

## The Altar of Disobedience

By: Jessica Mendez

I have come to realize by the power of the Holy Spirit that insecurity and a desire for convenience paralyze me in doing God's will. This month I've been praying and asking the Lord to remove the insecurities that do not allow me to do his will. Oh, how I laugh at that prayer now because of what God has revealed!

All my life I have felt sorry for myself thinking that the enemy was picking on me because of my desire to be "holy." The very first thing that happened after I began to pray for God to help me surrender my insecurities: my oldest son got another concussion playing BASKETBALL! The very next day, Henry asked me to lead the Self-Image Retreat. Then the day after that, my oldest daughter had an asthma attack. That entire week, as well as the week before, Ralph was working until very late at night and leaving early in the morning so he wasn't around to help with what was going on. It would be easy to look at these situations and say that I was being attacked by the enemy, (which would be a legitimate observation) however, it wasn't until after the retreat that I realized that two-thirds of these problems were consequences of my own disobedience.

What do I mean by that? As some of you know my oldest son already experienced a concussion playing football last year. This year I felt that basketball might not be the safest sport for him to play, but I ignored the Holy Spirit's prompting and allowed him to play anyway out of fear of what people might think if I didn't let him play. They might label me as an over-reactor.

Around the beginning of November, I began making fresh juice for my family every day. I noticed that my daughter was breathing better and overall everyone was feeling healthier. You would think that I would want to continue blessing my family in this way. Nope; too inconvenient. During the Christmas break I decided I needed to take a break. As a result, my daughter has started having trouble breathing again which led to an emergency room visit the week of the retreat.

What is my point? These trials could have been avoided, but I chose to sacrifice the health of my family on the altar of disobedience.

Often we ignore holy logic and just plain old common sense, because we want to do our own will. We see all the signs that are saying, "CAUTION: DO NOT ENTER!" and yet, we still think, "oh, it can't be *that* bad," or "oh, that can't mean *me*." Later, we are surprised when we get attacked on the other side



Jessica  
Mendez

even to the point of feeling sorry for ourselves. Just as it says in 1 Peter 2:19-21, *"When a man can suffer injustice and endure hardship through his awareness of God's presence this is the work of grace in him. If you do wrong and get beaten for it, what credit can you claim? But if you put up with suffering for doing what is right, this is acceptable in God's eyes. It was for this you were called, since Christ suffered for you in just this way and left you an example."*



*this you were called, since Christ suffered for you in just this way and left you an example."*

My dear Brothers and Sisters in Christ, what traps are we walking through because of our constant disobedience? What curses are we opening to our families and our family's family because we continue to choose our own will? How are we setting ourselves up for needless suffering because of our refusal to listen to the prompting of the Holy Spirit through our Brothers and Sisters in Christ and in our hearts? Prepare yourself to walk in the footsteps of Christ by choosing to walk in obedience to God's will this Lent. How can we know God's will? 1. Be acquainted with the word of God. 2. Have a spiritual director who knows and lives God's will in their lives and can guide you to do the same. Christ suffered and was obedient unto death. Are you willing to die to your bad behaviors/habits in order to follow Jesus?

I pray that as children of God, Mama would embrace you and cover you in her mantle that you might obediently follow the will of God by taking the time to attend one of our upcoming retreats. I pray that this Lenten season will be one of growth in obedience rather than another year of giving something up that we will just go right back to after Lent is over.

## Private Retreats

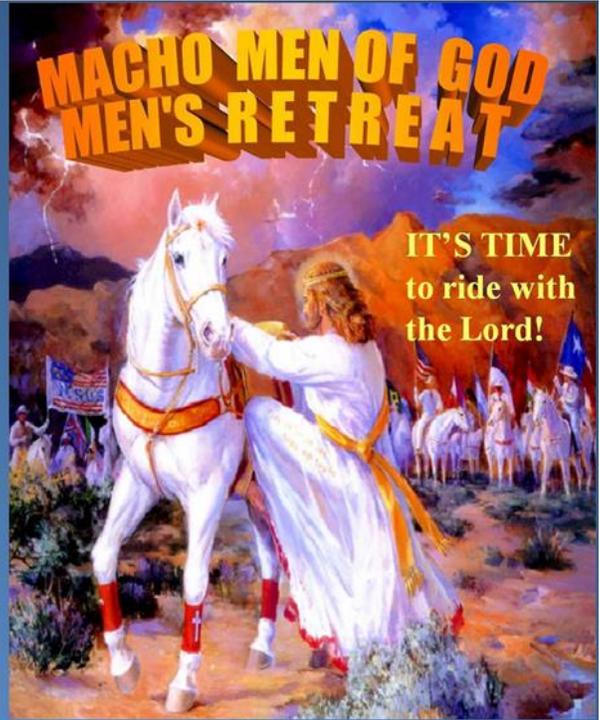
AS INSTRUMENTS OF THE HOLY SPIRIT, WE ARE CALLED TO PROVIDE A SAFE HAVEN, AS IN THE WOMB OF THE BLESSED MOTHER, FOR THE HOLY SPIRIT TO HEAL, FORM, AND TRANSFORM GOD'S CHILDREN WITH HIS LOVE, TRUTH, AND POWER. AT THE AMBASSADORS OF THE FLAME OF MERCY, WITH GOD'S GRACE, WE USE THE GIFTS OF THE HOLY SPIRIT TO BRING SPIRITUAL GROWTH AND PHYSICAL AND EMOTIONAL WELL-BEING.

Call to arrange your own individual retreat with us. We'll pray for you and with you for your specific needs. Come just for the day or stay as long as a week. We're ready to soak you in God's healing love. Call the office to make arrangements at 806-832-4243.

# 91<sup>st</sup> Men's Retreat

## February 7-9, 2020

- Accepting the Purpose for Who God Created Me to Be
- How to Recognize a Wounded Family & Bring Healing
- Getting out of Desperation
- Is Your Addiction Leading Your Life?
  - Overcoming Your Physical Sickness with God's Mercy
  - Is Your Sickness Running Your Life?
  - Overcoming Addictions
  - Come Experience God's Love



**Join us  
For a weekend  
that will  
change your life!**

## Women of Power Retreat \*An Instrument of God\*

### February 28-March 1, 2020

Possible Topics Include:



- What Keeps Me from Being God's Instrument?
- The 3 Pillars of Faith
- An Attitude of Gratitude
- Words that Heal or Destroy
- Healed in Body & Spirit
- How to Forgive & Live Again
- Healing from the Spirit of Grief
- Understanding & Supporting My Husband's Mission in our Family

**Featured Speakers Include:**



Mary Constancio



Jessica Mendez



Brenda Garcia



Corina Constancio



Carolyn Huntzinger



Kathy Gloria

**HEALING THROUGH the POWER**  
*(Physical & Spiritual)*  
**of the HOLY SPIRIT RETREAT**  
**March 13-15, 2020**



Possible Topics:

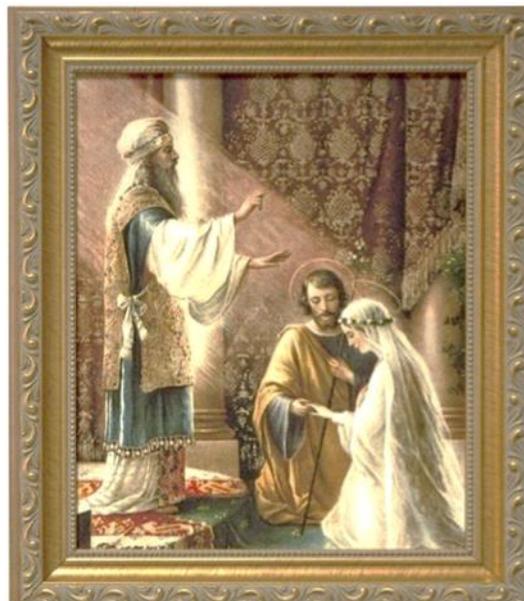
- *Get out of Depression and Into the Joy of the Spirit*
- *Rest in the Spirit and Let God's Love Pour Over You*
- *Be Renewed & Transformed by the Healing Power of the Word*
- *Be Set Free from Your Chains of Guilt & Rejection*

*...how God anointed Jesus of Nazareth<sup>z</sup> with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil, for God was with him.*  
*Acts 10:38*

***INVEST IN YOUR FUTURE!***

**Retreat Topics Include:**

- Communication:** Is your spouse getting angry when you communicate?
- Intimacy:** Has romance left your marriage and bitterness set in?
- Forgiveness:** Do you have a hard time forgiving your spouse because you think things won't change?
- Prayer:** Do you want to know why your prayers are not being answered?
- Interference:** Are people, jobs, in-laws or other things interfering in your marriage?
- Children:** Are your children controlling your marriage?
- Role models:** Have you had no model to base your marriage?
- Ex-Spouses:** Are situations with your ex-spouses, child support, children from a previous relationship affecting your marriage? Do you feel your spouse loves ex-spouse's children more than yours?  
 ...and many more topics!



**THE MARRIAGE**  
**RETREAT**  
**March 27-29, 2020**

*The cost of this retreat is \$325.00 per Couple*  
*Register by March 23 and Registration is \$300.00*



## Ambassadors of the Flame of Mercy Ministries

### ONE DAY HEALING RETREAT April 4, 2020 10 am - 5 pm



Henry  
Constancio



Mary  
Constancio



Ralph  
Mendez



Jessica  
Mendez



Howard  
Huntzinger



Brenda  
Garcia

Where:  
895 Hardy St.  
Houston, Texas

- Learn about the obstacles to healing.
- How to keep your healing.
- How to operate in the faith God has given you.

## 2020 RETREAT SCHEDULE

- **Macho Men of God Retreat**  
February 7-9, 2020
- **Women of Power Retreat**  
February 28 – March 1, 2020
- **Healing thru the Holy Spirit Retreat**  
March 13-15, 2020
- **Marriage Retreat**  
March 27-29, 2020
- **Houston Mission**  
April 4, 2020 details to be announced
- **Macho Men of God Retreat**  
May 1-3, 2020
- **Women of Power Retreat**  
May 15-17, 2020
- **Celebration of the Feast of the Assumption**  
August 14-15, 2020 (No charge to attend)
- **Macho Men of God Retreat**  
September 4-6, 2020 (Labor Day Weekend)
- **Women of Power Retreat**  
September 18-20, 2020

Retreat Registration Fee: \$175.00

Register today online: [www.flameofmercy.com](http://www.flameofmercy.com), Email: [Admin@flameofmercy.com](mailto:Admin@flameofmercy.com),  
or call the office at 806-832-4243

The Ambassadors of the Flame of Mercy Ambassadors of the Flame of Mercy, Inc. is a 501(C) (3) non-profit, tax-exempt Christian organization. Copyright © 2019

P.O. Box 1707  
6927 Hwy 84  
Shallowater, Texas 79363

Phone: 806-832-4243  
Email: [Admin@flameofmercy.com](mailto:Admin@flameofmercy.com)  
Website: [www.flameofmercy.com](http://www.flameofmercy.com)

