

# POCKET FULL OF CHANGE MINISTRIES

## Presents Sh'ma Tips

By Director [Cheryle M. Touchton](#)



### **Love God, Love People, Give the Gospel**

Sh'ma is a Hebrew word that means "To Hear." Sh'ma (pronounced Sha Ma') is the term used to represent what many consider to be the most important prayer of the Jewish faith. It begins with "Hear oh Hear Israel" in Deuteronomy 6. Jesus referenced it in Luke 10:27. It is quoted several times in the other gospels. Christians call it the "Great Commandments" because Jesus said that loving God and people were the most important commandments.

*Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and, love your neighbor as yourself. Luke 10:27*

# Cheryle Shares Her Identity With the Sh'ma

“At the core of my being, I long to be someone who loves God so completely with her mind, heart, soul, and strength that the love of Christ radiates from my pores and is a consuming light for everyone I meet as I travel the country as a missionary. I want people to see love when they see me. I don't want to feel judgment about anything people tell me and believe me – on the road, some people confess terrible things. My job is to lead people to Christ through the perfect forgiving love of Christ. It is the job of the Holy Spirit to convict people of sin. May the love of Christ shine through me and draw people to God.” Cheryle M. Touchton

## **Mission: Pocket Full of Change Ministries**

We want to fulfill the Great Commission by helping people, churches, and organizations embrace the Greatest Commandment, thus empowering them to fill their spiritual pockets so they are prepared for life and eternity. We love God, love people, and share the Gospel.

## **Our Statement of Faith**

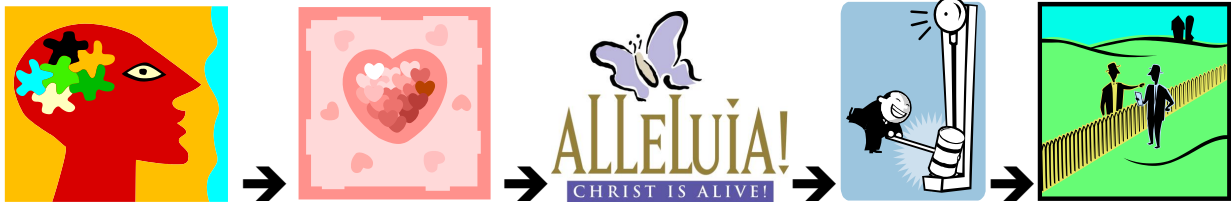
At Pocket Full of Change Ministries, we believe in God the Father, Son, and Holy Spirit and that the Bible is the inspired Word of God. We believe that Jesus Christ is God's only son and in human form was fully God and fully man. We believe the way of salvation is through Jesus Christ alone by repentance and faith in His death and resurrection.

## **About Cheryle M. Touchton**

Cheryle's call to ministry is to help you discover The Secret to Everything – to love God with your entire mind, heart, soul, and strength, and to love your neighbor as yourself. Her passion is leading people to Christ. She travels through 30-40 states a year in her camper van, Hallelujah, with her dog, Shiloh the Shepherd's Sheepdog, evangelizing, speaking, and helping people learn to evangelize. She leads evangelism teams into places like rock concerts, college block parties, festivals, and Mardi Gras. She has led or participated in events where thousands came to faith. When not traveling she writes and coaches. She has a Master's of Business Administration and Bachelor of Music Education. She has been married to the love of her life, Dr. Bob Touchton, since 1971 and together they have 3 children, 6 grandchildren, a dog Shiloh, and a cat Rascal. She is a Christian and lives part time in State College, Pennsylvania and Jacksonville, Florida. She belongs to Calvary Church in State College, Pennsylvania. Cheryle is also the author of 5 Christian books. She loves water and winter sports, zip lining, blowing bubbles, and anything that involves nature.

# The Sh'ma Progression

Mind → Heart → **Soul** → Strength → Neighbor



Do you love God completely? Most Christians know they are supposed to love God completely but many tell us that they don't know *how*. Cheryle Touchton has spent years researching *how* our Biblical heroes fulfilled the most important commandments. What she discovered was that most followed the same pattern of starting with an intellectual belief (mind,) and then moving to loving God with their heart, soul, and strength. When they finally had surrendered all and loved God with all that they were, love for their neighbors bubbled over naturally.

## The Disciples Progression Through the Sh'ma

**Mind:** For example, take Jesus' disciples. A brilliant Rabi intrigued them so much that they gave up everything to follow Him and learn more. They called Him teacher as their **mind** fell in love with the **mind** of Christ.

**Heart:** As the Disciples traveled with Jesus and learned, they began falling in love with him emotionally. Their **hearts** engaged as they tried to protect and defend Jesus and vied for His favor and attention. Think about how much **heart** love, or emotion, it took to cut off the ear of a soldier who was taking their Master captive. They loved Jesus completely with their **hearts** and when those hearts were broken at the cross, they retreated in fear to nurse their wounds.

**Soul:** Mind and heart love is a start but we must go deeper. The turning point for the disciples and for us is meeting the risen Lord. When we stand in amazement of the presence and power of the Risen Lord, we began to love Him with our souls, the deepest part of us that spends eternity with Jesus. The disciple's heart love matured into **soul** love when they met the risen Lord.

**Strength:** Fear morphed into courage. Courage gave them strength. The disciples boldly served and loved Jesus tirelessly with the **strength** to do all things through Christ who strengthened them.

**Neighbors:** Loving with their strength blossomed into love for their **neighbors** as the disciples became willing risk their lives just to share the love of Jesus with the world.



## Quick Tips For Mind Matters

*Love the Lord your God with all your Mind*

Study and show your **mind** approved unto God. Read your Bible. Participate in Church and Bible Studies. Watch Christian television and read Christian books.

Focus your **mind**. If we are in a boat and a storm comes up, we don't focus on the waves or other boats. We look for the shore or a light on shore and head directly towards that. The secret to every problem/issue we face is to discipline our **minds** to stop focusing on the problem/issue and refocus our **minds** on loving God and our neighbors.

You can have the **mind** of Christ. That should take care of any self-esteem problems.

Love God with *all* your **mind** to become self-aware that the mind of Christ is possible. That gives you the ability to focus on what God wants you to do.

Loving God with your entire **mind** creates a thirst for learning that lasts a lifetime. Are you thirsty for knowledge?

Be kind to God by using your **mind** to "think on what is lovely" and praise Him for everything. After all - He is busy singing over you. How can you not rejoice back? "Rejoice in the Lord always and again I say rejoice" What part of "always" is not clear?

Be loyal with your **mind**. Jesus is your Lord and Savior. Allow no other God's to come before Him.

Educate your **mind** for the earthly work God has called you to do.



## Quick Tips For Heart Helps

*Love the Lord your God with all your heart*

Invite Jesus into your **heart**. Many believe in Christ intellectually, live by His teachings, and claim His name. Believing is the essential 1st step (mind love) to loving God. Unfortunately, many stop at loving God with their "mind" and never pray a simple prayer inviting Jesus into their "**heart**." It is the difference between living next door to Jesus and believing in a good neighbor verses Him being family and living inside your heart.

A **heart** who loves God knows how to have fun. Take time to laugh, play, dance, twirl, hop, pretend to fly, and blow bubbles. It does a world of good for the **heart**.

Give your **heart** a break. When it is your turn, enjoy seasons of joy. Wake up singing the words of infamous optimist, Mr. Rodgers, "It's a Beautiful Day In the Neighborhood." Everyone passes through seasons of pain and grief. Be grateful for the beauty of today.

Give your **heart** relief from guilt. If you make a mistake, confess it to God and accept grace. If you owe an apology, make it. When we owe an apology and we pay what we owe, we make an investment in grace that bears eternal dividends in peace.

Give your **heart** relief from misery. The antidote to self-pity is to rejoice in the Lord always. It is a simple command that is hard to do but worth it.

A **heart** who loves God blooms with the fruits of the spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Ep. 5:22-23).

Let Jesus change your **heart**. Even the devil believes. To follow Jesus, there must also be **heart** change.

Let your **heart** grieve appropriately. Grief is a season of life. Embrace it and let it pass. It is not a sin or a weakness of faith. There will be a price to pay for avoiding it. If you are in a season of grief, surrender to it, let it have its due, and when it is time to laugh again, run don't walk towards laughter.

Forgiveness frees a **heart** to love God. Resentments hold hearts hostage. Jesus prayed while being tortured on a cross, "Forgive them Father. They know not what they do."

A **heart** who completely loves God sees forever. A **heart** who doesn't, can't see past the next earthly crisis.

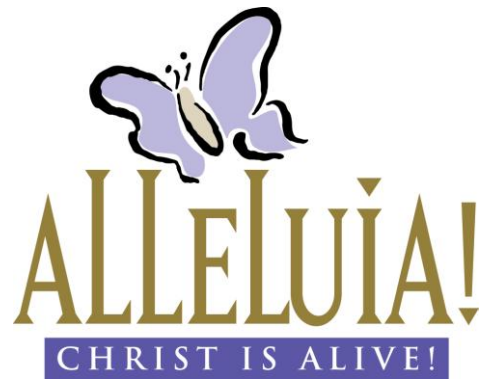
Let your **heart** enjoy life. Look for, notice, and enjoy the special moments God sends your way.

Protect your **heart**. Understanding guards our **hearts** and gives life. Understanding allows us to deal with the stress and disappointments of life. Ask God for it.

## Heart Love

Notice the Holy Spirit Glow on the Faces of the New Christians Below





## Quick Tips For Soul Soothers

*Love the Lord your God with all your Soul*

Introduce your **soul** to the Risen Lord. Too many Christians still serve a crucified Lord.

Worship God with your **soul**. Nothing is as lovely as God's art. Don't miss it. Gaze out the window and watch the leaves change colors. See the shades of blue and white mingle as ocean waves crash on the shore. Let the explosion of color from the sunrise light up your **soul**. Be still, watch, and feel the wonder of God's art.

Allow your **soul** to feel God's presence. God is with you. He saves you. He takes delight in you. He sings over you.

Listen with your **soul**. Pray for wisdom, check it against God's word, and do the next right thing, even if you don't feel like it.

Act with your **soul**. Once you have wisdom, act immediately or you will be like waves in the sea being tossed about.

Allow God to sooth your **soul**. Since sadness is a season and part of living, the purpose of going to God with sadness isn't to have God take it away but it is to experience it fully and then pass to the next season.

Rejoice with your **soul**. Thank God for the blessings that are already on their way to you.

Believe where a Christian's **soul** goes after death. If someone knows Jesus, they are not "cheated" if they die young. Their life on earth is complete and life in eternity has just begun. Life on earth is a blink compared to life in eternity.

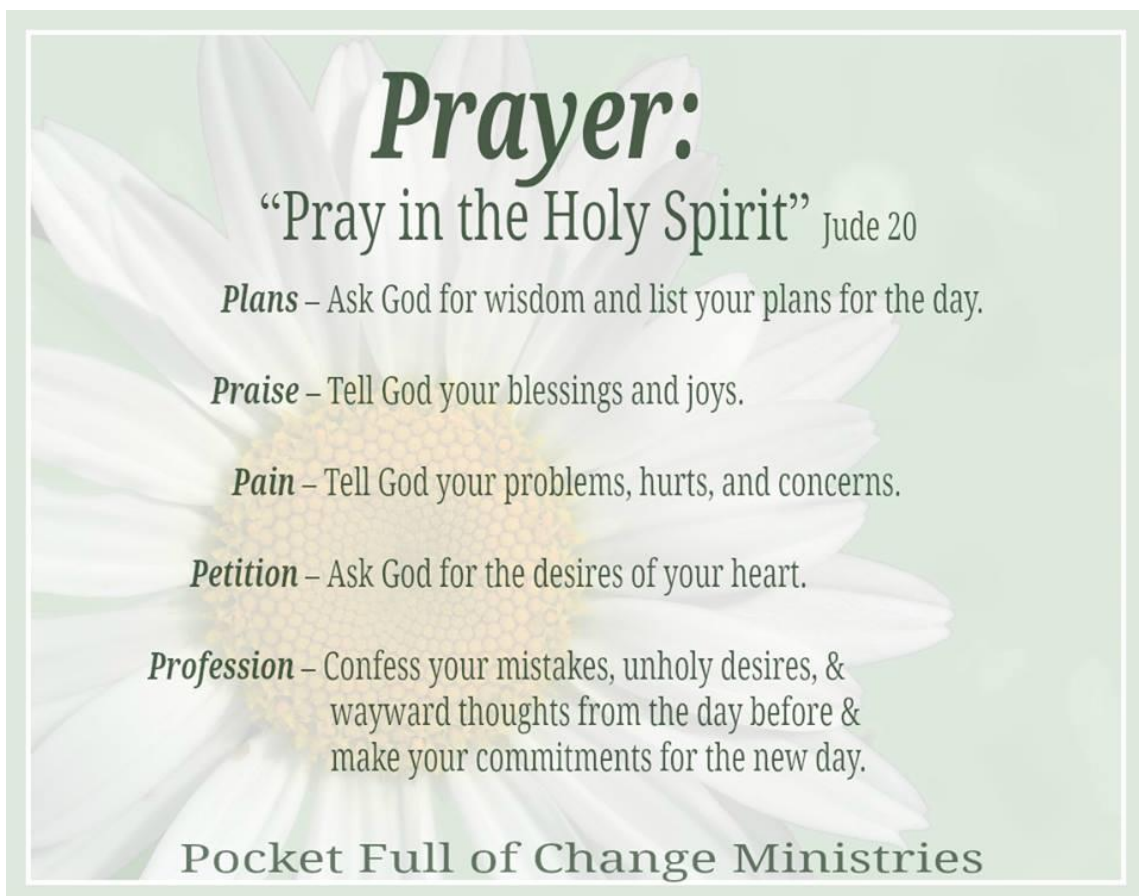
Seek with your **soul**. Spend time today in prayer, meditation, and Bible Study. Prayer is talking to God. Meditation is listening to God.

Focus your **soul**. Meditate on God’s works, creations, or Word.

Allow the eternity of your **soul** to begin now. The Bible is God’s love letter you to. Get to know the eternal God.

Pray with your **soul**. Even Jesus got away to pray.

When we love God with our entire **souls**, we are so comfortable with ourselves that we can laugh at the sitcom that is our life.



**Prayer:**  
“Pray in the Holy Spirit” Jude 20

*Plans* – Ask God for wisdom and list your plans for the day.

*Praise* – Tell God your blessings and joys.

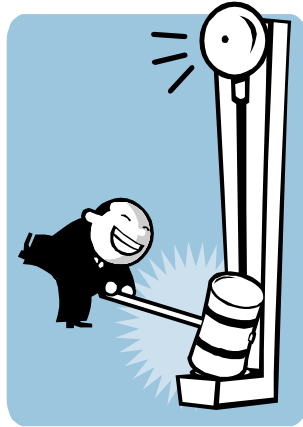
*Pain* – Tell God your problems, hurts, and concerns.

*Petition* – Ask God for the desires of your heart.

*Profession* – Confess your mistakes, unholy desires, & wayward thoughts from the day before & make your commitments for the new day.

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## Quick Tips For Strength Solutions

*Love the Lord your God with all your Strength*

Focus on using the **strength** you have rather than pouting about the strength you do not have. Jesus continued his work while being tortured on a cross.

Refresh your **strength**. Take time to rest and refresh so your body is fit for duty. Trust the **strength** God gives. God is extraordinary - He will make you extraordinary if you let him.

Take care of your **strength**. Treating your body like the temple of the Holy Spirit in your thirties means you get to enjoy water slides in your fifties.

The body is the primary tool we use to love God with all our **strength**. It is the Temple of the Holy Spirit and sends signals when it needs tender loving care. Listen and respond to those signals even if it is inconvenient, not as much fun, or boring.

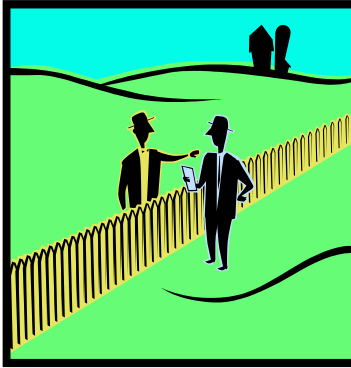
Necessary **strength** is relative. When you live up north, you need more strength to fulfill God's calls to get back and forth to your car, walk your dog, and take out the trash.

If courage is faltering, work on loving God with all your **strength**. God links strength and courage together multiple times in the Bible. Our job: love God with all our strength and decide to obey. God's job: provide the courage to obey. God grant us courage.

Build your **strength**. Stay in good enough shape to do the job God has called you to do. Tap into your super **strength**. For super powers - turn to Jesus. You can do all things through Him who strengthens you.

Loving God with your **strength** isn't always entertaining. Sometimes it means spending an entire day reading, responding to, filing, and deleting one e-mail at a time.

Feed your **strength**. Eat right.



## Quick Tips For Neighbor Needs

*Love your neighbor as yourself*

When you love God with all your mind, heart, soul, and strength, love for your **neighbors** is impossible to contain.

If you love God with all your mind, heart, soul, and strength, you won't need a class to inspire you to share your faith with your **neighbors**. You will want to naturally. The class may offer techniques that make it easier to lead people to Jesus, but if you tried to be silent about Jesus, "the rocks would cry out." If you don't love God completely, a class about sharing your faith with your neighbors won't help.

If you don't notice or care about the **neighbor** in line next to you, back up and work on loving God more with your mind, heart, soul, and strength.

Love your **neighbors** enough to lead them to Christ. It is our job as Christians to lead our **neighbors** to Christ through the perfect forgiving love of Christ. It is the work of the Holy Spirit to convict them of sin.

Have the courage to ask your **neighbors** where they are going in the next life. If they say heaven, find out why they think Jesus should let them into heaven. If they say anything other than they are saved by the grace and/or blood of Jesus, give them the Gospel and invite them to meet Jesus.

Be prepared to give the simple Gospel scriptures to your **neighbor**. Memorize: For God so loved the world that he sent His only son that whoever believes in him will have eternal life. All have

sinned and fallen short of the glory of God. The wages of sin is death. The gift of God is eternal life. All who call on the name of the Lord will be saved.

After you give the Gospel to your **neighbor**, invite them to meet Jesus. Don't hesitate. They might not be willing to meet Jesus but the Bible says they are ready.

Be considerate to your **neighbor**. When you visit in someone else's home, live by their "cleaning standards." Clean up your yards. Park your cars in the right place. Be sensitive to noise levels.

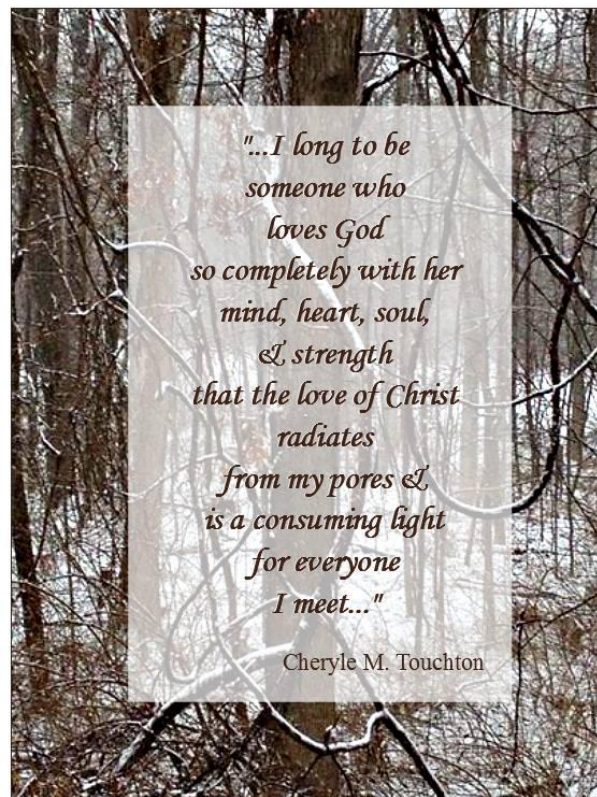
Your spouse is your **neighbor**. Treat them that way.

Pray to meet **neighbor** needs. Pray, "God, here I am, send me" and say yes to the neighbor needs God places in front of you.

When we love our **neighbor** because of who they are, it is good. When we love **neighbor** in spite of who they are, it is also good. When we love our **neighbor** "**BUT**"...we have a problem.

There may be people you would die for but the real test about **neighborly** love is, who would you let your child die for? God sent His son to die for us.

For a lesson on how to love your **neighbor** as yourself - notice how your dog treats you.



## Additional Information

### Order *The Secret to Everything*

All of the publications we produce are about the *Sh'ma*. For deeper Biblical study on loving God and people, order our Bible Study, *The Secret to Everything*.

[Click to Order The Secret to Everything Kindle Edition](#)

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### Join Us In Ministry

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## Contact Information

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