
Food for the Soul

Angel Lush with Pineapple

Sweets

1 sm pkg Vanilla Jell-O Instant Pudding
1 20oz can crushed pineapple in juice, undrained
1 C Cool Whip
1 10-oz pkg round angel food cake
10 small fresh strawberries

Instructions

Mix dry pudding mix and pineapple with its juice in medium bowl. Gently stir in Cool Whip. Let stand five minutes until thickened. Cut cake horizontally into 3 layers. Place bottom cake layer, cut-side up, on serving plate; top with 1-1/2 cup of the pudding mixture. Cover with middle cake layer and additional 1 cup of the remaining pudding mixture. Top with strawberries just before serving.

Store leftover dessert in refrigerator.

I have a life-changing recipe that I would like to share with you. It helped me to overcome fear and anxiety attacks that I suffered with for years. I was embarrassed to tell my family about this, so I hid it from them. Thank goodness I could not hide it from Jesus. He sent me the help that I needed. I got a letter from Billy Graham's ministry entitled, "Make your Decision Now." It clearly explained that Jesus died on the cross for our sins. He was our substitute. He did His part, but we must do our part. It explained that we are sinners and if we sincerely ask Jesus to forgive us of our sins and then invite Him into our heart to be our personal Lord and Savior, that He will!!! I prayed that prayer 30 years ago! Immediately, Jesus put an intense desire in my heart to really get to know Him by going to church, reading my Bible, reading Christian books and listening to Christian teaching tapes. All of this led to many Bible study groups in our home over the years. Christian fellowship is vital to our spiritual growth! As my faith in God and His Word grew stronger and stronger, the fear and anxiety attacks left for good. Jesus said in John 8:32, "Then you will know the truth, and the truth will set you free." I am living proof that it does.

Call me if you need help.

--Barbara Chapman Muennink
