**Musical Mastery**

Singer/Songwriter Sheléa is pushing the musical envelope forward and bringing us back to the basics!

**Building A Great Life**

Transform your life by memorizing these scriptures to increase your joy!

* iPress ft. Simone Paris
* Him & Her series on Relationships
* Men’s Summer Fashion
* What Are You Thinking?
* Poetry Corner
* Simple Church
The Bible is meant to be **BREAD** for daily use, not **CAKE** for special occasions.
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Back2Basics Tip:
Listen to Jesus

It is easy to get caught up in the day-to-day activities of life. We must allow ourselves quality time in the word of God, with humble and teachable minds. Jesus knows the plan for our lives and His plan is perfect. Instead of blaming God during our trials, let us open our ears and hearts to learn what He teaches by them. In this issue, Sheléa Frazier tells us how she gets back to the basics with God and in music, we have fashion, creativity in worship, inspiration and advice to the questions on your mind.

My sheep hear My voice, and I know them, and they follow Me. 28 And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. John 10:27-28 (NKJV)
| "I've been thinking about a suicide" | "I've been contemplating a suicide" |
| "Over and over I tried" | "Empowered to reflect on his glory" |
| "Yet wrecked describes this life of mine" | "And begin a flight" |
| "I've been contemplating a suicide" | "I've been contemplating a suicide" |
| "Done with the trials lies and strife" | "For my time on earth isn't mine" |
| "This world inclines" | "I am destined to survive" |
| "I've been contemplating a suicide" | "I've been contemplating a suicide" |
| "Throwing up my hands" | "The battle within is strong" |
| "Surrendering my pride" | "Desire to live right in a world of wrong collide" |
| "I've been contemplating a suicide" | "I've been contemplating a suicide" |
| "Letting go of my plans" | "I am already dead if I keep living this way" |
| "Laying down my life" | "Through his grace - I can be made alive" |
| "I've been contemplating a suicide" | "I've been contemplating a suicide" |
| "This heart desires more" | "He promises to make a way" |
| "There has to be something greater coming in time" | "And my every need provide" |
| "I've been contemplating a suicide" | "I've been contemplating a suicide" |
| "The word of God says that if I die to self" | "I give him all the glory, honor" |
| "My spirit he will revive" | "And my life" |
| "I've been contemplating a suicide" | "I've been contemplating a suicide" |
| "Giving the struggle" | "Giving the struggle" |
| "Allowing him, my battles to fight" | "Allowing him, my battles to fight" |
**What is Simple Church?**

- It is accepting God’s invitations to join Him in His missinoary work.
- It is lay led by common every day people, CORE4 missionaries.
- It gathers in homes for fellowship, food, and relational Bible study.
- It is built on trusting relationships.

Simple Church is intentional about keeping its infrastructure very **simple**. But simple is not simplistic. Simple asks questions like: *What are the bare essentials? How much of this is really necessary to share the Everlasting Gospel? What hinders a grass-root lay-led movement?*

Simple Church is bottom-up, as compared to top-down. Mahatma Gandhi understood this leadership principle when he said, "There goes my people. I must follow them, for I am their leader."

**How does Simple Church measure “success”?**

Success is accepting God’s invitation to join Him in His work. John 5:19. In other words, Simple Church is where every-day life is the mission trip.

[www.simplechurchathome.com](http://www.simplechurchathome.com)
Save the Date!

January 12-15, 2014 Adventist Ministries Convention

BeAutiful deSign

"...you are a chosen people." 1 Peter 2:9
Q What do you do if you have parents/ siblings who are living the wrong way (one way in church, another at home, dad on the internet)? How do you avoid wrong influences when you live with them?

A This can be a very frustrating situation, especially when your family is living a double life. It can make things very confusing during your walk with Christ. Even though you’re seeing two different lifestyles by relatives, you have to not only pray for them but also yourself. Praying for them will show the compassion and love that you have towards them; God will see this and work even harder to get his children to recognize their problems and to change them. While God is working on them, you have to stay focused on your spiritual walk with Christ. This is when the devil starts to tempt and cause confusion, which is when you have to pray; pray that God will block out any negativity that is going on around you. If things continue to stay the same, God may cause a change that allows you to get out of the situation. Isaiah 55: 6-7 says, Seek the Lord while He may be found. Call upon Him while He is near. Let the wicked forsake his way, and the unrighteous man his thoughts. Let him return to the Lord, and he will have mercy on him. And to our God, for he will abundantly pardon.

Q How do you take a stand with your friends? What do you do when you have a friend that is becoming rebellious?

A It is a sad thing to see a friend taking the wrong path in life. It is painful to see and wonder if we could have done something differently to help them choose a better path. The truth is, many times people will not do the right thing. We cannot allow anyone to keep us from doing God’s will. Don’t let your friend lead you astray! But how can we help them? I believe in honesty. Be bold in your convictions from God. Share with them the truth. “... For nobody knows the day or the hour...” (Mark 13:32) But it is coming quickly! We need to seize every opportunity to witness to others. Prayer is very important too. Our God is so powerful, and many times we down play his strength. He is able to do “… immeasurably more than all we could ask or imagine!” (Ephesians 3:20) We must have faith that he can change our friend’s hearts. Also, sometimes we will lose friends because of what we believe. The book of Job is the perfect example. Job was a wealthy and highly blessed man, but it was all taken from him. His children died, his animals died, he was swarmed with disease, and his friends and wife questioned “what did you do to make God so angry?”(Job 22:4-11) Yet he still trusted and had faith that Christ was in control and had his best interests at heart. Sometimes we have to make sacrifices for God, but it will all be worth it in the end when he says to us at the gates of heaven, “Well done good and faithful servant!” (Matthew 25:23) So even if we lose a friend, we have the best friend at our side that goes before, behind and beside us. God is the only friend who will never let us down, and will never leave your side.

Send your questions to info@back2basicsmag.com 😞
How do you separate from bad friends without hurting them or making them think you’re stuck up? How can I be a witness to my friends and still be accepted?

Good friends are hard to find these days, and when you do find them; you don’t want to let them go. A lot of friendships are unevenly yoked, which makes it difficult when one has different beliefs than the other. When you’re out with your friends, being a part of worldly activities, we find ourselves not wanting to fully participate. You know what you’re doing is not right, especially while working on your relationship with Christ. So you ponder upon the thought and decide it’s time to move on without your friends. (1 Corinthians 15:33)

I call this scenario a Blessing Blocker. This is when you have something or someone that is blocking you from receiving your blessing from God, and once you remover the block; God blesses. A quick example, I had a friend in high school who was angry spirited, and attention seeker, was just a bad influence overall. She had me trapped into thinking I had to do everything she did, and if I didn’t I would be lame. I knew these things weren’t right and during this time I was not only figuring out who I was, but also was working on my relationship with God. Now during this time, I had a boat as a car (‘99 Buick Century) and it was slowly dying. So knowing I needed to separate myself away from this friend, I also wanted to be a witness to her; so I took it upon myself to make it happen. (Proverbs 3: 5-6) I was scared and embarrassed, but with faith and prayer I told her I would no longer be a part of what she was doing and that I would pray for her. In the end I was respected for my decision and as soon as I changed my life around, God blessed me in so many ways with one being a new car! When you have something you need to do and are not sure about what the outcome will be, just pray and if it’s Gods will, you will have nothing to worry about!

Why is it so hard to be consistent in the Christian life as a young adult?

Consistently in being a young adult living a Christian lifestyle is hard. Many times the reason why we aren’t consistent in Christ is because we are not abiding in him. If we truly abide in Christ, we will bear fruits—meaning we will be changed and others will be changed by being around us. Now, how do we abide in Christ?

Surrender. Let go of the things of the world. Money, clothes, entertainment. We must let go of anything that may be keeping us from Christ and allow Him to change our hearts. The things of the earth are temporary! They will fade away into the depths of nothingness so quickly! But God is eternal! We must be willing to surrender to him, abide in him through prayer, bible study, and constant communication with him, to build a consistent relationship with God. With all the temptation and confusion around it can set us off track; to where we are unsure about how to live life. As young adults, we are at the point in life where we’re still figuring out who we are and what we’re doing in life. This is a time when the devil is working harder than ever to see us fall; he does this because he knows that we are the ones that God is going to use in these last days. Therefore he does whatever he can to tear us down so that we cannot do God’s will. I was told “God is waiting on our generation to stop compromising with the world and stop trying to fit in”. We have a chance to break the standard and flip it around. We need to surrender ourselves completely to the Lord and allow him to use us! No matter how hard it gets, stay consistent in Christ and he will take care of you. Also, the Bible says in John 15:5

I AM THE VINE YOU ARE THE BRANCHES
IF A MAN ABIDES IN ME AND I IN HIM
HE WILL BEAR MUCH FRUIT
APART FROM ME YOU CAN DO NOTHING
What is your top priority?
My top priority is to find peace in life, if that means strengthening my relationship with God or finding the right career, I’m going for it.

What is your passion?
My passion is non-linear video editing. I can lock myself in my room for hours and edit on end. I love it!

What motivates you?
My motivation is my family. They believe I will achieve anything I put my to and with that kind of support behind me, I can’t do anything but succeed.

If you knew the world was ending in 2013, what would you do differently?
I would change the way I go about things. Instead of worrying about what my next steps are in life, I would take time to notice the smaller things in life like friendships.
If you could learn to do anything, what would it be?
I would learn how to fly planes if I could. I travel so much I might as well know how to fly myself around, lol.

When you have 30 minutes of free-time, how do you pass the time?
I pass my time by catching up on news. CNN is my top website.

What would you name the autobiography of your life?
“Moments in Paris”

What’s the hardest thing you’ve ever done?
The hardest thing I have ever done was fly home after my mother’s death. Having to compose myself on that flight had to be nearly impossible.

What was the last experience that made you a stronger person?
The last experience that made me a stronger person was the passing of my mother. God instilled strength into my life that I didn’t even realize was attainable. I’m definitely a stronger person because of it.

How do you get back to the basics in your walk with Christ?
Prayer is the basic foundation in my Christian walk. So getting back to the basics would be focusing on my prayer life, which is my line of communication with God.
What is Love?

Ever wonder what the Bible says about love? So did we, so we went through and picked out a couple of thoughts for our readers. Enjoy.

The primary meaning of the word “love” in Scripture is a “purposeful commitment to sacrificial action for another.” In the Bible it is a fact that loving God is equated with obeying His Word. The two are inseparable.

In our day, most define love as some type of feeling. We “fall in love,” or two people meet and it is “love at first sight.” But the world’s love is a selfish matter. If you are attractive to me, be nice to me, meet my needs and love me I in return will “love” you. The world’s love is based on getting something from some else. The world does not give love where is does not benefit themselves. If you do not please me then I have no love for you. Thus for the world love must be earned by making someone else feel good.
Our example of true love is shown in God’s love for the sinner. Romans 5:8 says “…commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” The lost sinner living in rebellion and sin is still loved by the Lord. He loved us enough to die for us and pay our sin debt while we were sinning against Him. This shows that true biblical love is a matter of will….not of emotion. God choose to love us and His love was not based on our meriting it in any way.

1 John 4:8 tells us that “…God is love.”

The Apostle Paul’s discourse in 1 Corinthians 13:1-7, addresses the true righteousness of those who profess Jesus Christ. This passage is called the love discourse. It is a comparison of love verses the selfishness of seeking “gifts.” Many miss the context of this passage. Paul was addressing the selfishness of the Corinthians in their seeking to obtain gifts of the Spirit that would draw attention to themselves. These misguided individuals were seeking to be “seen” rather than to serve God. Paul was saying their seeking gifts from God was not motivated by love of God or of love of others. By the way dear friend, nothing is changed in that area….it is still going on today in spite of Paul’s strong three chapter explanation of the matter.

1 Corinthians 13:1-7
Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing.

Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.
Growing up in Bakersfield, California, Sheléa's childhood was filled with lots of music! Coming from a musical family, both parents sing and play the piano, so that was passed down to her. “I listened to predominantly gospel music ranging from Sandi Patty, to the Winans, to Take 6. I also listened to a lot of classical music as well.”

Being raised in the church, Sheléa was 14 years old when she became the church's musician. Her professional music career began in a girl's group called IV Given. Though the group never moved forward, that was her first introduction to recording consistently in the studio, as well as writing and arranging.

As a graduate of Oakwood College (now Oakwood University), Sheléa teamed-up with another group of noted Oakwood alums, Take 6. Although they knew Sheleá for some time, Take 6 took serious notice of her talent in 2008 and requested that she sing lead on “Someone to Watch Over Me” for their forthcoming album, The Standard, which would go on to be nominated for a Grammy Award. As if that weren't enough, her track also caught the ear of music royalty, Stevie Wonder. “Oakwood College really strengthened me spiritually and deepened my love for music.”

When Stevie Wonder was asked to sing for the President and Michelle Obama at the White House in May 2012, honoring composers Burt Bacharach and Hal David with the Gershwin Prize, he felt it was a perfect opportunity to showcase Sheléa's ingenuity. He suggested she be added to the program and with that, Sheléa went on to bring down the house with her rendition of “Anyone Who Had a Heart” featuring Arturo Sandoval on trumpet.

“Singing at the White House was surreal and awe inspiring to perform for President and First Lady Obama. They were so kind and warm and I got a picture with both of their signatures. Also rewarding was being able to give tribute to Burt Bacharach and Hal David singing one of their signature songs. It was a once in a lifetime experience.”
More recently, Sheléa performed at the Songwriters Hall of Fame Awards. “When Sting, Smokey Robinson, Berry Gordy, Steven Tyler, Natalie Cole, and so many of my musical heroes were on their feet giving me a standing ovation, I knew that God was going to keep leading me to new heights. No matter how long it takes.”

Sheléa’s debut album, Love Fell On Me, is a collection of songs that cover all facets of love—heartbreak, being madly in love, break up anthem, new love, etc. It is an R&B/Pop lane, but you’ll hear her go to her roots at times with a little gospel phrasing. “I always want my songs to feel conversational.” Everyone will be able to relate to a song on this album. You can view her video for her first single, “Seeing You” on YouTube along with several others. The second single is “Love the Way You Love Me” and that video will be released in a few weeks. The album, Love Fell On Me, is on iTunes as well as Amazon. When Sheléa is not singing, she enjoys being active, sports, reading and going to the beach.

“I want to be Sheléa the singer, songwriter, producer, and maybe even actress.”

“[The] number one thing I would tell a new artist is to always be their own biggest cheerleader. When no one believes, they have to believe.” A 9-5 has the security of knowing when and how much you’ll be paid. But I would die inside if I wasn’t doing what I’m doing now.”

“This year, I started a Bible Reading Plan and I’ve really enjoyed taking in the Scriptures directly, as opposed to devotionals. (Not that those aren’t good) I’m able to let His Word speak to me directly and that has been life changing. That is how I get back to basics with God.”

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MEN’s Staples for Your Summer Wardrobe

1. Penny Loafer
   Great summer shoe for casual or business attire... the rust color pairs well with almost any hue.

   Banana Republic: $118
   www.zappos.com: $109

2. Leather Satchel
   You will definitely appear to be about your business even if you are not... and stylish too. Fake it till you make it!

   www.asos.com: $93.34

by Melanie Joyce Pullman, Personal Fashion Consultant
3. **Watch**
Well you have to tell the time don’t you? Well, you may as well make a statement while you are at it...

Nordstrom.com: $65

4. **Pocket squares**
Doesn’t matter where you purchase them...just get you some! Great way to make a small statement in a BIG way.

www.zara.com: $49.99

5. **Canvas/Wax Shoe**
There will be plenty of casual days in the summer, and you need a light and stylish shoe that you can throw on.

Gravis Slymz: amazon.com -from $15-$67

6. **Knitted Blazer**
You are going to need someplace to put those pocket squares... and an option when you want to take it up a notch. Pow!
The main element of a great life is God. Any life can be a great life if it’s lived with God. No matter what your profession is, you can live a great life if you’re rooted in Christ. Having a great life is not about outer things, it is about abiding in Christ and living in love.

Joy is a fundamental part of the Christian faith. Your joy grows through encountering God and meditating on His Word.

If you really want to have a great life, put all your energy into becoming Christ-like. Building a Christ-like character will take a lifetime but that very process builds also a great life.

The following verses, when memorized, can help to increase the joy in your life! Let your life be transformed by memorizing scripture.
Psalms 126:5
Those who sow in tears shall reap in joy.

Proverbs 15:13
A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken.

Jeremiah 15:16
Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O Lord God of hosts.

Luke 10:20
Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven.

John 10:10
The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

Romans 12:15
Rejoice with those who rejoice, and weep with those who weep.

II Corinthians 2:14
Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place.

Philippians 4:4
Rejoice in the Lord always. Again I will say, rejoice!

I Thessalonians 5:18
In everything give thanks; for this is the will of God in Christ Jesus for you.

James 1:2-4
My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

III John 1:4
I have no greater joy than to hear that my children walk in truth.