



We of the writer's circle here at the Transform You Magazine extend out open arms and prayers of comfort and strength to those within our writer's family and all of those around the world who read our publication our deepest sympathy and condolences for the loss of a loved one due to the Covid- 19 Virus. Our continued prayers are with you and your families who have been impacted at these times.



Table of Contents Page How To Strengthen Your Relationship 9 Elder Diane Harvell 15 Be Conscious In Endeavoring Dr. C. A. Dangerfield II **How To Strengthen Your Relationship** 19 Eunice A. Christian Redefining The Term Intimate Relationship 31 Dr. C. A. Dangerfield II Knowing Who We Are In Him Fulfilling 33 **Purpose** Donna Jones

If you are having an upcoming event and would like to advertise your event, email your details to inform@thetransformu.com and a representative will contact you.

If you are interested in submitting an article to the magazine, please submit your article and contact information to an editor for consideration.

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Get to know our writers and their ministry.

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- 1. Prayer and Encouragement via phone as well as Physical Invitations
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We are always looking for writers from any area of the world that desire to avail themselves to the ministry of encouragement and guidance.





... is to provide encouragement, guidance, shared wisdom, and strength during times of transition to help others advance into the next stages of their lives. Using the principles of God to ensure growth and a greater understanding of His Word through our articles, poems, and sponsored programming. To be a resource to many outlets that could also be impactful in assisting others with specific needs.

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But his delight is in the law of the Lord; and in his law doth he meditate day and night...
Psalms 1:1,2 KJV

"If you have the Faith, God has the Power!"

Pastor of
Monument of Faith Church of God In Christ
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Williams Temple Church of God in Christ
6812 Woodland Ave., Cleveland OH

HOW TO STRENGTHEN YOUR RELATIONSHIPS

By Elder Diane Harvell

As in every relationship communication is key. It is imperative, it is a must. When there is no communication, the foundation of the union becomes weak and it will not stand against the tests of time.

I have learned that not only must we communicate with one another, but HOW we communicate with one another is just as important. This is so because rather than to render an answer, a conversation or a response with a nasty tone, or rudely, more damage is done that way and instead of strengthening the relationship or misunderstanding, more harm can be done because our response or reactions were offensive.

Whether on a large or small scale, communication is key, and clear communication effects the outcome. For instance, one can communicate a simple yet important task to another but fail to give specific instructions to follow. If the recipient doesn't relate that they didn't understand the instruction, it is then perceived that the instructions are understood. Thus, resulting in mistakes and errors to occur.

In relating to children, if a small child does something wrong, when it's brought to that child's attention, the first thing the child will likely say is, "I didn't know." But if instruction is first given to the child, why not to do this or that, the child will probably follow your directive with a more favorable outcome.

In terms of marriage, in communication with one another there must be respect for one another's feelings, opinions, thoughts, talents and gifts, as well as respect of each other's tolerance level. In other words, you must have patience. And just because you may feel that you are right in a particular disagreement or argument, does not negate that you have the right to act out of character, but rather, humble yourself and allow God to fight for you and appeal to that person's conscious for He is the righteous Judge and our great mediator.

I remember when I was married many years ago, during disagreements or arguments, I would always "argue" back, or I'd always have something to say which always made a negative outcome. Reflecting on all of that, I could have quieted myself and at the very least, "listened" for the real problem at hand. I didn't have to communicate negatively or rebut what was being said each time, but I did, and that was wrong.

I am in no way disregarding the other person's actions, but I am more aware that I must be accountable for my own. Our communication and HOW we communicate to everyone is what is important, and we will give an account for every word we speak.

Matthew 12:36-"But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment."

So, 'how do we strengthen our relationships?' First and foremost, our best relationship should be with our Lord and Savior Jesus Christ.

Proverbs 12:1:1-"Whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish."

We must be willing to endure chastisement, blame, accusation, disagreements and rebuke even during difficult times or even when we may not deserve it. Therefore, wise counsel must first come from God before we can effectively communicate with one another, no matter what type of relationship it may be.

Take time to listen before you negatively communicate what may be a fleeting or momentary response which can potentially impact your life in a permanent way.

May God Bless You All!





Bishop David L. Herron Sr., Jurisdictional Prelate Mother Mattie Mayes, Jurisdictional Supervisor



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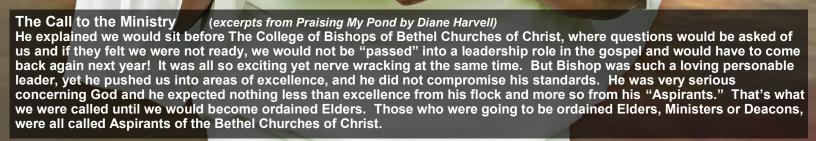
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Diane Harve

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Be Conscious in Endeavoring to have a Harmonious Relationship

Dr. C. A. Dangerfield II

In today's society the level of understanding the mere fundamentals of what it takes to have a good and successful relationship seen to be muffled by all of the wrong information based on experimental illustrations.

The richest and most valuable information is not always shared. So, the answers of how do you sustain a 40,50,60 and yes, a 70-year relationship remains somewhat muted. But whenever I hear these types of numbers my curiosity heightens. Please, give me all of the golden nuggets.

One thing I've learned is the principles of a good relationship start to develop within us by the examples that we see as we are growing up. Children are like sponges that soak up what is seen illustrated in front of them. So as parents one must be aware of their presence in order not to send the wrong message. We also must be transparent by giving the correct information even when we do something wrong that harms or devastates a relationship and has a rippling effect that reaches out to our children.

Relationships require that all parties be conscious, aware and strive to maintain open communication at all costs. These are some basic fundamentals, and some of the most important factors to be present. They lay the foundation that one can build upon.

One thing for certain is relationships are not built on looks, they are built on harmonizing spirits that are on one accord. This creates a bond of strength and a solid footing for the first step forward. The essence of any individual comes from within from the depth of their soul revealing their very nature. However, if you allow yourself to be distracted and are looking at the wrong indicators you will be deceived. Therefore, when you do become conscious you will be disappointed after the smokescreen clears.

In our society today we are consumed by imagery, the lust of the eyes, the lust of the flesh, and the pride of life. The accumulation and possession of what we imagine make us look a certain way in a society that has nothing to do with truth. So, we live in a delusional environment with a lot of pain and agony when we finally wake up to our self-created reality proving us with a rude awakening.

So, let's look at a pathway forward traveling to the truth. Because the basic fundamental is presence in the Word of God. There numerous passages that echo this one sentiment/principle. I like how it is phrased in the book of James 2:8 KJV. "If ye fulfill the royal law according to the scripture, thou shalt love thy neighbor as thyself, ye do well:" In a relationship when you take the time to consider yourself as the recipient of your own words or actions received then question how you would feel, you would actually start creating better outcomes. Gaining a better understanding of cause and effect allowing one to become wiser in knowing the effects of their impactful actions.

The next thing you need to understand is yourself. What type of person do you truly want to become? What would make you happy and fulfilled? Because when you know and understand yourself then you have a foundation and principles to build upon. Because of the knowledge obtained you will not become superficial in your selection of a mate. But you will seek to find someone whose values align with your principles and the merits they hold will help bring longevity to your relationship.

The strongest assets a couple can have is when their relationship is bonded together with the three-fold cord. This means your relationship is inner twine with God providing the strength that keeps it from breaking. His being in the midst ensures that the cord doesn't snap due to the fact that at times you may encounter the weight of pulling a heavy load. It might stretch almost to capacity but it endures through difficult situations holding firm and demonstrating resilience every time it faces a test of its strength.

The biggest downfall is the lack of honest and insightful communication. As well as the lack of observation to gain a deeper understanding of one another. The answers are present when you apply the proper things to sure up your relationship and not tear it down. Remembering that our expectations of others should be on equal footing. Be willing to do yourself what you are requiring of others and even demonstrate that willingness because it will develop into greater peace and harmony along with a deeper trust and understanding. No leaving any wiggle room for others to try and wiggle in.

God has provided every one of us with five uniquely powerful senses to help us enhance anything that we apply them to. Sight, touch, smell, hearing, and taste these five create feelings and emotion helping us to be engaged or distracted. So, we must work at being present and apply our time and energy to seeing and experiencing our desired outcome. Open your mouth and communication your desires at the beginning of the relationship so that all parties are aware of the expectations and they don't become surprised because we were never provided the options at the beginning to say we were in agreement with those desires, rather than someone obtaining a false assumption that we were on board. Always be aware throughout your relationship of the terrain you're traveling on so that the traction of your relationship stays consistent throughout this journey. Taking the necessary steps maintain harmony by applying needed adjustments for outstanding performance. Communicate always, listen and be conscious of warning signs to avoid breakdowns and total wrecks. Then you can avoid regrets. The future of your relationship and family can be impacted by our decisions and abilities. We can all pass, the test when we study properly, apply prayer always that we will gain wisdom, trust, and understanding throughout.

Remember you are unique and marvelously made. Don't allow others to devalue your worth. You are priceless because there is only one you!







How To Strengthen Your Relationship

By Eunice A. Christian February 15, 2021

- 1 Corinthians 3:4-7* ~ ⁴Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; ⁵ does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶ does not rejoice in iniquity, but rejoices in the truth; ⁷ bears all things, believes all things, hopes all things, endures all things.
- **1 John 4:20** ~ ²⁰ If someone says, *I love God*, and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?

* * *

This New Year 2021

May the memories that you create for this New Year 2021 be blessed with the fullness of Light. May the memories of current and past loved ones, friends, and good neighbors not be forgotten. May we always be mindful and not forget those who made the ultimate sacrifice for others in our land and around the world.

For those of you who are struggling in various aspects of life to the point that it may feel overwhelming, may The Most High God bless you with His tender mercy, grace, and favor according to His divine plan for your life, and that you receive the relief you need and desire for a better, more fruitful outcome.

Remember: God is still on the throne, and Jesus lives in us through the power and unction of The Holy Spirit, our Comforter. So, trust in God by adhering to His Holy Word. I pray that God will see you through this new year with good health and prosperity. I pray that you, first and foremost, have trust in God.

* * *

The topic for this month is **How To Strengthen Your Relationship.** As is my custom when taking on a topic, I attempt to: 1) explore the topic at face value; verbatim; and 2) explore the topic to the best of my ability as it adheres to the Word of God.

My Perspective

Strengthened (verb): to be made stronger; a person, place, thing, entity, or ideology that has been fortified. **Relationship** (noun): the interaction or the influence between a person, place, thing, entity, or concept. **Relationship** is: the measurement, level, and/or dimension of interconnectedness established by and between people, places, things, beliefs, and concepts.

One of many scriptural references that reveal, in part, the relationship between God and Man is the scripture: *Many are called, but few are chosen* (Matthew 22:14). Unfortunately, this scripture reveals that multitudes will know of God, but because of their lack of a right relationship with Him, will not be accepted by Him.

The February Feature

As is widely known, February is the month for *Valentine's Day,* an observance shared around the world meant to heighten levels of appreciation and love towards one another. Unfortunately, due to the current state of affairs affecting our nation and around the world on various levels, this observance may be thought of, or have been received, with a heavy heart. Whatever perspective you may have pertaining to this observance, I pray that you are and remain encouraged and strengthened with the knowledge that you are loved by The Almighty Creator who has inspired countless individuals to spread the gospel with the anticipation that it reaches those desiring to experience His Eternal Love.

Romans 8:3-6 ~ ³ For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, ⁴ that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit. ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶ For to be carnally minded is death, but to be spiritually minded is life and peace.

Know that the Body of Christ is constantly praying for you. I personally know it is truly a blessing to be able to share my inspirations, and pray that it is received in the spirit that it is intended—and that is with the Love of our Lord Jesus.

Mark 12:30-31 ~ ³⁰ 'And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these.

A Right Relationship

Many of us know what it takes to develop and maintain a *right relationship*, but putting such efforts and emotions into action for oneself and towards others can be another story. If I want to strengthen a relationship with someone, I would take on a number of considerations, such as:

- 1. Who is this person to me? (On the alternative, who am I to this person?)
- 2. How does this person affect or influence who I am?
- 3. Does this relationship encourage or bring out my best attributes, or am I interacting with someone who I am allowing to deter me from achieving my goals, my purpose?
- 4. Am I prepared for, or am I ready to receive this person? Are there signs that I should/should not be in a relationship with this person?
- 5. What is the purpose of this relationship? For guidance, fellowship, business, etc.?

As I contemplate on the above considerations which work both ways, I cannot negate this: There is no way I can be good for anyone if I do not have a right relationship with this person—*me*. I hope you do understand my perspective.

Strengthen Oneself

In order to be able to strengthen any relationship, one should be, or strive to be, strong for oneself first. In order to be able to have a right relationship, one should seek the True Source of strength—The Holy Trinity: God The Father, God The Son, and God The Holy Spirit. To maintain a right relationship means to be consistently and constantly mindful that no relationship in the flesh comes before the relationship we have with our infallible and unchanging God. Most importantly, it is what God desires and deserves. A relationship based upon a foundation that is not God-centered is a relationship adverse to God's Holy Will, and a relationship that will surely fall short of not only God's expectation, but also those we desire to seek with others as well.

Have you ever heard about what to do if airborne in a plane that is in crisis mode? In part, one should first secure him— or herself by placing your oxygen mask over their face, then place an oxygen mask on their child's face. One must first be secured in order to be able to be in a position to help or strengthen someone else. It is about being right before you can do right.

Hebrews 13:1-6 ~ ¹Let brotherly love continue. ²Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels. ³Remember the prisoners as if chained with them—those who are mistreated—since you yourselves are in the body also. ⁴Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge. ⁵Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, *I will never leave you nor forsake you.* ⁵So we may boldly say:

The LORD is my helper;
I will not fear.
What can man do to me?

Our Daily Bread

It is disheartening to learn of stories about how individuals from all walks of life, and of all age groups, have transitioned because they were overwhelmed with despair and heartache. Whether you agreed or disagreed with their lifestyle or ideologies, they were formed in the likeness of The Almighty Creator. The pressures of life can be so hard and so cruel at times. Yet, if we receive God's Holy Spirit as our Comforter, if we read The Holy Scriptures that provides instruction for our daily living, despair can turn into gladness.

Matthew 6:5-15 ~ ⁵ And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. ⁶ But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ⁷ And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

⁸ Therefore do not be like them. For your Father knows the things you have need of before you ask Him. ⁹ In this manner, therefore, pray:

'Our Father in heaven, Hallowed be Your name.¹⁰ Your kingdom come. Your will be done on earth as it is in heaven. ¹¹ Give us this day our daily bread. ¹² And forgive us our debts, as we forgive our debtors.¹³ And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.'

¹⁴ For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

As it is written, Jesus instructed His disciples on how to pray. The above Model Prayer reveals how we should conduct ourselves when communicating with our Holy God. We should conduct our communications with our God in the name of Jesus in a spirit of reverence, respect, sincerity—and to emphasize—without hypocrisy. What better example on how to communicate with others as we attempt to strengthen our relationships?

The Holy Word is the best and most surest foundation any one can ever follow in order to establish and maintain a right relationship on any level. Again, we should first seek the Will of God for our lives and His righteousness, and that is by declaring Christ Jesus as personal Lord and Savior and following His Holy Word.

John 15:19 ~ ¹⁹ If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you.

The above scripture (John 15:19) is to let us know that we should expect and will face trials and tribulations. We should also know that because we are God's chosen, we have protection that the world cannot provide, and most importantly, the world cannot take away. So, in spite of what comes our way, there is hope for us today and for tomorrow. Whatever seems unsurmountable, we should be mindful to think about who we are—and just as important—whose we are. Therefore, realize that unless we know a person is walking with God, there is no way of knowing if they are in agreement in spirt to be in any relationship with us. Therefore, be led by The Holy Spirit in all things.

Remember Who You Are

Remember who you are...you are a child of God. Therefore, because God has chosen you as one of His own, you are far bigger and better than your greatest obstacle because God's Spirit that dwells within you is far mightier and more powerful than any adversarial attack against us.

Before you think you are not equipped to be in, or are equipped to strengthen your relationship, take a good look at yourself—**see your self worth**. See how gifted you are—or can be—especially if given the chance to prove yourself. You do not have to wait for someone to give you what you need—your gifts are within you—it is within your mind and by God-given abilities to conceive the various processes that you want to materialize. See how beautiful you are—inside and

out. Realize that there are others out there who you may have similar gifts and experiences that you can relate to, so just hold on...stay encouraged...your breakthrough is coming.

Remember who you are—you are an individual who has a purpose and path designed and waiting just for you. So whether in the near or far future, get ready and don't give up or give in to despair. Remember who you are—the person who is destined to meet that special someone who will eventually become one of your dearest friends—and do not be surprised if it is someone you least expected. Remember who you are—the person who is meant to see another generation of a family member or a friend who desire and need your presence in their lives.

Remember who you are—you may be the person grieving because you believed with all of your heart that you were going to spend your life with this one person—your everlasting love—just for him or her to no longer be by your side. Yet, because God heard your cries, because God knows how much you can bear, He may have a plan specifically for you to stand in front of multitudes who you will bring great comfort to—and just as important—will bring great joy and strength to you, too. Remember who you are—right now, you may believe the world is closing in on you, you feel so isolated, but what may be happening is that you are being groomed to eventually travel outside your borders to see the world—to explore territories outside of your comfort zone—but are now isolated in order for you to take the time to do the research necessary to make this happen.

Remember who you are—a living human being with a soul. Remember who you are—someone who right now may not be feeling or experiencing gladness, but because you still have warm blood running through your veins, you have the ability to still dance, sing, and shout Hallelujah!—the highest praise to God our Father—and He deserves all of the praise! Remember who you are—someone who has the ability to come out of what seems to be unbearable, knowing that you have so much life and love within you—as long as you remember that there is someone outside of yourself that is waiting to meet you to show that he or she cares for you—but is counting on you to show up and remain strong until the appointed time. So don't give up; don't let discouragement keep you down. God desires for you to not only survive, but thrive. You are capable of strengthening your relationship—begin with yourself.

Choose The Lord

Joshua 24:15 ~ ¹⁵ And if it seems evil to you to serve the Lord, choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the Lord.

Allow God to do more for you—remember who you are—to those around you who truly care. Most importantly—to our Lord and God Almighty! Remember—our Lord Jesus gives us the choice to follow Him, so why don't you? Don't cause the angels in heaven to cry because you have given up. Do not shut down. Open up to someone so that you can share what you are going through so that you can begin your path of healing and deliverance. You may desire to seek a role model who is a Believer that can help you on your journey. Ask The Holy Spirit for direction; it shall be given to you. Being equally yoked with others by the power and unction of The Holy Spirit is what God desires for us in order that we may continue to be strengthened as a member of the Body of Christ for today and for tomorrow.

Romans 12:9-21 ~ ⁹Let love be without hypocrisy. Abhor what is evil. Cling to what is good. ¹⁰Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; ¹¹not lagging in diligence, fervent in spirit, serving the Lord; ¹² rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; ¹³ distributing to the needs of the saints, given to hospitality. ¹⁴Bless those who persecute you; bless and do not curse. ¹⁵Rejoice with those who rejoice, and weep with those who weep. ¹⁶Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. ¹⁷Repay no

one evil for evil. Have regard for good things in the sight of all men. ¹⁸ If it is possible, as much as depends on you, live peaceably with all men. ¹⁹ Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, *Vengeance is Mine, I will repay*, says the Lord. ²⁰ Therefore

If your enemy is hungry, feed him;

If he is thirsty, give him a drink;

For in so doing you will heap coals of fire on his head.

²¹ Do not be overcome by evil, but overcome evil with good.

A Contrary Mind

There are relationships that we have been in, or are in, but are not necessarily for our good, nor for the perfecting of our faith and our walk in Christ Jesus. As the saying goes, *Hindsight is 20/20. Sometimes, we may have realized after the fact that we were actually within God's permissive Will; but not necessarily within His divine Will when it came to a number of issues and encounters. To God be the glory for keeping us, not because of what we do or have done, but in spite of what we do or have done. As I pray and request for myself and for those I love and hold dear, I pray for you, too, that you may have increased levels of discernment to know the difference.*

As it is written, 'all have sinned and have fall short of the glory of God' (Romans 3:23). As we should know, we are under the umbrella of God's grace and mercies, but that should not equate to getting into encounters or relationships that tempt the Lord and our God. Furthermore, forbid that we tread the line by deliberately living in a state of sin and are comfortable with it. In order to strengthen your relationship, as Believers, we know conformity to this world is not an option; that we should be holy and acceptable to God who is The Head of our lives. So, wandering outside of the teachings of The Holy Scriptures for relationships—whether in holy matrimony or platonic—is not having a right relationship. So, to establish and strengthen a right relationship with someone is a relationship that does not compromise upon the Holy Scriptures. How can we be an example to someone else if we are not demonstrating strength and good character in our own lives? We can't—the short answer! Instruction and chastisement first comes to God's people. It is only when the teachings of The Holy Scriptures are demonstrated in our lives that we may be able to be a role model for someone else.

1 Peter 1:13-16 ~ ¹³ Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; ¹⁴ as obedient children, not conforming yourselves to the former lusts, as in your ignorance; ¹⁵ but as He who called you is holy, you also be holy in all your conduct, ¹⁶ because it is written, 'Be holy, for I am holy.'

One may think, that there are those who do not adhere to the teachings of The Holy Bible, but still manage to have strong relationships. That may be true on the surface; however, when situations challenge their relationship, it is their course of action that measures whether such a relationship is strong and firm.

If you are in a relationship, and you find that your relationship is being sorely tested, answer this question: Would you prefer to base your resolve with or without The Word of God? Keep in mind that The Holy Word is life's application to those who believe and receive. It is the infallible Word of God—constant and unwavering—not because I believe so, but because God declared it so. Another question: If you were in a relationship that was being challenged, would you want someone who knows The Word of God for him— or herself, or would you even care? To know that someone you are in a relationship with has more than just knowledge, but demonstrable characteristics of what it is like to adhere to The Word of God, is priceless. That is why it is important to be equally yoked (2 Corinthians 6:14). When challenges come to a relationship, there is a greater level of hope and expectation that a tested relationship will last or at least have a fighting chance of progressing because the power of the love of God is accentuated and present.

2 Corinthians 6:14 (NIV) ~ ¹⁴ Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

I remember an actor (his name intentionally omitted) who shared on television that he and his wife made it a point to not let the sun go down on their wrath. Imagine if we were all able to make such an effort? That would surely demonstrate not only how important our relationship is more than any issue that causes strife, but how to strengthen our relationships. By the way, what this actor shared is based upon the scripture from Ephesians 4:26. If we adhere to God's guidance, when we try to come to grips with challenges we face in our relationships, we can at least have a sure foundation—a consistent plan and course of action to seek each and every time. So, when strengthening relationships, we should rest assured that The Holy Scriptures is the firmest foundation ever established for all to follow.

Love of God, Self, and Other

When we love others as we love ourselves, that is the best path to strengthening our relationship. When thinking about how to strengthen one's relationship, one would have to first have the traits that it takes to have a strong relationship. Have you ever heard or met someone who struggled with commitment because as a child, they lived in a household that lacked role models who knew how to express a healthy kind of love? To be able to strengthen one's relationship, first, one has to be able to identify what a strong and healthy relationship is. So, regardless as to the type of relationship that you are either in or desire, one has to first look within oneself to determine what it is that one brings to the table that are elements or characteristics for a strong relationship. Feelings of inadequacy, insecurity, or inferiority within oneself will tend to draw individuals in polarizing directions. That is not a right relationship; that is not a healthy relationship, nor the appropriate ingredients for one.

To have a right relationship with God and oneself means to love Him with all of your heart and soul. To know God loves you does not mean that you will never face major challenges in life. To experience the love of God is to know that your soul is in His care; that because Jesus lives, we have an expected end—we are heaven bound. That we have an Advocate here on earth that will comfort and guide us to all Truths. It is because the Spirit of Jesus lives, we have the ability to claim the victory over any darkness that may attempt to overcome us. Also, if we abide by God's Word, even if we falter, because of our right relationship with God that strengthens us, falling short or faltering is the extreme exception and not the norm. To add, we know with a sincere heart that we must repent because we honor and respect The Living God. This is a true way of knowing that God is in us and we are in His care. This is a true way of knowing that we have the righteousness of God because since Jesus abides in us, we, too, are the Light of the world because we are to be like Jesus. Furthermore, being rooted and grounded in God and His Love is to claim that you deserve to be in a loving and strong relationship with others. Accepting Jesus Christ as your personal Lord and savior is the beginning of a path towards healthy and strong relationships.

Romans 8:12-17 ~ ¹² Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. ¹³ For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴ For as many as are led by the Spirit of God, these are sons of God. ¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, *Abba, Father*. ¹⁶ The Spirit Himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

Luke 10:27 ~ ²⁷ So He [Jesus] answered and said, **You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbor as yourself.**

Rebuke A Troubled Mind

There are those who thought they had a right relationship with the most high God, yet took drastic measures against themselves by giving up hope. This is deeply disheartening and sad because their lives were so precious. Mental illness plays a huge part in society today, especially as

we continue to face the COVID-19 pandemic. I pray that if you are struggling, that you seek spiritual guidance and reputable health resources. *Do not tackle struggles or depression alone*. Reach out to someone close to you or someone you believe you can trust to guide you to reputable social and health-related programs. There are also hotlines that enable you to remain anonymous, if you prefer, so that you can share what is on your mind and heart. Let this be known to you—you have options, so please reach out to get the assistance and encouragement that you desire for yourself and others.

Study To Show Thyself Approved

As issues in life can weigh one's relationship with others down, read God's Holy Word; believe for yourself and for others that it is the road map for a child of God's life. On a personal note, it was and is so enlightening to read all of the books of the bible from Genesis to Revelations in order because it presents a clearer picture of how God and His Holy Spirit moved from the foundation of the earth to the declaration of Jesus' return. It is amazing how The Holy Spirit moved among men hundreds of years before Jesus' arrival here on earth. If you have not as yet read The Holy Bible from The Books of Genesis to Revelations, along with what you may already be reading, here are some suggested scriptural references, along with my personal brief summaries, that will strengthen your relationship with our Savior and heavenly Father:

- **Psalm 23 -** The Lord is my Shepherd, there is nothing outside of His Will that I want.
- **Psalm 30 -** I praise you Lord! You have not let my enemies rejoice over me.
- Psalm 40 The Lord has placed a song in my heart.
- **Psalm 118 -** Give thanks to the LORD, for He is good; His love endures forever. I will not die but live, and will proclaim what the Lord has done.
- **Psalm 121 -** My help comes from the Lord who made heaven and earth.
- **Romans 8 -** There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.
- **Ephesians 3, 4 -** The riches in Christ Jesus for all of mankind; God's grace and mercy.
- **Hebrews 4, 5 -** God's Word is sharper than any two-edged sword.

 Jesus became the author of eternal salvation to all who obey

 Him.
- **The Book of Revelations -** May our names be in The Lamb's Book of Life.

Strength From Within

There are so many who have so much more to accomplish in life, but who are in despair because they believe that time is winding down—don't let the adversary lie to you. Have you ever heard stories of individuals mature in years going back to high school and college to get their certificates and degrees? So many have come to realize that in order to be in a sound relationship with someone else—rather, with him— or herself—they had to improve and strengthen themselves by accomplishing unfinished or postponed goals and aspirations—and decided to have no more excuses.

Strength Throughout the Ages

Acquiring strength from within has no age limits. The schisms that once surrounded ageism are diminishing. We rejoice with our elders who have decide there is much more to life to experience—some who have various levels of responsibilities. Some responsibilities include having grown children, grandchildren, and great-grand children. In spite of what that level of responsibility is, think more *outside* of the box, and if this is applicable to you, develop a plan of action to make it happen. I share this because part of strengthening your relationship can sometimes mean to focus also upon unachieved and heartfelt goals in life. So, take time to explore if that is the case with you or with those who you desire to have a stronger relationship with.

The goal is: Never give up; especially as long as the focus does not take precedence over The One who is able to keep you from falling—The Source of your strength.

You Are Worthy and Victorious!

As you learn to love God more and more each day; as you learn to love yourself more, too, you can, in turn, learn how to strengthen your relationship with others. Without a right relationship first and foremost with our Holy God, other relationships will be based upon an unsteady foundation. With all of the various doctrines and ideologies in this world, none compares to the foundation established by our heavenly Father and our Lord, Christ Jesus under the power of The Holy Spirit.

In quiet moments, listen to the soft voice of The Holy Spirit. Deter strife and naysayers who are contrary to the teachings of Jesus. You will know when you hear His voice because His Words will align to the Holy Scriptures. So, again, think of yourself as worthy of a promising future of healthy and strong relationships. *Think of yourself blessed and favored with confidence; full of joy and peace—just claim it!* Find yourself engulfed in the presence of The Spirit of a loving God. Learn to obey His voice of instruction. Ask and you shall find that He's willing to help you—He is waiting and looking forward to communing with you—the best relationship ever!

Once you confess and embrace who you are, love who you are, and appreciate the uniqueness that comes with who you are, you will learn to stop listening to the noise of the outside world that lies to you. You will have then discovered, or have finally wholeheartedly accepted, that you are marvelously and wondrously made and formed in the image of God. The days will pass when you will think less of yourself as a victim; you will claim victory!

You Are Anointed

If you are someone that is strong in faith and anointing, then I hope this message inspired you that much more to go even higher in your goal of strengthening your relationships. You may be in the process of helping others who struggle with relationships. If so, I touch and agree with you as it aligns to God's Will for your life and for the lives of those you touch. Every situation can be worked through if we only believe and receive that it can happen. Sometimes, it is about letting go so that God can prove how He can bless us, and those we hold dear, for His glory, and His glory alone.

Exodus 7:2-7 ~ ² You shall speak all that I command you. And Aaron your brother shall tell Pharaoh to send the children of Israel out of his land. ³ And I will harden Pharaoh's heart, and multiply My signs and My wonders in the land of Egypt. ⁴ But Pharaoh will not heed you, so that I may lay My hand on Egypt and bring My armies and My people, the children of Israel, out of the land of Egypt by great judgments. ⁵ And the Egyptians shall know that I am the Lord, when I stretch out My hand on Egypt and bring out the children of Israel from among them. ⁶ Then Moses and Aaron did so; just as the Lord commanded them, so they did. ⁷ And Moses was eighty years old and Aaron eighty-three years old when they spoke to Pharaoh.

Strengthen Your Relationship—Recap!

Psalm 118:24 ~ 24 This is the day which the Lord hath made; we will rejoice and be glad in it.

If someone says or does something negative or offensive, to not give him or her power over

your feelings and emotions. Claim that you are going to stay strong and regain your focus by continuing to do what is just and right; not only for your sake, but so that your testimony is not tarnished in the sight others and God. The reason a person may be directing negative energy towards you is because you are wonderfully and marvelously made—in plain terms, he or she may be plain and simply jealous or envious. No one puts negative energy towards another unless they desire something their victim possesses. Do not allow anyone to take away your joy or your peace of mind. Declare over yourself: I will stay encouraged! I will stay strong! I love God and know that what He declared about me in His Word is true because I am His chosen!

Claim Joy and Peace of Mind

When challenged by negative thoughts or actions, *resist!* If it is an environmental issue, try your best to avoid that place. If it seems as though you are challenged by a person, remember this saying, *It is not what a person does as much as it is how you respond.* A person may *rub you the wrong way,* but if you think of good thoughts or seek ways to avoid this person with respect, it just may work. If not, do not give him or her the satisfaction of seeing you upset or angry, but then again, God did not create His chosen to be taken advantage of, so even in a blink of an eye, The Holy Spirit will give you relief if you seek its power.

2 Timothy 2:15 (KJV) ~ ¹⁵ Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

During breaks or during your leisure, search for online and community-based bible ministries in your locality to help you increase your understanding of God's Word. I appreciate websites like Bible Study Tools that provides a daily scripture, chapters of the bible to read, and lots more pertaining to learning The Word. In addition to strengthening your relationship with God, to develop and keep a balanced relationship with yourself—in order to strengthen how you feel about yourself—if you are not doing so already, work on projects that give you joy and happiness. What came to mind were arts and crafts that involve items like clay and painting. I know baking hobbies are at an all time high—that may be good for you if you have not already started your journey to *chef-dom*. How do I know? For months, I could not find a jar of yeast anywhere! I'm glad that is no longer the case. How about working on puzzles? They are made in all sorts of sizes and designs these days—plus it is something to do that does not require being at a computer or online. Perhaps someone reading this is an artist that has yet to show up and show up strong?! God gives us all gifts—it is up to us to cultivate them and use them in ways that honors Him while providing pleasure for ourselves and others.

Struggles in life come to prove our strength. If we are not challenged in some way, we do not get to demonstrate our spiritual muscles! As we know when it comes to our physical bodies, if we do not use and challenge our muscles, we lose them. So while we do not gladly want trials to come our way, as Believers in Christ Jesus, knowing that if Jesus was despised and persecuted; if the world first hated Him, then because we are His chosen, the world will despise and resent us, too. Trials and tribulations come our way to prove the power of God in the land of the living.

While You Still Have Time

Do not allow yourself to feel the guilt of equating your life's value to a failed relationship or to a material loss. Certainly, claim you shall love again. Claim that you have the potential to begin again—especially because God loves you so and desires you to love Him, too. Accept the love of Jesus that He so freely gives so that you may live life to the fullest and more abundantly—for the betterment of your soul and for the betterment of the souls you bless with your unique touch.

* * *

I would like to express my deepest and sincerest condolences to those who are experiencing grief and hardship during this COVID-19 pandemic. As I pray for my family, friends, and those I encounter, I pray for you, too.

May God's grace and mercies keep you; and that the joy of the Lord and the love of God which surpasses all understanding strengthen and encourage you always.

May God continue to bless and uplift all those who seek His Face, and may the Spirit of the Living God bless the works of those across the nations who serve to make this world a better place.

Eunice A. Christian

Content Writer; Missionary

Stay Encouraged

We cannot truly fathom how great our Lord and God is, but what we can identify with is our Lord and our God's mercies towards us. Knowing that there are recorded accounts of how Jesus the Christ walked this earth—and how He lived and died for us—should cause us to want to serve Him with an abundance of gratitude and humility. We know that we could never repay Him for what He has done, and continues to do for us, by the power of the Holy Spirit, but the way we can honor Him is to trust, love, and obey Him.

Therefore, be willing to spread the gospel so that the Holy Word may be received by all who will believe—and for those who truly believe, may we rejoice together, and be continually encouraged in knowing that we have a glorious expected end in Christ Jesus.

Philippians 2:14-16 ¹⁴ Do all things without complaining and disputing, ¹⁵ that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, ¹⁶ holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain.

* * *

There is no greater gift than the power of God's redemption.

So, if you have not done so already, give your heart to Jesus while you still have time.

Have a transformed mind, look to Jesus.

Be blessed and be a blessing.♥

^{*}Unless otherwise indicated, all biblical references are from the New Kings James Version (NKJV) - Public Domain. Words in **bold** are words recorded within The Holy Scriptures as being spoken by God the Father and Lord Jesus The Christ.

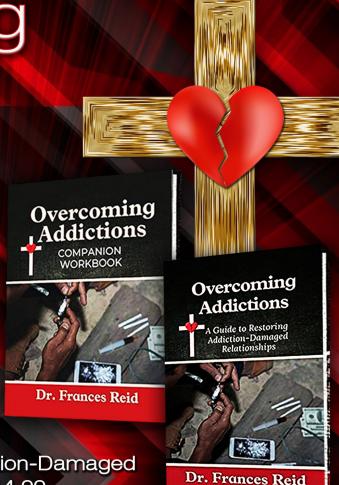
Overcoming Addictions

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facilitated by faith-based organizations.



A Guide to Restoring Addiction-Damaged Relationships Paperback \$14.99

Overcoming Addictions is a powerful new resource to shine light on how addiction destroys relationships, as well as tools to support those who are on the road to recovery. Each day God continues to tap the resources of heaven's loom to weave divine healing to the tattered souls of His people. The resources that are identified in this book have been used with spiritual guidance to bring about renewal and transformation to countless individuals. The purpose of Overcoming Addictions is to combine the study of Scripture with other methods of ministry including the Twelve Step program, to guide addicts through an experience of restoring broken relations via transformation. Through meditation and journaling, participants will be exposed to biblical truths that will transform them, aligning them with the character and ways of God. Through this encounter, they will overcome the poverty, addiction, and destruction associated with their addictive behavior and emotional dependencies. When coupled with the Overcoming Addictions Companion Workbook, this powerful tool becomes a blueprint for substance abuse recovery programs



Redefining the Term Intimate Relationship

Dr. C.A. Dangerfield II

When we look up the word intimate its first described as an adjective than a noun and verb. I beg to differ with some of the order within the description and that is only because each of us has a different perspective based on our experiences. It would also be discussed very passionately based on our individual observations and some might get a little heated also based on our personal understanding. One phrase used within the definition "private nature" would for me be the forefront of its description both mentally and emotionally. From this point, I would continue to add to the description.

I have also obtained knowledge that men and women have a very different understanding that comes from two different extremes generally. I lean more to understanding that intimacy begins in the mind as a mental and emotional connection. Depending on the foundation of the relationship it can develop into a physical relationship and that should be within a committed relationship without any thought of separation. A bonded relationship and what really solidifies that is the understanding of the three-fold cord. The inner twinning of your complete relationship with God creating a bond that is not easily broken. It possesses the elements of mind, body, and spirit, those who have obtained that depth will clearly understand the true nature of that statement.

When having a conversation with men and women perception at times can have a very different understanding as to what it is as well as its importance within a relationship. As well as understanding how it can be useful in strengthening a relationship. Men may view intimacy as physical with no emotional tides or connection of emotions. Where a woman may feel the point of intimacy begins with a mental and emotional connection that stimulates the senses and creates desires on a deeper and different level than that of a man. She at this point would be more vested in the relationship than the man because she has developed her feelings at a much deeper level.

One must have an intentional mindset to reach that destination within the relationship, it's a journey, not a short trip or a simple excursion, but a lifelong adventure with many memorable highlights that allows life to be fulfilling. It's true that you will get out of it what you put into it. I also learned and have come to the understanding that the complaint department begins with me and directed towards me through the mindset of self-examination way before I direct it towards another. I have to self-reflect to understand the legitimacy and motive that has generated the complaint within myself and check my emotions and the merit for my feelings. In doing so I eliminate the prospect of unintended separation within the relationship that I hold in high esteem.

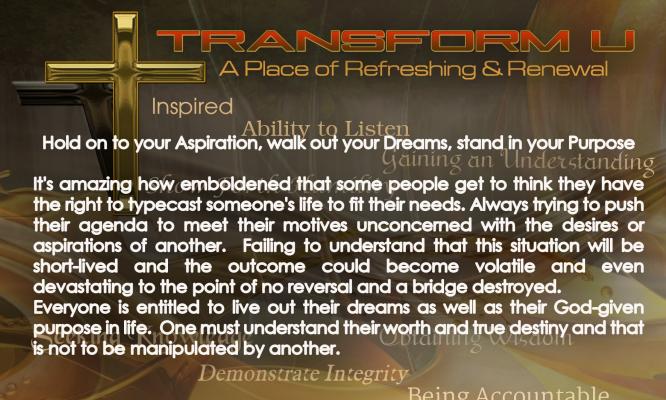
When we truly have an intimate and extremely committed relationship one doesn't have to demand respect from anyone because that comes naturally based on the merits of the relationship and is found to be reciprocal by general principles. When I have spoken to ladies the most intimate factor that they desire from their respective mates is the ability to communicate at various levels of conversation they find it stimulating, attractive, and very appealing. Helping to contain their interest in their partner because they have the ability to be engaged even with

their mind. It takes time to build up to an extreme level of intimacy. Gaining that understanding is critical and crucial to the longevity of any relationship and for success to become present this must be understood. If you don't believe me ask the 50,60 and 70-year-old relationships and you will learn there are many common areas found inside the relationship.

We have to plan out our intended success understanding and be willing to make needed adjustments first within ourselves before we look across the line to ensure that we check our own selfish nature to not impact the relationship negatively. Gaining also some wisdom of ourselves when these checkpoints occur keeping us from overheating, therefore, overwhelming the relationship.

Intimacy embarks on honesty which helps to sustain longevity. Most successful relationships remain that way with an open dialog which helps to continue in building trust and a bond. Which births greater adoration towards each other creating what some might describe as a soulmate. Meaning for most that one person that understands you the best, the one you cannot live without, your ultimate partner. The true meaning of being one with another, when you're able to manifest this connection you find peace, confidence, and a sense of fulfillment. So, start with an open dialog of your desire to have this type of relations and always include God in the midst and he will give you the desires of your heart





Being Accountable

OPEN COMMUNICATIONS



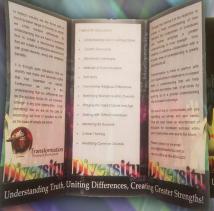
Knowing Who We Are In Him Fulfilling Purpose (Give Me Back My Shoes)

Donna Jones

In the late fall, a Beautiful sunset was engaging the ATMOSPHERE, the smell of the country rain upon dirt, the sight of wind blowing through the trees, and all the farm animals speaking their own language, while the family sat on the balcony for dinner. It was a familiar time, a time when everyone comes together to enjoy laughter, good talks, and delicious country cooking. Everyone that knew Eugene Williams and family was aware of them being the most loving bunch around. They cared for everyone and reached out to as many as possible. Christ was the head of their lives and it showed not only in church, but work, play, school, and wherever they were. Life was real to them and they wanted to make the best of it. On this particular meal time a very big decision was before Moses the oldest. He decided on Agriculture as his major or Law. His heart was with the family farm bit he was somehow feeling the pull towards law. His dad wasn't at all pleased and his disapproval had begun to show in ways mom or none of them were too comfortable with. After much back-and-forth communication Moses finally announced his decision to stay with dad's decision and major in agriculture. They all knew that he didn't have peace, but he had respect and love for his dad. He had a great desire to please his dad. And everyone sensed that dad was the only one blind to Moses' pain. Days went by and it was time for Hegai's tennis game. Everyone was on at the tennis court and as usually Hegai was playing extremely well and doing his very best, but there was a noticeable difference in his run and all of a sudden Dad screamed out " Hey he is wearing cleats" but the game continued and he won. Dad and everyone rushed to him and dad said, "Hegai you were great son, but why are you wearing baseball shoes, I can tell by your run that you were not comfortable." "Son" he went on to say "I know you are great at tennis and for whatever reason you wanted to prove that you could." "You proved your point but in order to do your best you must walk in your right shoes." "But these aren't my shoes dad, these are Moses shoes." Said Hegia "Son I know you so admire your brother but you can't be him, God wants you in your own life not to try and live someone else's. Although you did well as always but can you honestly say that you enjoyed it as much, and can you honestly say you performed as well?" "No, Sir Dad, you are right." Said Hegai. "Son when you try and live out someone's else's life you cheat yourself and the ones that love and support you but mainly God." Everyone was amening Dad and Moses said "Little bro why would you do this; we are proud of you as you. You would have ruined yourself and missed out on what really makes you happy." "I had to." Said Hegia "I had to let you and Dad know that you shouldn't be trying to wear his shoes, you should be good at what God gave you to do. You love Dad, we all do but his shoes are for him and he excels in them greatly but you must find your own way and I pray Father please see what I'm trying to relate to you." "Oh son" cried dad. With tears, in his eyes you are so right, I have pushed my shoes on to a bright brilliant son who needs to do as God has called him." Dad walks over to Moses who is crying and smiling, and says "Son I love you, I'm proud of you, now go and do as Holy Spirit has shown you, go and study and be the best Attorney ever, besides big ranchers like us and others need legal advice as well and son please give me back "my shoes" and walk tall in the "shoes" that God gives you." By Donna Richardson Jones Hebrews 13:5 Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you 1 Peter 2:9 But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light; Ephesians 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me 1 Corinthians 12:27 Now you are the body of Christ, and each one of you is a part of it

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