

iBlossom NEWSLETTER

Your Growth Continues Now



Hello Fellow Bloomers, We are pleased to welcome you to the latest issue of our Blossoming Place Bi-Monthly Newsletter. This issue has rich content and insights to help you reach your maximum potential. We hope you find these updates a nourishing addition to your journey.

Bi-Monthly Blog Updates

The Consequences of Ungratefulness - By Dr. Paul A. Scavella

Romans 1:21 describes how people became futile in their thinking and their foolish hearts were darkened because they did not honor God or give thanks. This suggests that ungratefulness can lead to a decline in spiritual understanding and moral clarity.

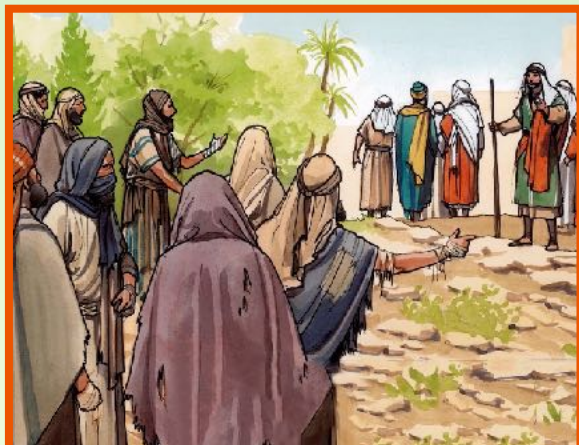
Ungratefulness comes with drawbacks:

The Drawbacks of Ungratefulness:

Ungratefulness can lead to several negative consequences, both spiritually and relationally. It often cultivates a mindset of dissatisfaction, which can result in a lack of appreciation for the blessings one has, leading to bitterness, envy, and a disconnect from others and from God. This attitude can cause a decline in spiritual understanding and moral clarity, as reflected in Romans 1:21, where failure to honor God and express gratitude leads to futile thinking and darkened hearts.

Biblical Example:

A notable example of ungratefulness in the Bible is found in Luke 17:11-19, where Jesus heals ten lepers. After being healed, only one of the ten returned to thank Jesus. The other nine went on their way, failing to express gratitude for the miraculous healing they had received. This not only reflects ingratitude but also highlights the importance of acknowledging and honoring those who bless us. The one who returned received not just healing but also affirmation from Jesus, emphasizing that gratitude can lead to deeper spiritual blessings.



Good News Productions, International (GNPI) and College Press Publishing Co.
Artist: Paula Nash Giltner

SALE

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Biblical Coaching 101

Each Friday Night
at 7:00 P.M. EST.



Available:
Books, Polo Shirts, Book Markers, and more.

The Consequences of Ungratefulness, Continued

Popular Maxim:

A popular maxim that captures the essence of ingratitude is: "Gratitude is not only the greatest of virtues, but the parent of all the others." This quote, often attributed to Cicero, underscores how ingratitude can stifle other virtues, leading to a decline in character and relationships.

How to Avoid Ungratefulness:

To avoid ungratefulness, one can practice intentional gratitude. Here are some practical steps:

1. **Daily Reflection:** Take time each day to reflect on things you are thankful for, big or small. This can help shift your focus from what you lack to what you have.
2. **Express Thanks:** Make it a habit to thank those around you, whether friends, family, or even strangers. A simple "thank you" can foster a culture of appreciation.
3. **Pray:** Incorporate gratitude into your prayers. Acknowledge and thank God for His blessings in your life.
4. **Gratitude Journaling:** Keep a journal where you regularly write down things you are grateful for. This practice can help reinforce a positive mindset.

By actively cultivating gratitude, one can combat ungratefulness and foster a richer, more fulfilling life.



FAITH POWER MOVES

Explore the power of faith with today's 'Faith Power Move' #faith-power-move'. This power move will inspire and invigorate your spiritual journey.

Psalm 51:1-2 (ESV) - David's prayer of repentance:

"Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin!"



FITNESS MATTERS

Your body is your temple. Our health and fitness updates provide effective workout routines, healthy recipes, and tips to maintain a balanced lifestyle.

Build a balanced fitness routine:

Finding time for fitness is one of the healthiest moves you can make. It helps you look and feel your best. It reduces your risk for certain chronic diseases. And it might just add years to your life.

But to reap the most benefits, you need to maintain a balanced fitness routine. So if you're an avid runner who never works on upper-body strength, you need to read this.

Take a whole-body approach

The American Heart Association says your workout program should include an assortment of these four activity types:

- ❖ Endurance (aerobic)
- ❖ Strength
- ❖ Flexibility
- ❖ Balance



You don't need to hit all four daily. But by engaging in these different activities on a weekly basis, you receive a variety of health benefits. Plus, it shakes up your routine and prevents you from getting bored with your workout. — [Adventist Health](#)

FUNDAMENTALS of Education

Career Personality Profile Test

<https://www.truity.com/test/career-personality-profiler-test>

Learning Styles Quiz

<https://learningstylequiz.com/quiz/start.php>

Understanding the principles that guide Adventist Christian Education is critical for spiritual growth. Dive deep into these fundamentals in our latest update.

A Spiritual Focus is Necessary for Context and Relevance:

"The most essential education for our youth today to gain, and that which will fit them for the higher grades of the school above, is an education that will teach them how to reveal the will of God to the world. (White, Ellen G., The Review and Herald, October 24, 1907: Fundamentals of Christian Education, p. 51)

— Ellen G. White / adventist.org





Strengthen your family bonds with our guidelines on Family Togetherness. Discover activities, shared goals, and traditions that foster love and unity.

Ways To Celebrate With Your Family, Continued:

- ❖ Involve children in meal preparation
 - ❖ Invite neighbors to a neighborhood cookout/ games
 - ❖ 40 days life changing family worship
 - ❖ Backyard/normal camping
 - ❖ Kids Pick Day (kids plan the whole day of fun, food, and activities)
 - ❖ Resources/Poster: How to support your child's mental health
 - ❖ Life Groups: getting together with other families during the week for dinner
 - ❖ Open house/ Block party for neighborhood
 - ❖ Kid-led family worship
 - ❖ 30 life questions to ask your grandparents
- [NAD Family Ministries](#)



Financial Fitness

Learn effective money management, saving, and investment tips to secure financial health. It's time to take control of your financial future. It is more blessed to give than to receive. Receivers always give.

The Wise:

"In the vibrant spirit of the Bahamas, let us remember the wisdom of Proverbs 21:20, which teaches us that "the wise store up choice food and olive oil, but fools gulp theirs down." As we embrace the beauty of our islands, let's also cultivate a practice of financial prudence. Set aside a portion of your earnings, just as our ancestors would save the best of their catch for the lean seasons. By investing in our future and nurturing our resources, we not only honor our heritage but also lay a foundation for abundant living, ensuring that we can weather any storm that comes our way."

— Dr. Paul A. Scavella





“Now faith is the substance of things hoped for, the evidence of things not seen.”

— Apostle Paul (Hebrews 11:1)



Laughter refreshes the soul. Enjoy our Christian #joke-of-the-day and share the joy with others.

“At our prayer meeting I asked my pastor to pray for my hearing. He placed his hands on my ears and prayed. Afterwards, he asked if my hearing was better. I said I wouldn’t know until Monday when I appear before the judge at the courthouse.”



Draw strength and peace from our selection of powerful Bible prayers. Let them guide your prayer sessions.

Powerful Prayer of the Day

Luke 11:9 (NASB) - THE PERSISTENT WIDOW'S PRAYER

“...Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

In other words, we are encouraged to share everything in prayer, not being afraid to ask what’s on our hearts. This is the lesson we learn from the persistent widow.

Bible Trivia of the Day

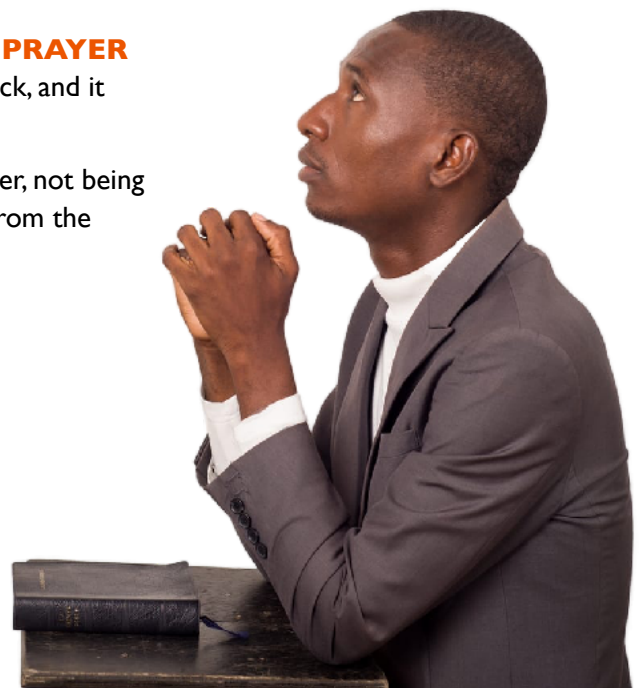
Test your knowledge and enjoy some fun with our Biblia Trivia.

Trivia Questions - Fruit of Faith:

When was the Sabbath first instituted, and by whom was it observed?

Who partook of a meal prepared by an angel, and was sustained forty days and nights while in the mountain?

What is the whole duty of man, according to the Scriptures?



Upcoming Events

Join us for upcoming events that reconnect, enrich life's journeys, and foster healthy communities. Take a look at what's coming up.

March 7, 2025 – 7:00 p.m.

Discipleship Coaching 101 - Friday evenings live on our Blossoming Place YouTube and FB channels.

March 9, 2025 – 5:00 p.m.

Blossoming online Bible Class: Join us each Sunday. This week we continue to examine the Three Angels' messages.

March 12, 2025 – 7:15 p.m.

The Search for Truth Gospel Campaign continues every Wednesday night beginning at 7:15 p.m. Join us live on the Freeport Adventist Church YouTube channel.

March 23, 2025 – 6:00 a.m. EST

The Renew Prayer Journey continues. Please join us on the 4th Sunday each month. You will come away truly blessed! The Sunday, March 23, our guest speaker is Pastor Wilson Isnord.

March 27 - April 19

Path To Life Health Experience - Nairobi Kenya, Africa: Speaker, Dr Paul A. Scavella nightly from 5:00 p.m. - 7:00 p.m. It will also be broadcast on [Youtube](#) and [Facebook](#).

Weekdays (M-F) – 8:30 p.m.

Daily FB Live with *Dr Paul is on call*, Monday-Friday.

[SAMPLE Link](#)

Daily Life Coaching

Sessions are available; book your appointment today by visiting our website listed below.

COMING SOON - Bone Alignment Therapy (BAT) Blog/Podcast.

Join us on the Renew Prayer Journey, continued!

the 4th Sunday each Month
6:00 - 7:00 a.m. EST

Thank you for being part of our community. We look forward to bringing you more empowering resources in our next issue.

Please share this newsletter with anyone who might benefit from it. If you have any suggestions or comments, please write back to us.

Stay blessed,
Dr. Paul Scavella
Founder/Chairman
Blossoming Place



ON CALL
WITH
DR. PAUL

CONNECT



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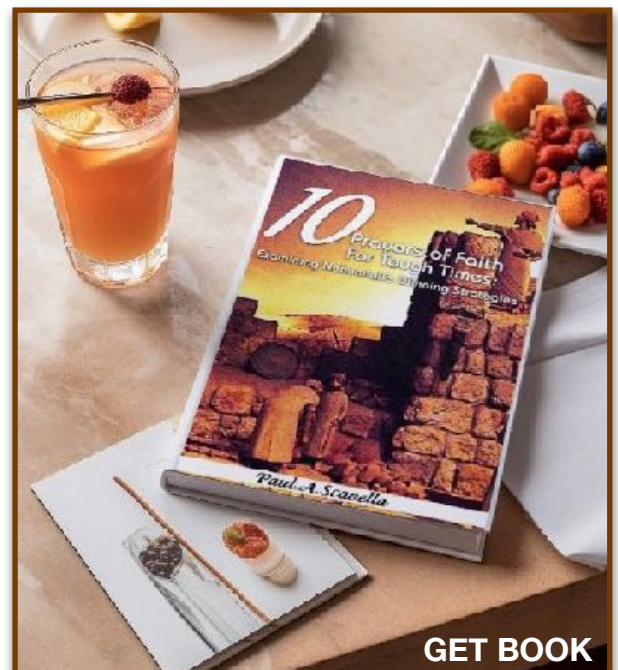
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