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DEP MINISTRIES CHURCH

4713 Upchurch Ln.
Wake Forest, NC 27587

“CREATING CHANGE THROUGH EDUCATION AND SERVICE”

Pastor Word ---

Control your mouth

You can't say everything you feel. Think about it! Once you say it, you can't take it back.

Ephesians 4:29 says; Do not let no foul or pulluting language, nor evil words nor worthless talk come out of your mouth, but only what is helpful for building others up according to their needs, that it may benefit those who listen.. Get rid of all bitterness, rage and angry, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Pastor DE Powell

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Our Goal

The primary goals of our online Bible teaching ministry are to teach sound biblical doctrine and to bring disciples to maturity; yet still reach the lost, call believers to revival, and to motivate Christians to spend more of their time in Bible study and prayer.

JUNE WELLNESS MESSAGE

Testimonials

Words from Ma Jones

*Through It All (Job)
Job lost it all, but he remain unchanged*

Depteachingministry.org

- ✚ Quarterly class every Tuesday night 7-9
- ✚ Have a question - Ask the Pastor
- ✚ Follow us on Facebook

DEPMnon-profit.org

- ✚ Sign up! Free Monthly Car Clinic classes
- ✚ Follow us on Facebook

Church Announcements

- ✚ The church has received a van donation:
99 Plymouth voyager, transportation for
Sunday Service

Prayer List

Olivia Jones
Brownie Herbin
Maggie Pittman
Brenda Kerney

What is diabetes

There are three main types of diabetes:

- **Type 1 diabetes** – Your body does not make insulin. This is a problem because you need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body. You need to take insulin every day to live.
- **Type 2 diabetes** – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.
- **Gestational (jest-TAY-shun-al) diabetes** – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. But even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

Eat well.

- **Make a diabetes meal plan with help from your health care team.**
- **Choose foods that are lower in calories, saturated fat, trans fat, sugar, and salt.**
- **Eat foods with more fiber, such as whole grain cereals, breads, crackers, rice, or pasta.**
- **Choose foods such as fruits, vegetables, whole grains, bread and cereals, and low-fat or skim milk and cheese.**
- **Drink water instead of Juice.**

Portion size matters.

