

Preston G. Haag Jr. His Provisions

From: "Pastor Preston Harvest Centers" <preston@jesuspaid.com>
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Sent: Tuesday, September 15, 2009 9:34 PM
Subject: God Reveals to His Servants-Break Out of the Holding Pattern



Hot Links:

- [The Ministry Website](#)
- [Directions](#)



**This Friday Night
at 8PM**



**- Nongolo Muteto
Break Out of Your
Holding Pattern**



Founded on His Truth

**Sunday at 6:00PM (New Time)
God Reveals to His Servants
Pastor Preston**



Amos 3:3-8: ³Do two walk together except they make an appointment and have agreed? ⁴Will a lion roar in the forest when he has no prey? Will a young lion cry out of his den if he has taken nothing? ⁵Can a bird fall in a snare upon the earth where there is no trap for him? Does a trap spring up from the ground when nothing at all has sprung it? ⁶Shall a trumpet be blown in the city and the people not be alarmed and afraid? Shall misfortune or evil occur [as punishment] and the Lord has not caused

Many in the body of Christ have grown weary in well doing. The Lord wants you to hold fast to His promises and believe when you pray that He has cleared your path. Bring people with you this Friday night because the gathering will be filled with His presence. Strategic intercessors from Africa

it? ⁷Surely the Lord God will do nothing without revealing His secret to His servants the prophets. ⁸The lion has roared; who will not fear? The Lord God has spoken; who can but prophesy?

God has always spoke to His children. Throughout the Bible, we see many who walked with God, who trusted God, who harkened to His voice and was led by His inspiration. Even Jesus said, He only did what He saw His Father do and He spoke only those things that He heard His Father say. Prophets were raised up to speak the Lord's message and today the Lord is still speaking to His children. Jesus says that His sheep hear His voice. God wants to speak to you in this hour. He wants you to know that He feels the strains that you have endured and He is turning your circumstance around for His glory. Believe, walk and know that He is your Lord. Amen

12 Food Additives to Remove From Your Diet

Many food additives have been studied and linked to various diseases. Becoming informed about the additives in everyday food items can make for an easier shopping experience and healthier food for everyone. Here's a list of some of the most medically questionable and harmful additives in everyday foods: Sodium nitrite, BHA & BHT, Propyl gallate, Monosodium glutamate, Trans fats, Aspartame, Acesulfame-K, Food colorings (Blue, Red, Green, Yellow), Olestra, Potassium bromate, White sugar, Sodium chloride (salt). Since some of these may not be familiar to you, sodium nitrite is a preservative added most commonly to bacon, ham, hot dogs, sandwich meats, and smoked fish. BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are other preservatives added to foods like cereal, gum, potato chips, and vegetable oils. Propyl gallate is found in meats, chicken soup base, and gum. All of these preservatives have been linked to cancer. Monosodium glutamate (MSG) can cause migraines and other adverse effects. Trans fats are being eliminated from most foods, as the studies linking them to heart disease, strokes, and kidney problems are widely accepted. Aspartame is an artificial sweetener found in products like NutraSweet and Equal as well as diet foods and soft drinks. And acesulfame-K is a newer sweetener used in soft drinks and some baked goods. Many food colorings have been banned by the FDA, but some can still be found in foods

will be in attendance to call forth the hearts of men to open to receive the Father's love. Strategic prayers, God's presence and His faith will help you break into the promises. For more information on Nongolo's ministry and how to stay in touch go to:

royalconceptministries.org/

Praise Reports

God Multiplies

We found out that someone needed help while they were going through a hard circumstance. It too was a difficult season for us. The Lord led us to step out in faith and help this person. The very next morning after we extended grace to them, a person came and extended the same grace for us five fold. Thank You Jesus.

Healing Came Early

We were believing for God's favor in a situation. The Lord moved on our behalf and we experienced a quick recovery ahead of normal time. Thank You Lord.

Door Opens

I have been working in several areas and believing for a breakthrough. God opened a door and made a way for me. I give God all the glory. Amen

Mail your gifts to: Harvest Centers P.O. Box 877 Newnan, GA 30264

that require a particular color. **Olestra was common for a time in potato chips as an additive that prevented fat from being absorbed in your digestive system. Food colorings have been tied to cancer and Olestra also blocks vitamins from being processed. Potassium bromate is sometimes added to white flour, breads, and rolls to increase the volume of the products, but it has cancer-causing properties that have prompted some states in America to actually require a label to that effect.** Finally, white sugar and sodium chloride (salt) can be dangerous if not kept to a minimum.

Source: [Health News June 29, 2009](#)

Healthy Food You Aren't Eating

Celery: Per large stalk: 10 calories, 0 g fat (0 g saturated), 51 mg sodium 1 g fiber

This water-loaded vegetable has a rep for being all crunch and no nutrition. But ditch that mindset: Celery contains stealth nutrients that heal. Why it's healthy "My patients who eat four sticks of celery a day have seen modest reductions in their blood pressure—about 6 points systolic and 3 points diastolic," says Mark Houston, M.D., director of the Hypertension Institute at St. Thomas Hospital, in Nashville. It's possible that phytochemicals in celery called phthalides are responsible for this health boon, since these compounds relax muscle tissue in artery walls and increase bloodflow, according to nutritionist Jonny Bowden, Ph.D., author of *The 150 Healthiest Foods on Earth*. And beyond the benefits to your BP, celery also fills you up with almost no calories.

Sources: By [David Zinczenko, with Matt Goulding](#)

Visit the Nutrition page at Sea Minerals Water for articles for healthy living.

The Ocean is a gift from God and a source for life-giving nutrition for people, pets and plants. There are many nutrition reports, studies and materials available to share with others for healthy living. For more information of how Sea Minerals could benefit your life go to



www.seamineralswater.com/Nutrition/tabid/54/Default.aspx

Upcoming Harvest Centers Guest Speakers

Jul	24th	Frankie Lovett
Jul	31st	Daniel Scalf
Aug	7th	Dick McBain
Aug	14th	
Aug	21st	Roberta McCullon
Aug	28th	

Each week, *Harvest Centers celebrates the King. Holy Ghost works with us to heal the sick. Our Email Newsletter is forwarded to announce the coming speakers/events and to recognize the praises that go to Jesus for the work He has done in His Saints.* If you have been forwarded this E-mail and you would like to subscribe or unsubscribe to the Ministry E-mail List, click here. [Subscribe or Unsubscribe](#). Please put in the subject line, please add me or please take me off the distribution list.

Donations can be sent directly to P.O. Box 877 Newnan, GA 30264. Harvest Centers is a non-profit organization. Your contributions are tax deductible.

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