

Transform You Magazine



May 2024

Volume 7 Issue 5

Transform You Magazine

**Can you hear the still soft
voice of the Holy Spirit?**

Or are you over talking Him?

“And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice.” John 10:4





May 2024

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Transform You Magazine

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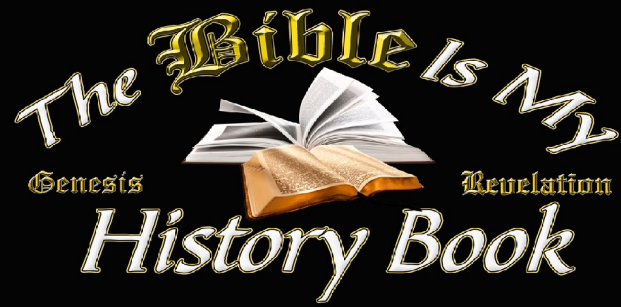
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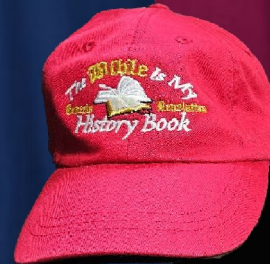
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June 22, 2024
8:30 a.m. - 4:00 p.m.

EWOG



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Empowering Women To Be All They Can Be In Christ

Dr. Linda Grant



New First Baptist
Church-Taylorsville
Portsmouth, VA

Dr. Sandra Cherry



Restoration Christian
Church, Newport News, VA

Dr. Natalie Francisco



Calvary Community Church
Hampton, VA

Sponsored by:
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Registration Information:

- Cost: \$41.50 (Includes Light Refreshments and Lunch)
1. <https://tithe.ly/event-registration/#/8449720>
2. Mail to: New Grace Church, Attention: Maria Barnes
128 Deal Drive Newport News, VA 23608

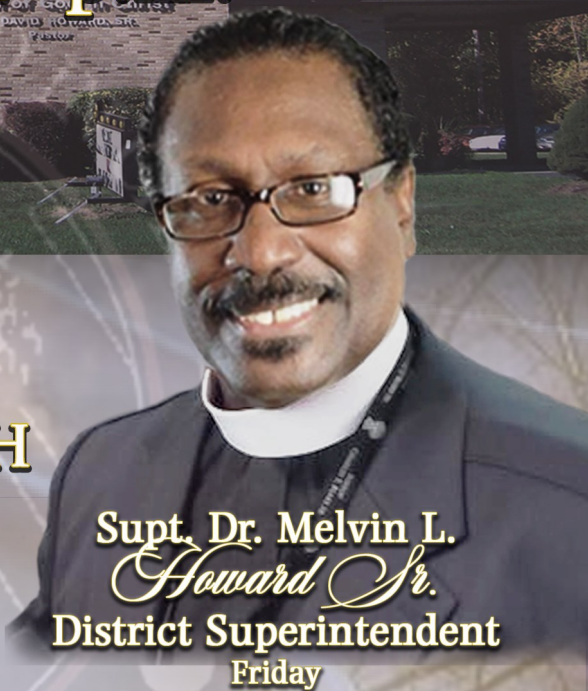
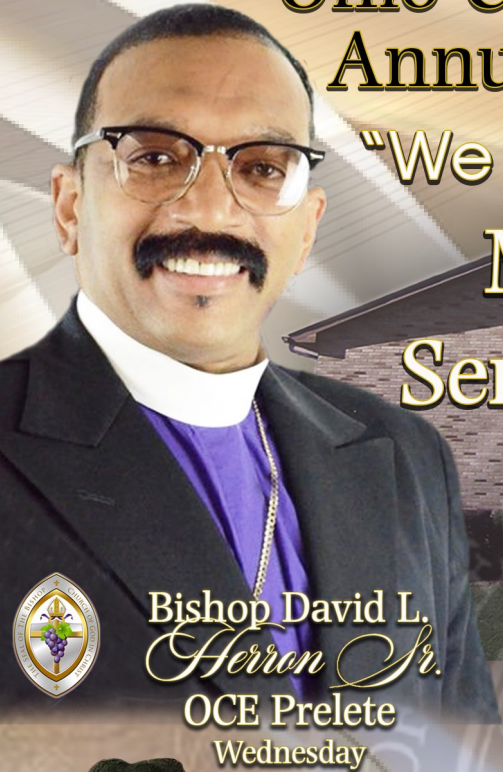
Email: riahusbar1@gmail.com



David Howard Memorial District Ohio Central East Jurisdiction Annual District Convention

"We Have Work To Do" John 9:4

May 21-24, 2024
Service Nightly 7 p.m.



Bishop David L.
Herron Sr.
OCE Prelete
Wednesday

ST. JAMES
ST. JOHN
ST. PAUL

MONUMENT OF FAITH
JENKINS MEMORIAL
TEMPLE OF PRAISE
COURTS OF PRAISE

Supt. Dr. Melvin L.
Howard Sr.
District Superintendent
Friday



Mother
Linda Herron
District Supervisor
Thursday

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Pastor
Robert Herron
St John

Pastor
Paul Ringold
Shalom

Late Pastor
Dr. John Blackwell
Courts of Praise

Pastor
Calvin Evans
St Paul

Pastor
Levi Elsey Sr.
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Bishop
Melvin Baker
Temple of Praise





Familia Vega in the Mission Field

Preparing for El Salvador!



Hello, Friends! Hola, Amigos!

We are the Vega family! We would like to share a little bit of our story, history, and calling as missionaries.

Uzi, from El Salvador, and Bethany, from the U.S., met in 2013 while serving and training with Youth With A Mission in Costa Rica. We were married in 2015, got custody of Uzi's daughter, Genesis, and continued to serve as full time missionaries until 2018 when our first son, Isaac was born. We came to the United States for a sabbatical with the purpose of getting Uzi's U.S. citizenship and establishing a connection with our church family before returning to the field. Then, just like the rest of the world, our plans were affected by the sudden appearance of the covid-19 virus. In the waiting, our son Tobías was born in May 2022.

Now, after five and half years of living in the United States Uzi has his citizenship, and we are FINALLY preparing to return to where our hearts belong: the mission field! This coming January, we will be serving Youth With A Mission again, this time in El Salvador as full time staff. We are so excited to pour the gifts and talents God has blessed us with into Uzi's beautiful homeland; to see the resurrection of a lost hope, restoration of the family unit, and to see communities develop into healthy and thriving places! El Salvador (in English, The Savior) has been ravaged by corrupt government and gang violence for decades, but the political atmosphere is shifting. Corrupt politicians are being weeded out and gang members are being imprisoned by the thousands. There is a growing sense of freedom and hope, but the wounds and scars and pain are still there, in need of the healing touch of the Father.

Why El Salvador? In our time in the States, we did a lot of praying and seeking and asking questions about things that God had put in our hearts over the years. What we saw was a pile of puzzle pieces and no idea of where to start. But God spoke confirmation from three people who didn't know each other and were in different countries! God said, "I gave you all the pieces, just start and I will guide you!" So what are those pieces that fit in El Salvador? **Connections, Empowerment, and Immersion.**

Connections: The need for mental health workers is enormous and we have already started conversations with mental health care workers here about bringing their training to El Salvador to equip YWAMers and local pastors to be able to minister in this area. We also have a huge desire to see more U.S. church members experience missions in order to be a blessing and to grow in their walk with the Lord. Lastly, we are working to connect/coordinate the pioneering of a new training course for YWAM that focuses on worship, intercessory prayer, spiritual warfare, and evangelism, in order to be more effective in ministry.

Empowerment: We want to see the Salvadorans take ownership in the growth and restoration of their country. We believe that God has connected us to key people and ministries for the task of equipping the people so that they can rise up and take hold of the blessings God has for them.

Immersion: Before we were married, we talked and prayed about how we wanted to raise our kids and what things were important to us as individuals, but also as a missionary family. Our desire is to live with a diverse “Kingdom culture”, where the best parts of our cultures are drawn out to honor God. We want to have our kids immersed in Salvadoran culture so that part of their heritage is not lost.

Who/what is Youth With A Mission? Youth with a Mission (YWAM) is an international and interdenominational Christian training organization founded in 1960. The three focuses are in training, mercy ministries, and evangelism with the goal of seeing God in each of the 7 spheres of society (family, economics, government, religion, education, media, and the arts). There are more than 1,200 working locations in over 180 countries. Each year approximately 25,000 short term missionaries are sent around the globe.

What will we be doing? As full time staff, we will have general operations responsibilities (i.e. property maintenance, kitchen duties, hospitality, etc.), work utilizing our gifts and talents (i.e. Spanish/English translation, administration, discipling/mentoring, etc.), and being involved with ministries of the base (i.e. mercy ministries, kids programs, Bible and literacy classes, etc.). **So what might our day look like?** In the morning, we may be preparing breakfast for a team that has come to build a home for a single mother in the community. After breakfast, Uzi could be translating for classes while Bethany homeschools and works in communications. After lunch, we prepare for kids ministry (a hot meal and a fun Bible study out in the community) or helping to build the house with the team. On the way back from ministry, we might stop to do the grocery shopping for the base meals for the rest of the week. More translating for Uzi for evening classes! Before dinner, someone needs to talk and process; Bethany can help with that! Dinner might be done, but the day is not finished; time to sort through the vegetable donations that have just been dropped off. Now we can rest for another busy day!

There is so much more we'd like to share! Please connect with us and ask questions. 😊 Please keep us in your prayers as we finish preparations for our departure in January 2024.

With Love and Gratitude, The Vega Family

.....
[Connect with us on Facebook!](#)



Prayer Requests and Budget

Please pray for:

- ❖ **PEACE!** In our hearts and minds, because moving is stressful and difficult!
- ❖ For Genesis, as she moves into her own place and makes decisions for her future.
- ❖ Clarity in the final decisions we need to make for the move.
- ❖ **Finances!**

Startup Budget:

-----> **\$66,000 Total for the first year**

- ★ \$30,000 for a car (cost of vehicle plus shipping costs...El Salvador will not accept imported vehicles older than 2016)
- ★ \$12,000 for one full year of housing
- ★ \$2,000 monthly expenses
 - Base fees
 - Medical insurance
 - Vehicle maintenance, insurance, and gas
 - General needs (clothing for the boys, homeschool materials, etc.)
 - Savings for other travel/visa renewal

Donations can be sent via PayPal using bethany.s.mayer@gmail.com. Option for tax deductible donations coming soon!

For more information about YWAM El Salvador and their ministries, you can visit <http://jucumes.org/>.

Resurrection Power COGIC

81 Price Rd.

Gahanna, Ohio 43230

Pastor Franklin J. Culver

Host Pastor

July 19th - July 25th, 2024

7 pm Nighty except 10 am Sunday

**"Never again, Satan.
I'm too grown for this!"**

Genesis 3:13;
Hebrews 5:13-14;
II Corinthians 2:11



Evang. Venice Conley
Women's Dept. President



Supervisor OHN
Sharon Belvins
Mansfield, OH
Friday July 19th



Supervisor OCE
Danielle Revish
Columbus, OH
Saturday July 20th



Co-Pastor Shirley Jordan
Mansfield, OH
Sunday Morning July 21st

Revival



Co-Pastor Brenda Shorts
Cleveland, OH
Monday July 22th



Imani D. Hunter
Rochester, NY
Tuesday July 23th



Pastor Sharon Gibson
Nassau, Bahamas
Wednesday July 24th



Pastor Michelle James Moore
Cleveland, OH
Thursday July 25th

2024 PROPHETIC PRAYER CALL

Living in The SUPERNATURAL

Acts 17:28

“for in Him we live and move and have our being ...”

EVERY 1ST MONDAY @ 6:00AM EASTERN TIME
351. 999. 3652 + 966361# OR 1. 844. 802. 5555



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Aug 5 | Oct 7 | Dec 2

February 5th
APOSTLE
CYNTHIA DEBERRY
(OH)

April 1st
PROPHET
LAMESHIA CONLEY
(OH)

June 3rd
BISHOP
KADIAN SMITH
(JWI)

July 1st
PASTOR
DENYSE GRANT
(GSA)

September 2nd
PROPHET
RICK LEYSATH
(MD)

November 4th
APOSTLE
ANITA MCCOY
(PA)

Playback# 607. 374. 1073 + 966361#



New Release



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NOV 8 - 10th, 2024

A New Dawn of Wellness
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A promotional image for Innovation Life Church. It features a man and a woman smiling. The text 'Join us for' is written in a blue cursive font, followed by 'SUNDAYS AT 3PM' in white on a black banner, and 'WORSHIP' in large, colorful, 3D-style letters. Below that, it says 'VIRTUAL AND IN PERSON' in white on a black banner. There are social media icons for Facebook and Instagram. At the bottom left is the Innovation Life Church logo, and at the bottom right are icons for 'Give', '\$', and 'P'.

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My Sheep Hear My Voice!!

Diane Simms

Written with Love and Pure Concern

It is imperative that believers maintain confidence in the absoluteness of GOD! Society causes people to question everything by repeating it over and over in every aspect of our lives.

We do not have to be taught to hear GOD's voice or his instructions, some will not believe or accept that it is really him, however Jesus said in John 10:27 "My Sheep hear my voice, and I know them and they follow me". GOD speaks to all of his sheep in different ways, and provides instructions according to our personal relationship with him. Every single believer knows the voice of God, it's just whether or not they actually attribute it to GOD. John 10:14 states I am the good Shepherd, and know my Sheep, and am known of mine.

Believers must expect to hear from GOD, be obedient when they hear from GOD, learn to discern the way GOD speaks to them personally, and line it all up with his Word (the Holy Scriptures).

The world brings fear, confusion and doubt to the believer, GOD is NOT the author of confusion! John 7:38 He that believeth on me as the scripture hath said, out of his belly shall flow rivers of living water. But read on after Jesus said this a great amount of confusion came upon the people because they tried to reason in the flesh as the world reasons. Jesus spoke out of his spirit of those things. Our GOD is Spirit and our Spirit must discern him, commune with him, talk with him and listen to him. Jesus spoke "as a matter of fact" about what he was saying and teaching and we should believe just as "matter of fact" and absolute, doubting nothing he taught!!! Romans 3: 4 God forbid: yea, let God be true, but every man a liar; as it is written, that thou mightest be justified in thy sayings, and mightest overcome when thou art judged.

For some this concept may be difficult to comprehend because many have been taught to question everything and lack of trust brings about doubt so blessings are hindered and love for GOD and his word become forced rather than natural. I too question the world, the flesh and man but NOT GOD,

2 Corinthians 1:20 For the promises of GOD in him are yea, and in him Amen, unto the glory of GOD by us. Isaiah 42:8 is very specific when it says I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images.

These profound statements remove all doubt for me because I have learned to take GOD at his word. You should too. GOD is not a man that he should lie, nor can he tell a lie. If he said it in his word it will come to fruition.

I've heard it said "you can't make me doubt him, I know too much about him, that is why I love him so, cause he's so real to me" remind yourself of this infallible truth whenever doubt, lack of trust, or fear creep in. Learn to reinforce your Faith, encourage yourself in the Lord!

We've come this far by Faith, leaning on the Lord, trusting in his Holy Word, He's never failed us yet. You cannot turn around only press toward the mark of the high calling, GOD's arms are out stretched to receive you, and he will keep you from falling. "As it is said, Today, if you hear his voice, do not harden your hearts as in the rebellion." "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." Do not kick against the pricks.

God has a wonderful plan for your life, and this plan is directly connected to surrendering to His perfect will as He speaks to you through His Word, dreams and visions, circumstances, prophecies and gifts of the Spirit, an audible voice, similitudes, and peace within.

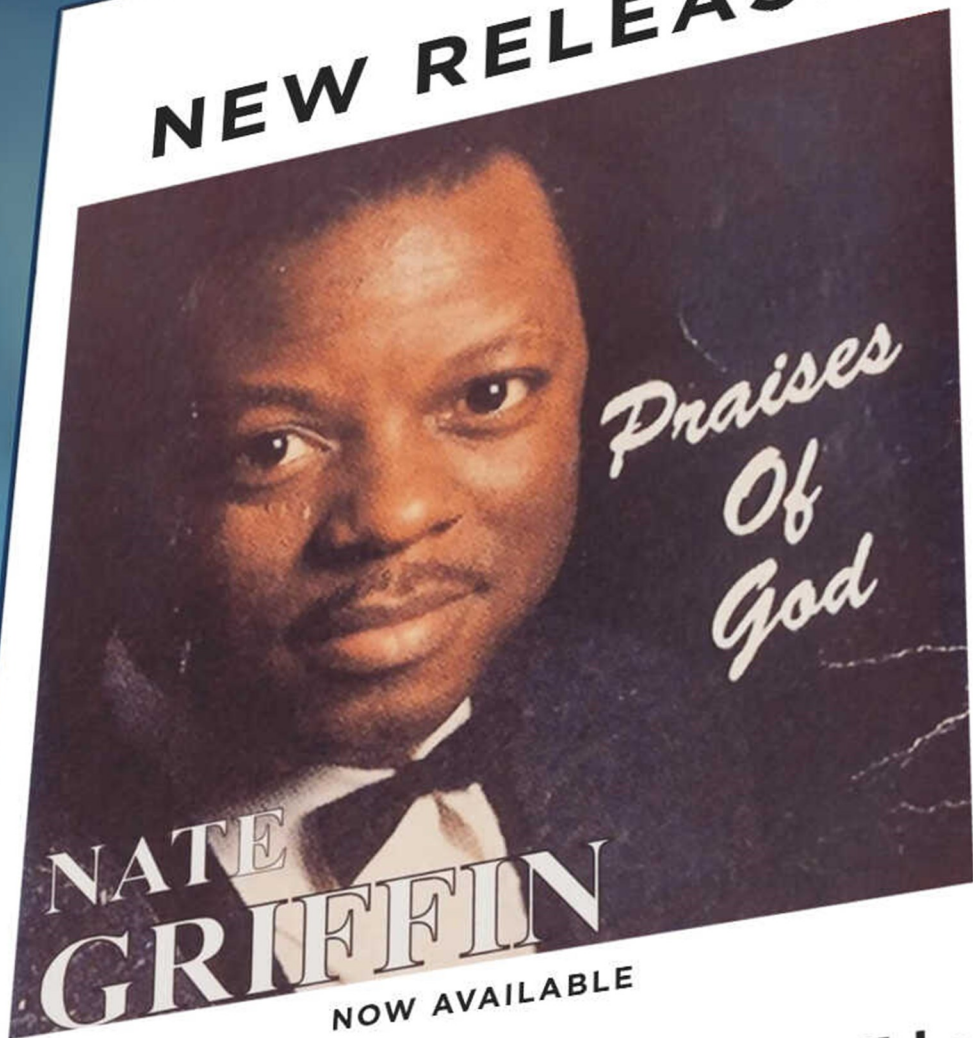
THINK ABOUT IT

If you TRUST Him?

Why question Him?

Rather than OBEY Him!

NEW RELEASE



*Praises
Of
God*

**NATE
GRIFFIN**

NOW AVAILABLE



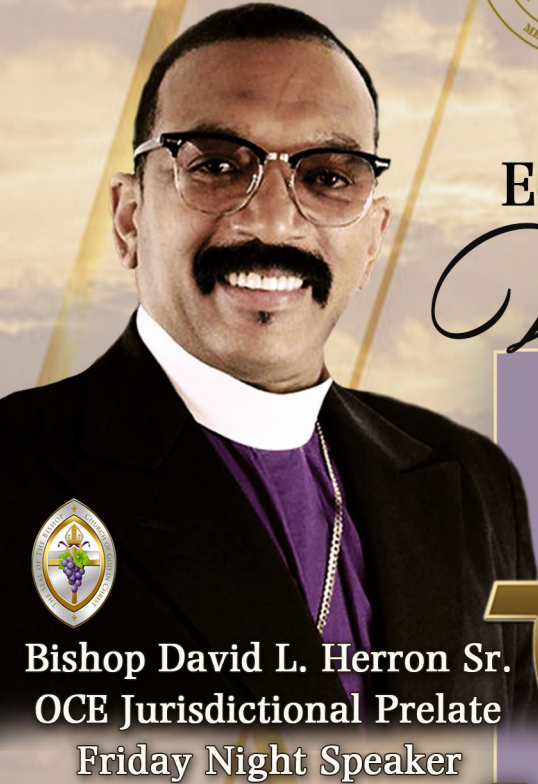
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Ohio Central East
Ecclesiastical Jurisdiction

Welcomes you to **2024**



Bishop David L. Herron Sr.
OCE Jurisdictional Prelate
Friday Night Speaker



JUNE 11-14, 2024
7 PM NIGHTLY



State Evang. Ronald D. Roy Sr.
AIM Coordinator
Evangelism President
Friday Official Night

"We have work to do" John 9:4

New Jerusalem Progressive COGIC
709 Burns Street, Mansfield, Ohio



Dr. Alyncia Bowen
State Missions Dept.
Wednesday



Evang. Stacie L. Daniels
State YPWW President
Thursday



Elder Daniel Johnson
State Sunday School Supt.
Tuesday



Bishop Roger Hairston
State Music Dept.
President
Thursday

Not About Fitting In, It's About Standing In Your Truth

Dr. C. A. Dangerfield II

Just as similar to the Star Kist Tuna slogan "Sorry, Charlie, Star Kist doesn't want tuna with good taste, but tuna that tastes good!" With some Word changes this too could apply to those who feel it fashionable to be identified as a Christian but truly lack in the relationship area. Sorry, God doesn't want Christians by labels only, but he wants His children by an authentic relationship. Otherwise, if you don't hear Him know you will definitely hear Him when He utters these words "Depart from me for I know you not ye worker of iniquity". This statement alone is paramount in establishing His will for us. I've said this before, and I will repeat it again. When we fail to study the Word of God as we have been instructed, we open ourselves up to deception. God's Word is light and life reflecting wisdom, knowledge and understanding. Otherwise, you find yourself walking around in darkness which refers to ignorance and you will misplace yourself by following every trend and deceptive Word. This is not something that can be disputed because it is forecasted within the scriptures, and they have been here long before even our arrival and have stood the test of time for those who choose to adhere to them. We you study you actually can see the scriptures come alive before you.

The deceiver eventually is exposed and all of His followers, because he is not as powerful as the True and Living God. There are consequences when one mocks and disobeyed God's Word. Why would you allow yourself to be subject to that? How can one stake calm for powers to which they do not have? Everything is done through God's grace and mercy towards us. If the devastating storms throughout the midst of this country is not evidence of that then one should be considered a member of the Walking Dead. Because they fail to alter their behavior and comply with the Will of God. Dispute it if you want to but when the grace and mercy is removed from around you if spared, I guarantee one will be singing a completely different song.

Pay attention our government is being dismantle by deception that has been allowed to continue over four years. The scary thing is even with numerous film documentation one desire to create a greater false narrative and the sad thing about it is they told what and how they were going to do it before hand. Many still got caught up in the deception because clearly, they had not studied to recognize or receive the fore warning. The scriptures tell us in Luke 11:17 KJV

We have individual in our government chambers who stand on their idiot boxes and become the disruptor of the harmony of working together as the Word of God pre-scribes us to do. Simply because they do not study. As Forrest Gump said, "Stupid is as Stupid does." Their action speak louder than their disruptive words. It only takes a few when allowed to tear down progress because they don't take the time to see or understand. Their true nature and agenda will be exposed hopefully before it does irreversible damage that will take decades to fix, or we will have let them de-destroy us all through their ignorance. Look to God only as the author and finisher of your fate. Not man because he has No, power none at all. Man is not I AM that I AM. Consider your actions there the ones that only you will have to answer to and one day we all will have a turn. Choose a relationship with God it's safer and more fulfilling and live out your purpose.



I cordially invite you to join with me for an in-depth Bible Studies, Prayer and Fellowship.

Sunday Bible Studies 2PM

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There is Truly a Reason for Concern

Dr. C. A. Dangerfield II

I'm disturbed by the fact it is apparent that studying the Word of God is seen as an option rather than a necessity for instructions for life. The reason for concern is every day I view the news where I see events and actions that are contrary to the instructions found within scriptures. I hear apologize and condolences spoken for things that obedience to God's Will could fix. But mankind continues to forge ahead listening to unmerited advice from persons who don't even have a relationship with God our Creator as though they are some experts to life. Jesus says in Matthew 15:14 Let them alone: they be blind leaders of the blind. And if the blind lead the blind, both shall fall into the ditch.

A better understanding of this come from the CBJ version in Matthew 15 starting at 13th verse: He (Jesus) replied " Every plant that my Father in heaven has not planted will be pulled up by the roots. Let them be. They are blind guides. When a blind man guides another blind man, both will fall in a pit." Peter said to him, "Explain the parable to us." So, He (Jesus) said, "Don't you understand even now? Don't you see that anything that enters the mouth goes into the stomach and passes out into the latrine? But what comes out of your mouth is actually coming from your heart, and that is what makes a person unclean. For out of the heart come forth wicked thoughts, murder, adultery and other kinds of sexual immorality, theft, lies, slanders.... These are what make a person unclean, but eating with unwashed hands does not make a person unclean.

Furthermore, the Word of God in the book of Roman 12:1 and 2 with in the same translation CBJ " I exhort you, therefore, brothers, in view of God's mercies to offer yourselves as a sacrifice, living and set apart for God. This will please him: it is logical "Temple worship" for you. In other words, do not let yourselves be conformed to standards of the world. Instead keep letting yourselves be transformed by the renewing of your minds; so that you will know what God wants and will agree that what he wants is good, satisfying and able to succeed.

We see the effects of following trends of the world, listen to politicians that lack compassion and empathy for those they are supposed to be serving and protecting. So, my message to you is plant your eyes and mind on the Word of God learn and live. It has nothing to do with your appearance or the labels you wear or the vehicles you drive, that type of focus will be your demise. If we fail in doing this, we too can be a storyline on the evening news. This is my effort in crying loud and sparing not because I care. Please take heed.

Just suppose when we stand before God, we are asked what did you accomplish with all that I had created within you? How did you serve mankind to carry out my will? Would you have anything to report, or would you have no clue because you have no relationship with Him whereby you could have inquired therefore having the ability to live out your true purpose. The scriptures teach us that God's word will not return unto Him void. So, if He has spoken it over us, it is within us. However, for us allowing distractions that create inequities and sins to block our paths because we have failed to study as instructed solely lies within our hands. You may say you were never told these things well that goes to generational disobedience that leads to generational curse again from failing to follow the Word of God. "Train up a child in the way they should go...check your memory and you will recall and note several times where God has attempted to get our attention through events or messages from messengers He has placed on our path. But we rejected or ignored these attempts. Well, then this moment right here and right now is another attempt and opportunity for you to connect with Him because He cares and you still have time to walk in your purpose. Repent and pray

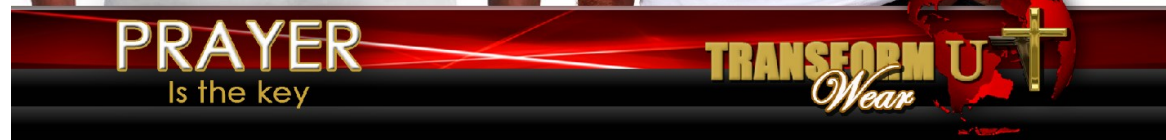
Revelation 3:19-22 KJV

[19] As many as I love, I rebuke and chasten: be zealous therefore, and repent. [20] Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. [21] To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in His throne. [22] He that hath an ear, let him hear what the Spirit saith unto the churches.

Just take this opportunity and yield your will and experience what you truly have been missing. Then stay focused those who remain in darkness (ignorance) will not be able to see or understand what you now see since you have entered into His light (knowledge) and love. As you mature in Him you can reach out to disciple others to the path you have chosen to take so they too can get to their rightful place. It's truly time to make a change.



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Larger sizes can be ordered



Put The Mantle Back On & Hear The Still Small Voice Of God

By Elder Diane Harvell

I Kings 19:12-13. A great and strong wind, an earthquake, a fire, and a still small voice. God can be heard within any element that He chooses. In reference to the Holy Ghost, He told Nicodemus the wind blows where it wants to, but we cannot tell from where it has come. When the disciples were in the upper room the Holy Ghost fell on them as a rushing mighty wind. But it was within a still voice Elijah heard God speak. Maybe Elijah expected to see God in the wind, the earthquake, or perhaps in a fire being on Mount Horeb the same mountain of God where Moses stood. And after all he had a showdown with the prophets of Baal and called fire down from heaven, he stopped rain from falling for 3 years, during a drought, he miraculously provided food continuously for a Zarephath widow woman and her son, God used him to raise her son when he became sick, and he killed the prophets of Baal, all by the power of God. So, Elijah was a very powerful man. But this time, God didn't allow him to hear anything within the elements that he witnessed. It was only when Elijah wrapped his face in his mantle, the bible said suddenly he heard the voice of God which asked him, "Elijah, what are you doing here?"

What does all this mean? Sometimes, when the call of God is strongly upon your life, one can become weary and out of balance if you are not properly nourished. It is obvious that Elijah was not thinking clearly because after all the exploits he had done, he outran a chariot from Jezreel then to Beersheba and finally he ran into a desert and then from there to Horeb the mountain of God! He ran because of the threat of a woman, Jezebel, the notorious evil wife of king Ahab who was a Baal worshipper who proclaimed she would take his life! After ALL the miracles the Lord had done through Elijah, certainly he was not thinking as a mighty prophet

of God! An Angel had to come and feed Elijah bread and water because he was hungry and tired! The angel fed him twice and in between the provision, Elijah slept!

In his sleep deprived state and condition of hunger and dehydration Elijah could not think clearly nor hear the voice of God as he normally did!

In his calamity, he became proud in saying that he was the only one zealous for the Lord, he had a pity party and said he was the only prophet left and his life was now in danger. Elijah also demonstrated a state of depression and a state of fear insomuch he told God to kill him because he had had enough! And God's only response was "What are you doing here Elijah?" After feeding him God told him he had to stay the course he still had more work to do! You see, Elijah became distracted because the enemy had threatened him, and he became fearful. Fear brings torment and torment destroys your peace! The bible in 2 Timothy 1:7 says, "For God has not given us the spirit of fear; but of power, and of love, and of a sound mind." The enemy came after Elijah's sound mind!

Therefore, God showed Elijah three elements in their strongest form, the wind, the earthquake, and the fire so that Elijah would put the mantle of God back on so that he could once again, hear God clearly in a still small voice!

May God Bless You All!



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There is a Difference in the Voices.

Dr. C. A. Dangerfield II

Have you ever observed the impact created by the voices we chose to follow? The tone of that voice can create so many different outcomes, some frighten while others calm situations.

Deuteronomy 30:19-20 KJV

[19] I call heaven and earth to record this day against you, that I have set before your life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live: [20] that thou mayest love the LORD thy God, and that thou mayest obey his voice, and that thou mayest cleave unto him: for he is thy life, and the length of thy days: that thou mayest dwell in the land which the LORD swore unto thy fathers, to Abraham, to Isaac, and to Jacob, to give them.

Proverbs applies great wisdom to one's life when we read and study God's Word.

Proverbs 18:21 KJV

[21] Death and life are in the power of the tongue: And they that love it shall eat the fruit thereof. The Hebrew translation says. Mishlei (Pro) 18:21 CJB

[21] The tongue has power over life and death; those who indulge it must eat its fruit.

Having this understanding is vital, we hear a lot of political rhetoric and bombastic statements that rile up the people and creates division and chaos. Even when warned about possible outcomes behind such actions it falls on deaf ears because the message doesn't serve that person's agenda in stoking emotions. So, you have a whole lot of blind minded people following down the path of darkness following the wrong voice and agenda.

Well, here is a news flash to shed some light into that dark dysfunctional journey. Disobedience has its consequences, and a lot of people don't care, it's about their will and not God's. Vengeance is mine says the Lord and I will repay. His Word instructs us how to treat one another. "Love thy neighbor as thyself..." when we get caught behind people who are self-centered, arrogant and just downright mean and hateful we will receive the same punishment as they will eventually get, but yours might come first for your endorsement.

To prove this point let me remind us of some events. People are coming to a nation where they have hope for a better life, where they can work and contribute to a society as it should be, not for a handout, but for an opportunity to get a helping hand up from where they can get up and be productive. If and when we put our heads and hearts together, we can be that nation. But when you listen and act upon the rhetoric of politics, which opposed to God's Will and strong response is on the way for our discussion and disobedience. They came for help and were meant with resistance rather than providing from your abundance. Bus further away to areas of your so-called

political rivals used as a pawn on chessboard to try and strike back. But the ones with compassion in their hearts rally to receive them in spite of being overwhelmed. This could have been avoided if we went to the source for guidance. In unity there is strength.

Fast forward to just recently now we are within the political cycle still with all the rhetoric, harsh words and name calling. Failing to realize that God is watching and listening to that which is being said and done. Our atmosphere is so volatile in some many ways because of all the noise and distractions. That many can't see or understand some of the natural events which are happening in areas in this nation and exactly where they are taking place and continue to take place. Because you fail to see and understand. "In all thy getting get an understanding, because until that is done this will become your plague on the land due to your disobedience.

You cannot detect the move of God with man-made instruments He is not predictable like that. When He desire to do something, He does it suddenly. Where mercy is mercy will abound. What we sow is what we reap. Let's look at the behavior within Texas and let us look at the parental response to their words and actions. If you're truly studying the Word of God, you will understand if not study and catch up to the father's reality, because it is clearly demonstrating itself in front of you. When we live within darkness (ignorance) we cannot see nor understand. Not until we decide to enter into the light (knowledge) will we gain the understanding. "Thy Word is a lamp unto my feet and a light unto my pathway." Providing the information and understanding for what we need right now. God expectation for us is to follow His principles for mankind. So why would we try to live and operate in our daily lives contrary to it? Are you tired of being chastised for your actions, then why not change your behavior? This is a personal decision each one of us has to make for ourselves void of any outside interference contrary to the importance of this decision.



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FOAM ROLLING TECHNIQUES

(By Sgt. Nate Griffin, Sgt. Nate Fitness)

Following an intense workout, one must remember to nurture your body to aide in adequate recovery. This can be in the form of sauna therapy, message therapy, light laps around the pool, or foam rolling therapy.

Yes, foam rolling! During this light to moderate form of muscle recovery treatment. You can deep tissue massage your muscles in ways that can help alleviate the onset of severely sore muscles.

During the therapy. Be sure to take your time and move slowly over the desired muscle group. As you begin to roll in one direct, breathe in slowly. As you begin to roll in the opposite direction, exhale slowly. In the beginning for many who have not performed these routines before. You can expect to feel some discomfort. Over time, you'll feel a sense of relief and less pain. When that occurs, you can use a more firmer roller on the more stubborn areas if desired.

I recommend using the roller after a workout. Or the day following your workout on the affected body part. Do keep in mind, that using it the day after, may be more uncomfortable than the day of the workout.

Try out these rolling techniques and see how you fair. Keep a slow pace, breathe with each movement, and enjoy the experience.

Soldier on!

Foam Rolling Routines



UPPER, MIDDLE BACK: Roll back and forth going no lower than bottom of the ribs. Avoid the lower back and spine.



PIRIFORMIS: Stay on the outer edge of the hip and butt. Roll back and forth slowly.



HAMSTRING: Carefully, support your upper body as you roll back and forth.





ADDUCTORS (inner thigh): roll in towards your groin and out toward your knee.



QUADRICEPS: Roll back and forth between the upper hips bone and just above the knee.
Avoid rolling over the knee.



LATISSIMUS DORSI: Roll back and forth along the edge of the shoulder blades and outer edge of the back.



THORACIC MOBILITY DRILL: With your back resting along your shoulder blades, tilt your head back wards and forwards while keeping your butt on the floor and deliberately, arching your back.

Deliverance

Training 101

Instructor: Prophet Chris Fisher



Books that are required

**Pigs in the Parlor,
by Frank Hammand**

**Pigs in the Parlor Study Guide
by Frank Hammand**

**The Discerning of Spirits
by Frank Hammond**

<https://call.whatsapp.com/video/gr9nwjlitmewKnqDfShnuE>



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