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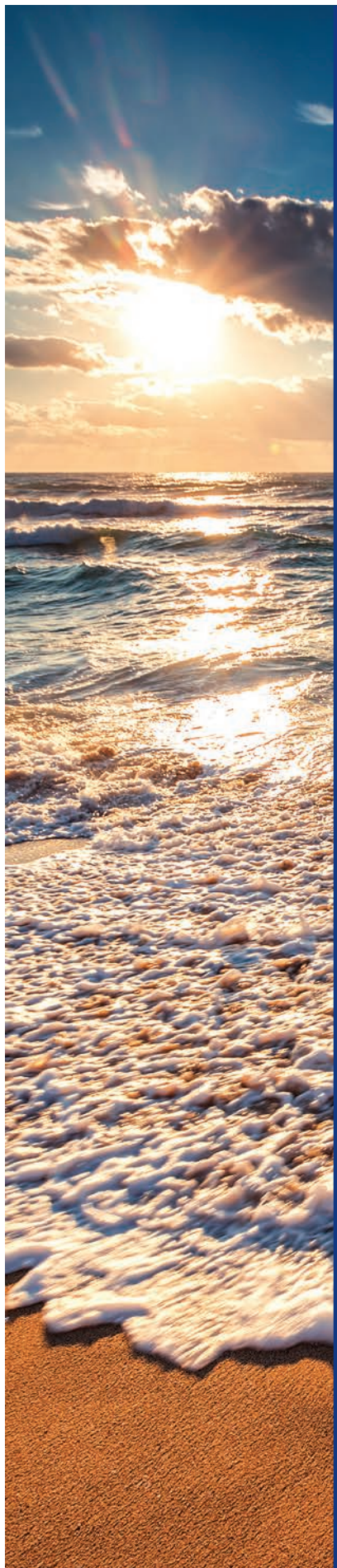
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PathPointe Magazine
PO Box 1895
Goldsboro, NC 27533-1895

PathPointe Magazine

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POSTMASTER: Please send address corrections to: Pathway Ministries Group, PO Box 1895, Goldsboro, NC 27533-1895.

PathPointe Magazine is written for the Faith Partners, Business Underwriters, and friends of Pathway Ministries Group.

Subscriptions: PathPointe is provided free of charge to interested parties within the USA, as our Lord provides. All other subscriptions are \$25.00 per year.

Address Changes: Please either send us a photocopy of your mailing label with your partner number or use the provided insert to carefully print your name, new address, and partner number and send it to: Pathway Ministries Group, Subscription Services, PO Box 1895, Goldsboro, NC 27533-1895. Please allow 6-8 weeks for address change information to be activated.

Back Issues: A limited quantity of back issues are available. If needed by churches, businesses, or other groups, bulk quantity information will be available upon request.

Reprints: Call 252-747-8887 for reprint information and reproduction rights for select articles.

Letters And Press Releases: There are four ways to send us material. 1. Fax to 866-537-8189. 2. By courier to 1302 South George Street, Goldsboro, NC 27530. 3. Through the mail. 4. Through our web site at GoMixRadio.org. These are in order of preference. Unsolicited manuscripts cannot be returned.

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In Her Eyes

Dr. T. D. Worthington

“The light of the eyes rejoiceth the heart.”

Proverbs 15:30

The glow from an eye that shows a pure and joyful disposition, rejoices the heart of him on whom it is turned. There is something infectious in the joyful look of another. It has a cheering effect upon those who observe it. We all want to see that light in the eyes of those we love, and when we see it our heart rejoices.

When a doctor looks into your eyes, he can see a lot. The eyes are sometimes a window to your overall health and well-being. I understand that a trained physician can see everything from allergies to autoimmune diseases

by looking into our eyes. Signs of diabetes, some cancers, and a host of eye disorders and diseases can also sometimes be first observed in the eyes.

But what do you see when you look into your wife’s eyes? Well I suppose that depends. It depends on if you have trained yourself to really see what is there. But, it also depends on her. St. Augustine famously called the eyes “*the windows to the soul*”; so, if her soul is dark and cold, you will not get a lot of encouragement from gazing into her eyes. It can actually be a bit depressing.

But, if your wife loves you, and if she consents to be the kind of help-meet

God wants her to be, then her eyes can minister to you in a positive way. Her eyes can speak volumes. They can bring conviction, and they can give you answers. Her eyes can show you things you will not see anywhere else.

When I look into Sherry’s eyes I can see love, compassion, mercy, and a host of other positive attributes. From time to time I have also seen pain, disappointment, and uncertainty; although she often tries to hide these emotions from me.

However, mostly what I see when I look into her eyes is myself. It is an image clearer than I can see anywhere else. It is a humbling image. I am not referring to seeing a literal reflection



of myself, nor am I referring to seeing similarities in our way of thinking, although there are many. What I am talking about is seeing myself the way she sees me. Much clearer than looking in a mirror, she can see the deeper side of me that I sometimes fail to recognize. I see the tip of the iceberg, but in her eyes, I can see what is under the water. In the depth of her eyes, I can often see the hidden answers, possibilities, and dangers. In just a few seconds of eye contact, it seems like everything else stands still, and all I can feel is a connection that goes straight into my inner most being. Looking into her eyes has always been the easiest way for me to gaze into the depths of my own heart.

She sees strength in me when I feel weak. She sees faith in me when I feel doubt. She sees success in me, when I struggle with failure. I see a lot in her eyes. Her eyes reveal the snares along the pathway that I may be too blind to see. Can your spouse say that?

If I had the ability to always see myself through her eyes, how different things might be. She sees the big picture; although sometimes distorted by the blinding light of love, whereas I tend to focus on the little fragments of my life that have little to do with the complete picture. She always sees more. Seeing myself through her loving eyes is an ongoing journey. But, the more I learn to do it, the better person I become.

In her eyes, I have on occasion seen pain, confusion, and a bit of uncertainty. But, even then, there is always faith, empathy, calmness, and composure. I've seen her eyes tired and weary. But, I have never seen them lose hope. I've seen love, courage, beauty, strength, virtue, honesty, trust, and a burning desire to follow Christ.

Of course, the same should be true when my wife looks into my eyes. If I could give her one thing in life, I would give her the ability to see herself through my eyes. Only then, would she begin to understand how special she is to me. She would behold the beauty and grace that I see. She would never be tempted to be preoccupied with how the world may see her. She would see the beauty that is so much deeper than what is on the surface.

Unless they are really prideful and hung up over themselves, women often tend to see themselves as a black and white X-ray. They see themselves like a gray, dull, flat, single dimensional surface. This vision lacks the depth of information needed to motivate them to understand who they really are. In her husband's eyes, she should be able to see a multi-dimensional and colorful view of herself. Only then will she comprehend her value and place in his heart.

Cherish Your Mate.

Most husbands and wives promised, "*to love and cherish...as long as we both shall live,*" during their wedding vows, but what does it really mean

to cherish each other? The dictionary defines the word "*cherish*" as to hold or treat as dear, to feel love for and to care for someone tenderly. Now, the way you cherish your husband or wife is unique to your relationship. Remembering what it is you cherish, even in the most difficult of moments, may help you stay focused on the positive elements of your marriage.

When you honor your vows, it shows that you view your spouse as a priceless treasure. Safeguard the intimate and emotional bonds of your marriage. Seek comfort from each other, openly communicate your feelings, give each other the benefit of the doubt and remember all you mean to each other. Protect your relationship from negative outside influences and put your marriage above your job, friendships, and leisure activities.

To cherish your mate is not to treat *them* like a piece of rare, fragile, and expensive china, but to treat their successes, their secrets, their self-image, their thoughts, their opinions, and their *heart* like priceless china. You learn to treasure and care for all the little things that compose who they are.





You have been given the opportunity to see the deepest and most tender part of your mate; their heart. But, an exposed heart is easy to pierce, so we must be careful to treat it gently and tenderly. If not, you will eventually be shut out, leaving you distant and alone in your relationship.

A commitment to cherish our mates involves not only self-sacrificing love, but also the responsibility of being an agent of sanctification in their lives. The goal of our love is to see both of us become more like Christ. This is no job for some mushy, nagging, self-absorbed individual, whose only wish is to be served. Cherish your mate, and demonstrate your feelings often. When you cherish your mate, you will not be afraid to let them really look into your eyes.

Let Them See the Depth of Your Love.

The main reason we don't want our mates to look inside is fear. We're afraid of what might happen if we really open up. We avoid transparency because we're afraid of how our spouses will react when they see our failures that would tend to make us unlovable. However, real love will give us the courage to be transparent.

“There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.”

I John 4:18

Can you see it? Love *cannot* be complete until it's given the opportunity to love *completely*. Your spouse can only love all of you if you are willing to let them in. It is interesting that we want our mates to love us totally and completely, but we are unwilling to reveal ourselves to them totally and completely, so what we seek is impossible. She cannot love the areas of life we hide from her, so we close the door to real intimate communication.

You reserve the transparency level for your spouse and perhaps a few others who are very close to you. Becoming transparent with many people can be dangerous. When spouses reach the transparency level, they operate with oneness. Reaching this level of meaningful communication is not easy, but the rewards far outweigh the cost. The most natural place for real openness is within the safe harbor of a healthy marriage. That “*safe*” harbor can be created and maintained only by a couple committed in love to each other. A couple so committed will unleash

their worship by demonstrating to the world who their God is.

So, what do you see in your mate's eyes? Have you ever really bothered to look? Have you tried but they are unwilling to be transparent and let you in? Have you looked only to find bitterness, anger, and darkness? What do they see should they look into your eyes?

I hope every husband sees what I see. I behold a bigger than life image of the pedestal she placed me upon. I see the encouragement and motivation I need to face tomorrow. I see me being held to an ideal that I must strive to reach, because I love her too much to be less than the man I see in her eyes.

Can your spouse see that light in your eyes? It is a different kind of light, but can your children and those you work and fellowship with see that light in your eyes? Or, are you afraid to let them get that close? Are you afraid they might see the cold, bitter, and selfish darkness that resides within?

They say “*love is blind*”, but it is not! Perfect love sees the possibilities and potential others cannot see. As I grow older, the mirror becomes less flattering every day. So, I have found it better to look into Sherry's eyes and see myself the way she sees me.

“The light of the eyes rejoiceth the heart.” Proverbs 15:30



Dr. Worthington has been in the ministry over forty years and serves as President of Pathway Ministries.



There is a well-known passage of Scripture in Proverbs I have never really understood.

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Proverbs 3:5-6

I can understand the first verse, but the next one throws me. How do I acknowledge Him? I don’t know what He wants me to do.

Here is what I found out that made it one of my favorite passages of Scripture. The words “to know” in Hebrew is the word “yada”. It occurs in the pages of the Old Testament 922 times. It is often used to mean more than empirical knowledge. For example, **Genesis 4:1a** says: *“And Adam knew Eve his wife; and she conceived, and bare Cain.”* As in this case, it often speaks of an intimate knowledge.

Out of the 922 times that it appears in the Old Testament, the King James

Version translates it *“acknowledge”* only twice. The passage from Proverbs is one of those occasions. Let’s translate it literally.

“In all thy ways know him, and he shall direct thy paths.” Suddenly, it makes sense. My job is to know Him. To know Him intimately is what the text implies. Then, He will direct my paths.

It is in the application where it really gets exciting. If I want to trust Him more, I don’t rely on lists or techniques considered to develop trust. In fact, I don’t even try to trust more. I don’t seek trust, I seek Jesus. When I do this, He promises to direct my paths.

Trust actually becomes a byproduct of a close relationship with Jesus Christ. He allows this to become a part of your life. You can apply this to all areas of your life. If a propensity to judge others is a vice you need to discard, the answer will be to seek Jesus. This answer may sound simplistic, but most have found that a judgmental attitude is

almost impossible to conquer alone. Here again, we find it is conquered almost as a byproduct of a close relationship with Jesus.

Our prayer life today is almost exclusively all about us. What can God do for us? How can God make “our will” happen? We do not even spend a great deal of time trying to discover His will. Our largest and most consistent prayer should be to get closer to Him.

While *“Just Give Me Jesus”* is a song title, it is also very good advice. One of the greatest examples of prayer is to be found in Psalms.

“As the hart panteth after the water brooks, so panteth my soul after thee, O God.”

Psalm 42:1



*Dr. Randy Spaugh is the Pastor of Faith Fellowship Church in Kinston, N.C.
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Balancing The Summer Budget

Seasons are changing as summertime is just about here for 2017. As the days, weeks, and even months are passing by, our Lord has continued to bless. It's been quite a trying time for many across our *GoMix* listening area over the past year. We will never forget the wide spread devastation caused by hurricane Matthew last fall. Then, even again this spring, the flood waters once again rose due to the heavy rains. Many who were just

beginning to recover from Matthew were hit once again. We praise the Lord our ministry was kept safe the second time around, but our hearts are heavy for those who did suffer loss.

Summer is normally a challenging time for most ministries. With the kids out of school, family vacations taking place, and projects around the home becoming a priority with the coming of warmer weather, giving tends to decline. We try to be good stewards and pace ourselves throughout the year to be able to balance the books, but it can be a struggle at times.

We thank each of you so much for your continued giving. We depend on each and every gift that

comes in. Our **Faith Partners** and **Business Underwriters** are a vital part of helping to keep *GoMix Christian Radio* on the air. So, as you plan out your summer budget, won't you consider helping us with ours by sending in your gift today? As always, we greatly appreciate your prayers as we continue the work the Lord has called us to do.



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Quality Time

Have you been facing hard times lately? Sure, you've always had struggles and trials just like anyone else, but for some reason you feel as though you're being hit harder and more often than before. Like a child playing at the beach in rough waters, you can hardly catch your breath and get on your feet before another wave crashes down again and sends you twisting around uncontrollably. You know the Bible says God won't put more on you than you can handle, and His grace is always sufficient (**I Corinthians 10:13, II Corinthians 12:9**), but occasionally you have questions about your own abilities. Be assured, He is with you, and He *wants* to help you.

All too often we get so busy and stressed trying to work out our own problems, we fail to spend *quality* time with the Problem Solver. When was the last time you spent *quality* time with your Heavenly Father? Not just reading a list of prayer requests and saying "Amen", but taking the time to listen for the wisdom and guidance He wants to give you? The Bible says He gives wisdom *liberally* to anyone who asks (**James 1:5**). When you go to the Lord in prayer, be specific about your needs

and prepared to spend a little extra time meditating and listening to the Holy Spirit.

Think about it, we usually take time to listen in other areas of our lives. If we want to know the best kind of paint to use for a special project, the best investment opportunities for retirement, or even the best deal on a cell phone plan, we research and ask the opinion of others more knowledgeable on the subject. Once we ask others for advice, we don't just say, "Ok, thanks!" and turn around and walk away. That wouldn't accomplish anything. No, instead we wait to hear what they have to say. Surely if we can take the time to wait for and answer at a hardware store or cell phone company, we can take the time to listen for an answer from the Lord and Creator of all things.

Your struggles and trials might not be taken away. You'll still face difficulties and uncertainties that can feel overwhelming at times, but He *will* give you the guidance to get through them if you just ask. Not only does He want to hear from you, He wants you to hear from Him!



Do you sense it? I can feel it in the air! Summer brings all types of excitement-especially for students and teachers! I imagine the most excited of all are the high school graduates as they walk into a new phase of life. They must say good-bye to the familiar and learn the new. This is a difficult stage of life to be in because there are so many questions and very few answers. It is a new beginning!

I remember when I graduated from high school. I knew which college I was going to, but that was about it. I only knew that because it was the local college, so I could live at home, and it was cheaper, too. I could at least get my first two years

there. Community colleges were not an option in my era. Believe it or not, my plans changed at least a dozen times during those formative years of my life. Fortunately, I was living in a Christian home and still attended my home church. Those two foundations were not lost. Maybe if I had been listening to the Holy Spirit, I would not have had so many detours. It would have been better to have had God's plan instead of my own. There were so many important decisions to be made.

During the five to ten years after high school a person may decide on a career, who to marry, how many children he will have, and where to live. More importantly, he will decide

on the values he wishes to make his own. Will he carry on the values of his parents, will he incorporate his parent's values with his own, or will he disavow them completely? This can all be overwhelming, unless some important decisions have already been made. We have to remain firm in our convictions or our ships will veer off course.

The Bible says,

“Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.”

I Corinthians 15:58

If a Christian young person has already made a decision to live out his Christianity, many of these decisions will be made for him. When he meets someone new, he already has a list of standards set for his future spouse. He has determined not to veer from his non-negotiables. No amount of temptation or sweet-talk will cause him to compromise the standards he has set for himself. If he is offered a job, he has the Holy Spirit to lead him in this decision. He knows it is not just about making more money, but about determining if it is the job God wants him to have. He knows the only way to influence the kingdom is to be where God wants him to be.

Unfortunately, many Christian young people have not seen this lived out, because all too often many of us older Christians do not make wise decisions. What do we base our decisions on? How we are feeling, what we are wanting, and how it affects us in this world are our deciding factors. We have our own plans, and the children don't see us let God make our plans. We already have everything mapped out.

In **Titus 2:1-8**, the Bible teaches that older men and women are supposed to be examples to the younger generation. The Scripture lets us know we should be teaching them by our lives, our words, and the Word of God. When I observe the adults in our world, it saddens my heart. Many of the examples the children have to look up to are atrocious. How can we complain about the children? I wish I could say it was only the lost world, but it is not!

Read the papers, watch the news, observe the people around you. What do they have in common? Many of

the so called adults of our world feel entitled. They must be first! None of the rules apply to them. If they mess up, it is someone else's fault. Everything should be free. No one should have to pay for anything. They need to be catered to in every area of life, whether they are at a restaurant or in the hospital.

I had a loved one in the hospital a few weeks back, and I felt so sorry for our nurse. The rooms next to us had some very difficult patients. She was trying her best to satisfy them, but nothing worked. One man was hollering at her and fussing because he didn't like his food. Another lady kept pushing the buzzer all night for trivial questions. I wondered if they were mentally or emotionally unbalanced, but it wasn't that. They were just entitled. What they wanted must come first!

I am in a service-oriented ministry, but I am very fortunate. I have a great group of students and parents. Many of them are very appreciative of the things I do for them. That makes serving easy. But the real test is when it is not easy. Our Lord teaches us we should be a servant to all. The Word of God teaches us,

“But so shall it not be among you: but whosoever will be great among you, shall be your minister: And whosoever of you will be the chiefest, shall be servant of all. For even the Son of man came not to be ministered unto, but to minister, and to give His life a ransom for many.”
Mark 10:43-45



Isn't that the secret? If we could learn to serve others with a genuine love, all of the problems would stop. Can you think of a problem that would not eventually be solved if we learn to love and serve one another? Even the tragedies of the past few months would be easier if we all put others' needs first.

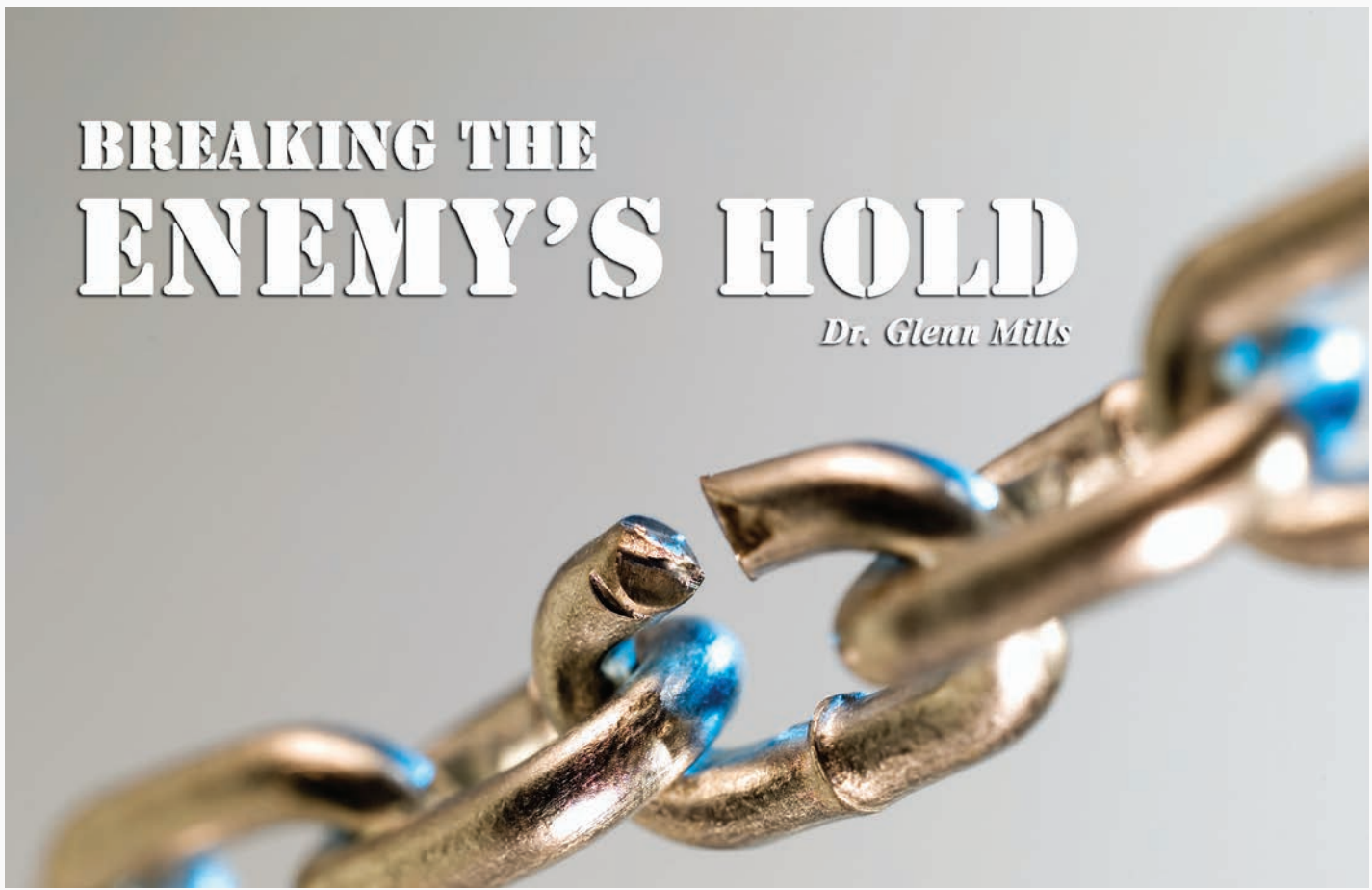
So, what is my advice to you, Graduate? Look around you! Ask God how you can serve others in your future. Find out what He wants you to do. The answer won't revolve around you. It will be about what you can do for Him. Make this phase of your life a true beginning. Put Christ and His Kingdom first, and the rest will fall into place.



Mrs. Worthington has five children and ten grandchildren. She serves as Principal of Pathway Christian Academy in Goldsboro.

BREAKING THE ENEMY'S HOLD

Dr. Glenn Mills



“Neither give place to the devil.”
Ephesians 4:27

Most of us can still remember the kidnapping of Elizabeth Smart on June 5th, 2002, in Salt Lake City, Utah. The News channels were filled with reports, interviews, speculation, and requests from the public for any help they might be able to give. Sadly, the kidnapping lasted for nine months, but praise God her rescue came on March 12, 2003, after America’s Most Wanted aired a program about Elizabeth. Amazingly, she was only eighteen miles from her home.

Her captors were both prosecuted for the crime, and the man responsible received two life sentences. Elizabeth received much counseling and later went to Congress to support sexual predator legislation and the much needed Amber Alert System.

This story is a prime example of **Genesis 50:20** that says what the enemy means for evil, God will turn for good.

Elizabeth is truly a remarkable young woman who has done a lot of good for other people because of her tragedy. How could any person who experiences such abuse and pain survive without some type of mental harm? Even more amazing than Elizabeth, was someone we have heard little about; her mother.

Shortly after Elizabeth was rescued and things were still extremely fresh in her mind, her mother did something very few could ever do. Most parents would be angry, bewildered, and vengeful toward her captors, thus giving Elizabeth opportunity to hold on to a victim mentality for the rest of her life.

Instead, her mother gave her some advice we all need to learn from and apply daily.

Even through her own pain for her daughter, Lois Smart shared with Elizabeth this life-changing advice. *“Don’t give one more second of your precious, God-given time by holding on to the hurts and abuses that those people inflicted upon you. By not allowing yourself to dwell on them is how you remove their power over you.”*

Wow! What a revelation. Talk about words of wisdom. Elizabeth accredits her recovery to the help of God and her mother’s advice.

So that is Elizabeth’s story, but what is yours, my friend? Is there someone who still has power over you due to something said or done in the past? Thousands of

believers are still bound by chains due to past experiences they still hold on to. Something done by a parent, sibling, friend, neighbor, boss, preacher, church, or even a total stranger still lives fresh in their mind every day. Therefore, that person or thing still holds them captive in their mind.

No one is exempt from the temptation of this happening in their life. Like others, at times I also struggled with bitterness, anger, and resentment. How does one know they are still under the power of an offense? They are still moved by it in some way. They still feed it with their time and thoughts. It remains fresh in their minds, always causing some type of reaction.

Lois Smart's advice was based on Biblical principle. God said to give no place to the devil. **Philippians 4:8** gives us some things we should always be focused upon so we can keep our minds clean. We cannot only be free in mind and spirit, but we can stay free with the help of the Holy Spirit.

You, my friend, will always be tempted to hold on to an offense, but you can choose to release it instead. I pray you will not give one more second to a past offense. Give it to God and allow Him to deal with it. Break the enemy's power over you today by submitting to God's power through His Word and Holy Spirit. Allow each and every offense to become a stepping stone and not a stumbling block. Hold to the promise of **Genesis 50:20** that God will turn all evil and harm to your good and His glory.



Regardless of what we face in life, there is an answer to all our problems.

“If the Son therefore shall make you free, ye shall be free indeed.”
John 8:36

Our freedom - spiritually, physically, emotionally, financially, and mentally is in who Jesus is. We are more than conquerors in Jesus Christ who gives us power, authority, and dominion over our enemies.

My prayer is that you fully receive this message of hope and refuse to allow your past hurts and offenses to have one more second to your life. Paul said in **Philippians 3:13** to forget (*cast away, push aside, break the influence*) those things that are behind (*past*) and press on toward the things (*victories, blessings, favor, opportunities*) that lay ahead (*present and future*).

PRAYER: Precious Father, I repent of holding on to any and all offenses, whether caused by me or someone else. My holding to them is proof of my not trusting You to deliver me as You promised. I release every offense to You and cast all my care upon You, as You requested. Clean my heart, Lord, and clear my mind. Fill me with Your Word and Your Holy Spirit which will help me in my daily walk with You. I declare my freedom in Christ from my past, and I will deny myself, take up my cross, and follow Jesus into my future. In Jesus' name, Amen.



Dr. Glenn Mills is a full-time Evangelist with the Open Arms Evangelistic Ministry. He can be heard each weekday on GoMix Christian Radio.

And Finally...



National Trails Day...

I have a long list of favorite hiking trails on the Blue Ridge Parkway. They range from easy to moderately strenuous. If I had to pick just one, I think my absolute favorite would be the Linville Falls trail along Mile Marker 316 of the parkway. It's about a 2 mile hike round trip. There are several waterfalls along this trail, and the views are spectacular. The waterfalls are fed from the Linville River and flow down the mountain into Lake James near Marion, North Carolina. We have been back 3-4 times now as the scenery never gets old.

G. D.

I enjoy hiking most at Grayson Highlands State Park in Southwest Virginia. Any time of the year is a great time to visit this park, but I find autumn to be my favorite season. The leaves will turn earlier here than most of the surrounding areas because the park sits at an average elevation of about 4,500 feet. When I was a kid, my parents would bring the entire family (including the dog) to this park, and we would hike the Wilson Creek Trail. This trail is actually my favorite because you pass multiple waterfalls, one at a time, for about a half mile as you hike up the creek. At the bottom of a few of these waterfalls are small wading areas. One of the very last waterfalls you can see has a fantastic spot on a large boulder where you can watch the water. This is a great place for a picnic in the middle of a long hike before you turn around to walk back.

J. B.

I enjoy longer hiking trails where we can camp overnight. Tucked away on the banks of the Neuse River through the Croatan National Forest is the Neusiok Trail. It's about 20 miles from start to finish and it crosses sandy beaches, cypress swamps, hardwood forest, longleaf pine savannahs, and pocosin bogs. It's actually part of the larger mountains to the Sea Trail. There are some swampy areas, but most of the trail has boardwalks to cross to keep your feet dry, although I would still recommend an extra pair of socks. It was a bit wet last time we hiked it!

E. R.

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