

Hope for the Heart: The Exchanged Life *Mk 8:34-37*Rom.6:4-14;8:1-14*Gal.5*Phil.3:8a,4:8*Col.3:1-4
There is nothing more valuable than life; how we spend that commodity determines our destiny. Do we grip it tightly, hanging onto the world at the price of our soul? A choice clearly lies before us because death is inevitable. God has put an eternal perspective within our hearts if we have a desire to discover it. Our real life is 'hidden with Christ in God'. *'That which is true of Christ is now true of us, because we are in Christ whose life is implanted in us.'The initial cost was his. To be one with him, we must consider 'everything a loss compared to the surpassing greatness of knowing Christ.' Giving up our way, we must take our cross & follow in his steps. Do we want a new life that can only be found in him? When we consider ourselves to be united with him in his death, sin's power is broken. We can become truly alive, raised to life like him. How do we then live under the freedom of God's grace? Our sin nature will always be hostile to God, but we no longer need to yield to its control over our minds. We may still give in to temptation & think about sin; but instead we have the Spirit's power to set our thoughts on the realities of heaven: whatever is true, pure, lovely, admirable, excellent or praiseworthy. When we belong to him, we can nail our sinful passions to the cross letting the Spirit lead us into a life filled with good fruit: love, joy, peace, patience, kindness goodness, faithfulness, gentleness & self-control. We are children of God with Christ living in & through us, instruments of the Exchanged Life!

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Help for the Home: Slimmed-Down Seafood Combo Platter

*1 pound small potatoes, halved *2 T.Old Bay or Seafood Seasoning *1 T. Butter
*4- Cod fillets (4oz.each) *12-Extra Large Shrimp, peeled, deveined *1/4cup flour
*1 tsp .garlic powder *1/4tsp. cayenne *1 egg *1 egg white *6 T. seasoned bread crumbs
*3 T.cornmeal *2/3 cup canola oil *Trimmer Tartar Sauce (recipe follows)
*Preheat oven to 200. In large saucepan, cover potatoes with 2 inches of water. Add seafood seasoning; boil over med/hi heat until tender, 15 min. Drain, toss with butter. Season cod & shrimp w/salt+pepper. On large plate, mix flour, garlic powder & cayenne. In bowl, whisk egg & egg white. On another large plate, mix breadcrumbs+cornmeal. One fillet at a time, dredge cod in flour mixture; shake off excess. Coat with egg mixture; shake off; transfer to breadcrumb mixture; press to adhere. Place on baking sheet. Repeat with shrimp.In large skillet, heat oil.Cook cod until opaque in center, 3 to 5 min per side. Transfer to rack on baking sheet; place in oven. Cook shrimp in skillet until golden, 1-1/2 min per side. Serve w/cod, potatoes & tarter sauce.
Trimmer Tarter Sauce: Small bowl, mix 1/4 cup canola mayo, 1/4 cup plain fat free yogurt, 1/4 cup chopped gherkins, 2 T.chopped shallot & 2 tsp.chopped capers