoy the life God has given me.

The best way to begin pursuing better health is by pursuing a deeper relationship with Jesus, because if your spirit is not healthy and right with God, then the other areas of your life can't become completely whole either.

Psalms 63:5 says, "My whole being shall be satisfied as with marrow and fatness; and my mouth shall praise You with joyful lips." I

love that this says "my whole being shall be satisfied." And

Psalms 63:8 gives us the key to complete satisfaction: "My whole being follows hard after You and clings closely to You; Your right hand upholds me." So if we want to be fully satisfied, we have to follow hard after Jesus!

In any area of life, you'll get out of it what you put into it. It's foolish to think you can have a close walk with God if you don't spend time with Him on a regular basis, or the only time you talk to Him is when you're in trouble. Being a victorious Christian is not just a Sunday morning event. And God wants to have a personal, intimate, ongoing relationship with you.

Romans 12:1 says to "make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship." In other words, we need to dedicate our entire being to God...to be passionate for Him and seek Him with ALL of our heart.

As you pursue greater health, I want to encourage you to start by dedicating (or rededicating) your entire life to Jesus. Spend time in prayer each day, study the Bible and discover for yourself what it means to have an intimate relationship with Jesus and be full of the life of God.

Remember that life in Christ is a lifelong journey, and learning to be completely dedicated to Him is a process. But as you make progress little by little each day, your life will get more and more exciting because following the plan God has for you is the only way you will be satisfied in your whole being.

For more on this topic, order Joyce's four-CD series *Healthy Living – Spirit, Soul & Body*. You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting www.joycemeyer.org.

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored nearly 100 books, including *Battlefield of the Mind* and *Seize the Day: Living on Purpose and Making Every Day Count* (Hachette). She hosts the *Enjoying Everyday Life* radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.org.

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BIRTHS

Danielle and Dylan Rowe welcomed Cottage Grove's first baby of 2017. A baby girl was born on Jan. 10 at PeaceHealth Sacred Heart Medical Center-RiverBend.

Jennifer and Graham Bowler welcomed a baby girl on Jan. 13 at PeaceHealth Sacred Heart Medical Center-RiverBend.

Vanessa and Venancio Hernandez welcomed a baby boy to Cottage Grove on Jan. 13 at PeaceHealth Sacred Heart Medical Center-RiverBend.

Death Notice

Faye L. Muller, 79, of Creswell, Oregon passed away on Jan. 10, 2017.

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Milo Chapman
1929 - 2017

Sarah Elizabeth Chapman
1931 - 2016



Milo Gene Chapman, age 87, of Milwaukie, Oregon, passed away Sunday afternoon, January 1, 2017. He was born at Saginaw, Oregon on August 2, 1929 shortly after which his parents moved their family of ten children to Dorena, Oregon. Milo served as Student Body President at Cottage Grove High School where he graduated in 1948. He served in the United States Army as a cook during the Korean war in Alabama and on Eniwetok in the Marshall Islands. He married Sarah Jenkins in 1953. They remained married for 63 years until Sarah died just five and a half weeks before Milo on November 9, 2016. Milo and Sarah raised a family of four children. Milo started and ran several businesses in Cottage Grove, Klamath Falls and Newberg, Oregon over his career, the final and most successful was Dura-Craft where he manufactured and sold dollhouses.

Milo was preceded in death by his beloved wife Sarah and an infant daughter, Amy Louise. He is survived by his four remaining children Douglas, Kenneth, Julia and Jean Chapman, his grandchildren Amy Saha, Charlie Thompson, Julia and Kylee Jacobsen and Kelly and Christian Chapman, his sister Fern Carpenter and his brothers Ronald and Richard Chapman.

Sarah Elizabeth Chapman, age 85, of Milwaukie, Oregon, passed away Wednesday, November 9, 2016. She was born at Cottage Grove, Oregon on February 18, 1931. She graduated from Cottage Grove High School with her twin sister, Janet Durest Mead in 1948. She then went on to be one of the first three women to earn a degree in Pharmacy from Oregon State University when she graduated in 1952. She truly loved her work as a pharmacist and kept her license active through continuing education until her mid-70's.

Sarah married Milo in 1953. They had five children, losing one to a crib death (SIDS) in 1957 and raising the four remaining children in Cottage Grove, Klamath Falls and Newberg, Oregon. Sarah was an avid reader, a lover of poetry and a strong advocate for education. Sarah was preceded in death by her mother and father, Ida and Wayne Jenkins and her infant daughter. She is survived by her twin sister Janet Durest Mead, her brother Howard Jenkins as well as the immediate children listed above for Milo.

The family wished if any contribution be made on Milo and Sarah's behalf, it be to the Alzheimer's Foundation of America. <https://alzfdn.org> then click on "donate"

We Want Your News!

The Cottage Grove Sentinel wants to be your source for all things Cottage Grove. But we need your help! If you've got a news tip, we'd be glad to hear about it.

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In person: 116 N. Sixth Street, Cottage Grove
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