

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

10 Essentials to Strengthen your Faith and Deepen your Relationship with Christ - By Dr. Paul A. Scavella

As new Christians embark on their journey with Jesus, there are several foundational truths and practices that can help strengthen their faith and deepen their relationship with Christ. Here are ten essential things to consider, supported by Scripture:

1. Understand God Loves You.

Scripture: "For God so loved the world, that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16 NIV)

Importance: It's vital to know that you are loved unconditionally by God, which forms the basis of your relationship with Him.

2. Embrace Your New Identity in Christ.

Scripture: "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17 NIV)

Importance: Recognizing that you are a new creation helps you understand your worth and the transformative power of faith.

3. Commit to Prayer

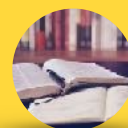
Scripture: "Pray continually." (1 Thessalonians 5:17 NIV)

Importance: Developing a habit of prayer deepens your relationship with God and helps you seek His guidance in your daily life.



Items For Sale?

Be the first to advertise in our Newsletter!



Biblical Coaching 101

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



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

10 Essentials To Strengthen Your Faith and Deepen Your Relationship..., Continued

4. Read and Meditate on Scripture.

Scripture: “Your word is a lamp for my feet, a light on my path.” (Psalm 119:105 NIV)

Importance: Regularly reading the Bible provides spiritual nourishment and guidance, helping you grow in understanding and wisdom.



5. Obey God's Commands

Scripture: “If you love me, keep my commands.” (John 14:15 NIV)

Importance: Obedience is an expression of love for God; it leads to a fulfilling and blessed life.

6. Fellowship with Other Believers.

Scripture: “And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another.” (Hebrews 10:24-25 NIV)

Importance: Surrounding yourself with a supportive community fosters growth, accountability, and encouragement in your faith journey.

7. Serve Others

Scripture: “Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.” (1 Peter 4:10 NIV)

Importance: Serving others is a practical way to live out your faith and demonstrate the love of Christ to those around you.

8. Share Your Faith

Scripture: “Go therefore and make disciples of all nations...” (Matthew 28:19 ESV)

Importance: Sharing your faith is an essential part of the Christian life; it not only strengthens your understanding but also helps others come to know Jesus.



9. Trust in God's Plan

Scripture: “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.” (Jeremiah 29:11 NIV)

Importance: Trusting in God's plan encourages you to face challenges with confidence, knowing He is working all things for your good.

10. Accept God's Grace and Forgiveness

Scripture: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9 NIV)

Importance: Understanding and accepting God's grace is crucial for dealing with guilt and shame; it allows you to move forward in your faith journey.

Helping new disciples understand these elements of their new walk will assist them in their journey from earth to glory.

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 28:7-8

"7 The Lord is my strength and my shield; My heart trusted in Him, and I am helped; Therefore, my heart greatly rejoices, and with my song I will praise Him. 8 The Lord is their strength, And He is the saving refuge of His anointed."

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, continued:

Endurance (aerobic) exercises

Not only do endurance activities boost your mood, but they also help your heart, lungs and blood vessels stay healthy. People who get the recommended amount of endurance exercise lower their risk of diabetes, heart disease and stroke. Examples include:

- * Brisk walking
- * Running
- * Swimming
- * Biking

Try to do at least 150 minutes of moderately intense aerobic activity each week (such as 30 minutes, five days a week). Or shoot for at least 75 minutes of vigorous aerobic exercise each week [15 minutes, 5 days per week].

To tell if your exercise pace is moderate or vigorous, try the talk test:

Moderate exercise: You can carry on a conversation (but not sing) while exercising.

Vigorous exercise: You can't say more than a few words without feeling breathless. — [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.

Building Constructive Habits for Study and for Life:

Cultivate respect for yourself because you are Christ's purchased possession. Success in the formation of right habits, advancement in that that is noble and just, will give you an influence that all will value. Live for something besides self.

(White, Ellen G., Mind, Character, and Personality, vol. I, p. 366)

— 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:

- ❖ Family community outreach projects (neighborhood clean-up)
 - ❖ Adopt a family with a kid in prison/hospital
 - ❖ Father/mother son-daughter events
 - ❖ Step family seminar/help
 - ❖ Use of electronics to send positive messages to the family
 - ❖ Family workout challenge
 - ❖ Family talent showcase
 - ❖ Parents night out (coordinate with family life groups)
 - ❖ Evenings/days together with friends of children/youth to get to know/influence them
 - ❖ Make up a family holiday to devote time together
- 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.

My Financial Practices:

Irrational or Rational?

In today's fast-paced world, where financial decisions are often made in the blink of an eye, it's easy to fall into the trap of irrational thinking. We find ourselves navigating a complex landscape of investments, savings, and expenditures, yet many of us make choices that defy logic. As a Life Coach, I often see parallels between the way we approach our health and our finances. Both require careful consideration, planning, and a rational mindset.

Understanding Irrational Behavior in Finance.

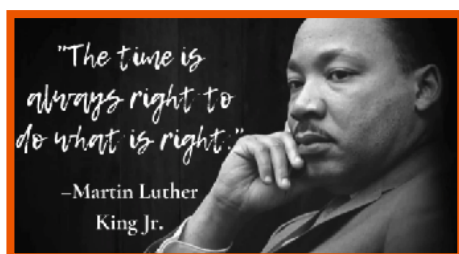
Irrational financial behavior can manifest in various ways — impulse buying, chasing after the latest investment trends, or failing to save for the future. Behavioral economics teaches us that emotions and cognitive biases can significantly influence our decisions. For instance, the "fear of missing out" (FOMO) can lead us to invest in volatile stocks, while "anchoring" can cause us to hold onto losing investments far too long. Be sure to check out our next Newsletter as we continue "My Financial Practices".

— By Dr. Paul on Call. Remember: "Your Growth Continues Now."





"The time is always right to do what is right". — Martin Luther King Jr.



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

A man stranded on an island for 5 years was finally rescued one day. The man rescuing him noticed he had built 3 huts. He asked him what they were for. The man said, "One was my house, and one was my church." The rescuer said, "Okay, that makes sense, but what about the 3rd hut?" The man replied, "That was the church I used to go to before I changed denominations."



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

Powerful Prayer of the Day

Ephesians 1:3-6

"³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, ⁴ just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, ⁵ having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, ⁶ to the praise of the glory of His grace, by which He made us accepted in the Beloved."

Bible Trivia of the Day

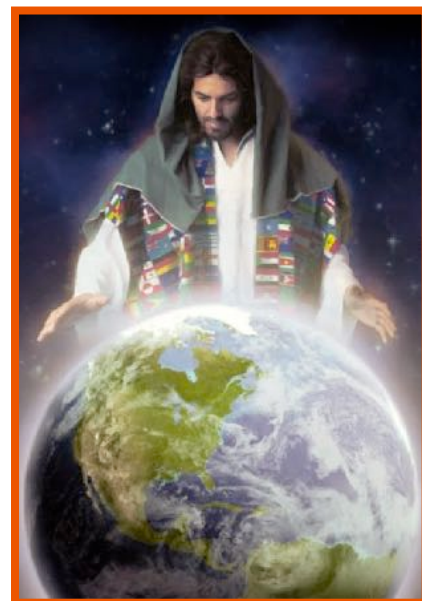
Test your knowledge and enjoy some fun with our Biblia Trivia.

Trivia Questions

Man's works are not justified by the law, but by _____ in Jesus Christ.

In Isaiah chapter 8, Christ is described as a _____ of stumbling to the House of Israel.

According to Peter, what stone became the head of the corner? _____



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 21, 2025 – 7:00 p.m.

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

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! This Sunday, March 23, our guest speaker is Elder Michael McCoy.

March 23, 2025 – 5:00 p.m.

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

March 26, 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.

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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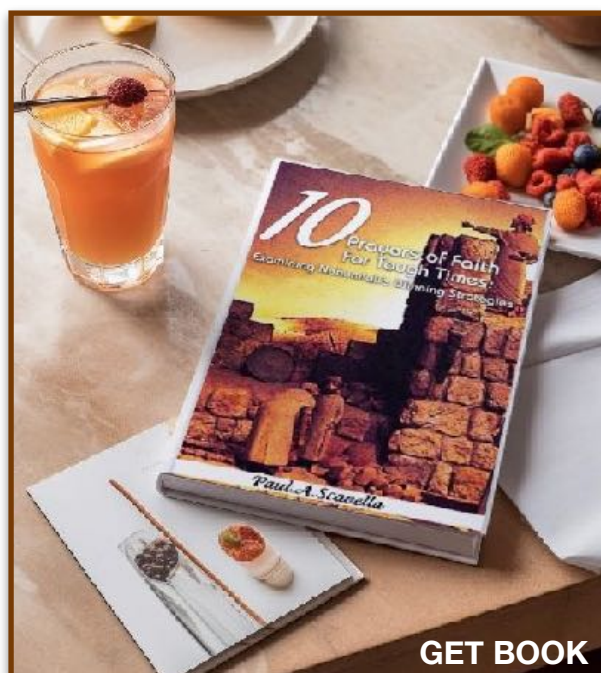
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