

# Transform Magazine

March 2017

Proving what is that good , acceptable and perfect will of God!

VOLUME 1    ISSUE 3



**HEAR ME,  
BEFORE YOU SEE ME!**

And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth:  
Deuteronomy 28:1



# Deuteronomy

## Chapter 28

1 And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe *and* to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth:

2 And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God.

# Transform Magazine



Magazine Vol. 1 Issue 3 March 2017

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If you are interest in submitting an article to the magazine. Please submit your article and contact information to a local editor to your area for consideration. Thank you for your interest

PASTOR JOE BAKER & REFUGE NATION CHURCH  
PRESENTS

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# KILLED

# JESUS

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# It's All About Faith

Evangelist Ella J. Alexander

So many times you hear people say, I won't believe it until I see it, but that is not how life is supposed to be. Yeah I know you may be saying I don't know what I am talking about, but let me take this approach with you; yes you that is reading this right now. You overhear two people talking about a company hiring for a certain position; you never heard of this company. Better yet, those people weren't even talking to you but you decided to inquire about this company and they give you all of the details. You go home and do your research only to find out that this particular company exists. You press forward by filling out an online application and receive an email that you have an interview with this company. You go to the interview, you fill out and sign all necessary paperwork and then you wait. Finally, you get not only an email but a phone call telling you that you are hired. You got your start day and now you are ready. The day comes, you go to work, work for three weeks and have not seen one dime but you believe that you are going to get paid for your work. The day comes when you get your paycheck. A nice piece of colorful paper. You take that piece of paper to your bank or check cashing and believe that you are going to get paid; you go through this process only to receive more pieces of paper saying this is your pay, just more colorful paper. Once you get this paper, you hand this paper out to other people believing that this paper is good. The point that I am bringing out is that you heard before you saw anything. You believed before you saw. FAITH is just that. Believing without seeing.

The moral of the story is to show you that it is all about faith. When you overheard about the company, you didn't see it, but you believed it. When you did your research, you didn't see the job, but you believed it. You went in for the interview not knowing if they were going to respond to you but you believed it. You agreed to work for a certain amount for a certain number of weeks and not see a dime until the third week, you didn't see it, but you believed it. You believed in the paper, you believed

that when you got to this certain place they were going to give you something, and you believed in the people that gave you more paper, in which you believed before getting it that it was good. Let's take this one step further, oh yeah, you are going to love this even the more. When you went to bed last night, you believed that you were going to wake up. When you woke up, you believed that the floor was going to hold you. You went and got in the shower, set the water to a certain temperature and then came out. You believed that the water was not going to change and burn or freeze your skin. You believed that you were not going to slip getting out of the shower. You cooked and believed that the stove was going to work. You left the house and got in the elevator to go downstairs; some walked down the stairs, either way, the elevator didn't give in and neither did the stairs. You crossed the street, drove, or took public transportation believing you were going to make it into work and you did. Not once did you question any of these things or steps? You just did it. Now when it comes to God you are having a difficult time in believing Him. Many say that they can't see God so they won't believe in something they can't see. They can't see their breath but they know that they have it. They can't even see the real them but they believe and know that they exist.

In many cases, we hear and not see. We read about things and people and never lay an eye on them. Many didn't see Jesus, they heard about Him way before He got on the scene. Even after He was born, many heard about Him doing miracles and had not seen Him, but believed He was able. The word of God says, "Faith cometh by hearing, and hearing by the word of God", Romans 10:17. We must hear first. God gave us hearing for a reason. Our hearing goes beyond our physical ears. We have spiritual ears that must hear the spiritual words because words are spiritual. We can't see them when they are spoken. Yes, we can read words and those written words can have an effect on people, but we aren't talking about seeing, then believing. We are discussing Faith. BELIEVING WITHOUT SEEING. Hearing before seeing.

Today, do you desire to hear the Word of God and believe it? Do you believe that the word of God is quick and powerful, and even sharper than any two-edged sword (Hebrews 4:12)? The word of God is so quick and is able to pierce between the flesh to get to the spirit man. The word also divides truth from lies.

God knew what He was doing when He created us in His image and after His likeness. He created us to *hear* Him. He created us a spiritual being, that has the

capabilities to operate in a spiritual realm and produce the results of it in the natural.

Now, what is your excuse for wanting to see in order to believe God is able?  
Learn to hear God first without seeing.



# Joshua's Chosen Temple



**Pastor Latunga Parks**



**Pastor Monique Morris**

## 7 Last Words

1. FATHER, FORGIVE THEM, THEY KNOW NOT WHAT THEY DO.
2. THIS DAY YOU WILL BE WITH ME IN PARADISE.
3. WOMAN, BEHOLD YOUR SON.
4. MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?
5. I THIRST.
6. IT IS FINISHED.
7. INTO YOUR HANDS I COMMIT MY SPIRIT.



**Minister Monique Maynard**



**Minister Maggie Wilson**



**Evangelist Carol Wallace**



**Reverend Robin Bell**



**Prophet Lorraine Mitchel**

**13 APR**

**7 LAST WORDS**  
GOOD FRIDAY | 7:00 PM

1015 Winthrop St. Brooklyn, NY 11212

# WHAT IS THE PROBLEM, SEEING OR HEARING?

Evangelist Ella J. Alexander

I sat and it dropped in my spirit to talk to a few people about seeing and hearing. As I pondered on it and asked a young man two questions and wanted his sincere and most honest opinion and views concerning what I was about to ask him. So this is how it went.

**Evang. Ella:** Hello Mr. Johnnie Hopkins, how are you?

**Johnnie H:** I am fine. How are you?

**Evang. Ella:** I'm blessed. I wanted to ask you something.

**Johnnie H:** Sure!

**Evang. Ella:** Do you feel that the church is exemplifying Christ? Also, do we hear the message of hope which is Jesus Christ or do we see the Christians conforming to the world?

**Johnnie H:** As a whole today, not really. I think we're really trying to be so inclusive that we compromise. The hope which is Jesus is still there however. Yes we are bringing God down to us instead of us to God. The message, the Gospel is pure. It's not watered down or in need of spice. I hope I answered your question.

**Evang. Ella:** Yes and thank you.

I asked those two questions because God was allowing me to hear what the people are seeing and not hearing. We go to church from week to week and still we are not doing as the word tell us to do. 2 Corinthians 5:7 tells us to walk by faith, not by sight. We are so caught up in doing things our own way which is sinful that we forgot all about what God says. How can the world see God working, if they can't hear the message of hope? We have to learn to give the Word which is able to save the souls that are spiritually dying on a day to day basis. They have to hear the word first according to Romans 10:17, faith comes by hearing the Word of God. Faith which is unseen is stirred up and becomes active because of the Word of God that is heard. We must hear and then see; not see and then hear. That is not how it supposed to work.

As I continued listening to the people, there was so much negativity that my ears began to burn. After listening, I went online and what I saw was even more disturbing. Another reason the people can't hear is due to what they are



.seeing. So I came to this conclusion –it is not only the peoples hearing in this matter. They are seeing the problem with their own eyes and hearing everything but the message of hope. There are many that say they are a Christian and have a sin problem with their hearing which hinders the people (the world) from hearing the message of hope that they are desperately waiting to hear.

How do we fix a world wide problem that is happening in every church? We can't help anyone else until we, ourselves get this thing right with God. We must learn to hear the voice of God and His instructions. We are the ones that are suppose to be the light in the world. We are suppose to walk by faith spreading the good news of hope which is Jesus Christ.

I say to you today, will you take a leap of faith to hear God first without seeing or will you allow your seeing to dull your spiritual ears so that you can't hear? The decision is yours. It's all about faith.

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# The Shift

*Prophet Ronnique Benjamin*

**“The Lord has unction me to give this word for the people. This is the time to cast your net on the right side of the boat meaning transport your energy to the right hemisphere of the brain where creativity and faith reside. You may be using the wrong side of your brain for the task. Beloved, you must shift your focus. For where focus goes, energy flows.**

**This is the time to break out of your insanity. By definition, insanity is doing the same thing over and over hoping to achieve different results. The Spirit is challenging you to think differently and thereby do things differently. One of the most difficult conquests in your life will be to unlearn what you have learned, but it is MANDATORY in order for you experience God's original intent. What God is declaring is going to against what you have previously learned. What many of you are calling warfare is simply your old paradigm attacking the New paradigm the Spirit is downloading in your heart (subconscious mind). Many of you are in Heaven's service station receiving adjustments, tune-ups, and oil changes. If you want YOU- the vehicle to work properly these services are necessary.**

**In John 21:7 Peter plunges into the sea (subconscious mind), for this where the Spirit has downloaded new information and revelation. You must go within to the innermost realm of your being to access New Kingdom technology. When God is doing a New thing, it comes with New Instructions. Your mind must be cleansed in order for you to hear and receive divine instructions. He that have an ear, let him hear what the Spirit has to say. To have an ear denotes the faculty of perceiving with the mind; the faculty of understanding and knowing; to give your attention to. When it says, "let him hear" the word 'hear' denotes perceiving sound, inner hearing that goes with receiving faith from God.**

**To hear means to heed to so that you may obey (i.e. follow instructions). Obedience simply means follow instructions. When God speaks there should be a move to action. Many ignore presently what they heard before.**

Therefore, it's the SEASON TO MAKE A MOVE! DON'T PAY LATER FOR WHAT YOU DELAYED TO DO TODAY! Beloved, submerge into fresh revelation that will change your perspective about your situation. Beloved, you must be willing to JUMP. Yes, be willing to throw your whole self into what you desire. If you want to know God you must go out on the ledge. This is true knowledge. This is the hour for participators not spectators. Beloved, hold on to this last thought: Being a faith walker is being a risk taker. Risk it all for the ALL. Peace and Blessings!"

With Christ Love,  
Prophet Ronnique L. Benjamin

## The Fishers of Men Outreach Ministries

Invites you to

# "The Encounter"



Apostle John H Brock Jr.  
Host Pastor

*When the LORD saw Moses coming to take a closer look, God called to him from the middle of the bush,*

*"Moses! Moses!"*

*"Here I am!" Moses replied.*

*<sup>5</sup>"Do not come any closer," the LORD warned. "Take off your sandals, for you are standing on holy ground. <sup>6</sup>I am the God of your father<sup>5</sup>—the God of Abraham, the God of Isaac, and the God of Jacob." When Moses heard this, he covered his face because he was afraid to look at God....Exodus 3:4-6*



Apostle Levar & Prophet  
Jeanette Williams  
Seminar Officiants  
Dominion Church of God's  
Grace—Brooklyn, NY



Deacon Corey Mims      Minister Jehrome Olah Sr.  
Ordinates Oklahoma City



Taylor A Brock  
Words of  
Encouragement  
Columbus, OH

**When:** April 29, 2017  
**Where:** Barack Recreation Center  
580 Woodrow Ave.  
Columbus, OH

**Time:** 1:30pm  
**Contact:** Apostle John H Brock Jr.  
(614) 975-5772  
**Email:** [jhbrockministries2011@gmail.com](mailto:jhbrockministries2011@gmail.com)

*Come and experience the Lord for  
yourself, see you there*

*There will be Dancers  
Praise & Worship*



## FAITH THAT SPEAKS

MARK DUDLEY



### **Mark 2: 1-12 (Kings James Version)**

*“When he returned to Capernaum after some days, it was reported that he was at home. 2 So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. 3 Then some people came, bringing to him a paralyzed man, carried by four of them. 4 And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. 5 When Jesus saw their faith, he said to the paralytic, “Son, your sins are forgiven.” 6 Now some of the scribes were sitting there, questioning in their hearts, 7 “Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?” 8 At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, “Why do you raise such questions in your hearts? 9 Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Stand up and take your mat and walk’? 10 But so that you may know that the Son of Man has authority on earth to forgive sins”—he said to the paralytic— 11 “I say to you, stand up, take your mat and go to your home.” 12 And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, “We have never seen anything like this!”*

Here we find Jesus preaching and teaching publicly and the news is spreading like i.e. wildfire. Despite his popularity, people called him a liar and a lunatic but the people kept on coming. Mark reported there was standing room only. How many times have you put Jesus in a place too small because you didn't know what He could do?

You will know you're flowing with the right people when their thinking is as outlandish as the vision you dream. If you keep your mind going on Jesus whatever you want it is already done. You must surround yourself with people whose definition

of you is not based upon your history but rather reflects your destiny.

Too often we surround ourselves with the wrong people. Whose name have you and are you lifting you up before God? God is getting ready to get rid of selfishness in God's body of people. If I could help somebody, then my living will not be in vain. Some of us need to look at the obstacles that are standing in our way. They couldn't get the man to Jesus so they lifted the roof and lowered the man down. Jesus saw their faith, they didn't say anything, but their actions spoke loudly. If Jesus looked over your life, would He see your faith or would He see your fear?

The Word of God tells us in James 1:23 "Be ye doers of the word, not hearers only". The word "doers" mean "actors, or replica". Going to church is wonderful, and we all need to be around people who will encourage us. But church membership doesn't automatically mean we are followers of Christ. Therefore, our belief and behaviors must be in sync.

One day I was going to a job interview, and I arrived early and was in the waiting room. This young man sat across from me, and he was wearing his pants so low you could see London and France. When the receptionist called his name, it took him about a few minutes to pull his pants up. He might have had a great resume, with great references, and wonderful job history, but his attire spoke more than his qualifications. Faith is a movement towards a God-designed goal, it is activated with our words, it is confirmed by our actions. Our actions are a sign that no matter what is going on, we believe God can make the impossible possible.

## About us.

The Kingdom Network is a resource for finding ministries around the world who have chosen to be accessible to others. As resource or reference of knowledge to bring aid into a resolution needed. On this site we will provide you key information to help one connect with the correct resource that can respond to that specific need. We invite ministries with out reach services to submit this valuable information to us by email, please us at [inform@thetransformu.com](mailto:inform@thetransformu.com) will then post your information for others to access.



# 2K17 YOUTH RALLY



# ce

Ohio Central East Jurisdiction YPWW

Acts 2:2 'And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting'

## The Sound of Heaven Touching Earth



EVANGELIST STACIE DANIELS, PRESIDENT  
OHIO CENTRAL EAST YPWW DEPARTMENT

BISHOP DAVID L. HERRON  
OHIO CENTRAL EAST PRELATE

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# HEARKEN DILIGENTLY

Dr. C.A. Dangerfield II



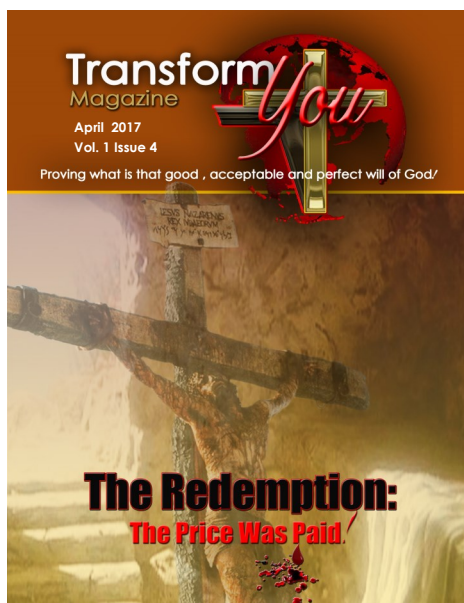
The book of Revelation in the 2<sup>nd</sup> and 3<sup>rd</sup> Chapters we hear the Lord say unto the church. He that hath an ear let him hear what the spirit saith, unto the churches, 5x within these passages of scripture. In the book of Deuteronomy 28 2<sup>nd</sup> Chapter verse 1: And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth:

Hear me before you see me God is asking us to take heed to his instruction and be obedient to his will. We must learn to hear and follow the voice of Lord which is leading and guiding us to all truths. Although we have never physically lead eyes on the Lord it is his will that after we receive an understanding of his grace and mercy that our eyes will open and we will see his presence all around us. What I am saying is when you or I truly hear his voice, we will clearly see God in every aspect of our life's guiding and directing us towards truth and our destiny in him.

We are within a society today who practices leaning to judgment based on appearance and not hearing the content of one's heart individually. This is clearly and greatly in error, judging collectively by grouping race or social classes never getting the first hand knowledge needed to gain a clear understanding. I have always believed and felt that the dumbest question is one that is never asked, simply because we don't have an answer. **Hosea 4:6** *My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.* Also **Job 36:12** *But if they obey not, they shall perish by the sword, and they shall die without knowledge.* These two scripture are very apparent in our daily living as demonstrated on the news media in which we watch day after day, seeing the injustice playing out.

The hardest thing for mankind to do is one simple word OBEY! It was provided for a reason, it helps to sustain life with harmony. The first commandment from Jesus was

to love our neighbors as ourselves. Giving the understanding that treating others how we wish to be treated would again create the harmony that was meant to be. Have you ever struck up a conversation with a person whom you have never seen? But found the dialog so engaging that the conversation just continued on because you found value in it. However, would it be the same if you had seen the individual first and they were someone to whom you had already formulated a negative opinion of due to something else that you may have heard or been taught? I personally have had conversation with individuals over the phone, never disclosed anything about nationality, the conversation was going well when all of a sudden a negative remark comes up in reference to ethnicity. But in order to understand the reason I never let on one way or the other what mine was. Most viewpoints do stem from upbringing and the cultural fears due to not understanding another individual simply because their appearance is different. But by dialoging we tend to find that really isn't a great deal of difference. That is one of the greatest joy in serving God that take you so far away from this. The unfortunate element in all of this is for those who say they love Jesus and continue to demonstrate these practices. Just imagine if Jesus were to return in one's eyes as the very nationality they had issue with, would it be enter into thy rest or depart from me ye work of iniquity. Let's look at heart of an individual before casting judgment, let also take into account just as you and I were given an opportunity to accept salvation and change our life's, so too God can extend that same opportunity to another and their past can also be their past. Greet everyone from the heart and let the love of God transcend from you, for the Holy Spirit will lead you to all truths, Trust God no matter what! It is wonderful to know that all nations love and adore him and that makes us all brothers and sisters! Especially when we keep his commandments.



**Coming Mid-April**  
**The Redemption Issue**  
**The Price Was Paid!**



# “RESURRECT OUR INTEGRITY” Conference

Acts 9:36-42



APOSTLE RAYMOND STALLINGS

PROPHET KARYN WATSON

**Workshop Sessions, Friday April 7, 2017 10:00 am**

Pastor Karen Jones, Workshop Speaker  
Sister Wanda Slade, Workshop Speaker  
Pastor Miracle Pettenger, Workshop Speaker  
Minister Angela Jones, Workshop Speaker

**SPEAKERS:**

**Friday, April 7, 2017 7:00 pm**

**Apostle Raymond Stallings**

**Center of Hope Full Gospel Church Hampton, VA**

**Saturday, April 8, 2017 10:00 am**

**Prophet Karyn Watson**

**Living Waters Christian Center Suffolk, VA**

# APRIL 7 & 8, 2017

Bishop Marvin E. Taft & Pastor Robin M. Taft  
Abundant Praise Deliverance Ministries  
2710 - A N. Armistead Ave. Hampton, VA 23666



# ***Whose Report Will You Believe?***

Evangelist Stacie Daniels

Picture this conversation between you and a close friend:

Friend: Hey, did you hear that we have a new member joining our reading circle on Mondays?

You: No, I have not heard.

Friend: Yes, and I hear she is a know it all with a bad attitude. Just what we need, huh?

You: Have you met her or had any encounters with her before?

Friend: No, but I am sure it is true because Sheila (a mutual acquaintance) is usually right about things.

From a natural standpoint, often, we find that people automatically reach conclusions about others before ever meeting or speaking with them. Therefore, it is all too common to see individuals arrive at misconceptions and misguided perceptions about others. I can speak with conviction on this because I have experienced this on several occasions. I have encountered individuals who have either met or spoke with me for the first time and informed me that “I” was nothing like what they expected or maybe even heard. Their personal encounter changed their perception and it was all positive. I am sure that there are many other individuals out there that have similar stories. One must take the time to get to know someone or learn more about someone before jumping to conclusions. Hear my side before “taking sides” or formulating opinions and beliefs.

From a spiritual standpoint, we also must “hear” God’s Word and choose to believe what He says rather than the actions or opinions of others which speak in contrary to the word of God. Faith is certainly a choice and it is the most important decision an individual will make in his/her lifetime---to believe or not to believe. It is an innate quality of man to analyze, rationalize and try to make sense of those things that can or cannot be explained. The world’s greatest scholars, philosophers and theologians will **never** be able to comprehend God. The scripture says in Romans 11:33 that the judgments of God are unsearchable and His ways past finding out. He cannot be reduced to human understanding because He is a supernatural being whose power is infinite. He is **EI Shaddai**---the Almighty All-Sufficient God who does not need water or food to survive. He is eternal and not constrained by “time” as we know it. There is no beginning or end to His existence. It is **imperative** to believe Him. Jesus worked so many miracles in the Bible but often He would illustrate the need for demonstrated faith by asking the ones in need of the miracle if they had the faith to believe for the miracle. Some examples are illustrated in Matthew 9:28 and John 11:26, 40.

The beggar in the Bible who was blind named Bartimaeus (Mark 10:46-52) demonstrated faith upon hearing that Jesus was passing by. He had the faith to know who Jesus was and that He could heal him. When he cried out to the Savior in faith as He was passing by on the roadside, he received his healing! Jesus told him **“Go thy way; thy faith hath made thee whole.”** As the scripture teaches us, faith without works is dead. It is imperative to believe the report of the Lord! In John 20:29, Jesus told Thomas when he doubted the report that the Jesus was resurrected from the dead, **“Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed.”**

Thomas wanted to physically see and touch the Savior before he believed that He was truly alive and well after being crucified. However, if we seek the Lord for ourselves and make the decision to believe in Him and His word, we will see His supernatural power alive in our lives. Do not let what others say in doubt or unbelief decrease your faith. In addition to this, do not let the negative criticism of “the church” and those who are parishioners (past/present/future) negatively color or taint your perception of faith or God. Choose to create your own experience(s) with God and allow Him to meet you where you are and manifest His love and power in your life.

***Whose Report Will You Believe?***

# RESTORATION 'TO' DESTINY

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EVENING SERVICE 6:30 PM

PROPHETIC IMPARTATION - 7:30 PM



ELDER LATISHA ALSTON  
PSALMIST

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Restorationtodestiny@gmail.com

**LIFE CHANGING MINISTRIES INT'L**

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GOOCHLAND, VA 23102

KAREN HARDEN, PASTOR

## **Hear Me Before You See Me**

Matthew 3:17

Elder Diane Harvell



To Hear-Is to audibly hear a sound or noise through the physical ear.

To Listen-Is to hear a sound, understand what it means and apply it. In other words we have the ability to deliberately apply the ability to hear.

Each person in life has at some point been asked, “didn’t you hear me talking to you?” when it may have seemed the requestor was being ignored when a question was posed or asked and you did not answer.

The reality is that you may have heard the question or statement but you did not apply yourself to listen to the instruction or the instructor. Therefore your response may have been delayed or none at all. As a child such behavior would warrant some type of punishment or reprimand. As an adult one could be taken as inconsiderate, disobedient and hard headed.

As a parent it can be very frustrating continually talking to your child or children and no response is given. Therefore that creates a lack of communication and understanding within the relationship which should be personal and caring.

Hebrews 8:10-“For this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my laws into their minds, and I will write them on their hearts, and I will be their God, and they shall be my people.

In short, this is a relationship that the Lord desires from all of us. He wants to commune with us and, He wants us to commune with Him. This is the only way we can hear him before we see Him. We must apply ourselves to listen-apply ourselves to get to know Him, to learn of him and follow his instruction and leadership for our lives.

John 10:4 says **And when he putteth forth his own sheep, he goeth before them, and the sheep follow him; for they know his voice....v5-And a stranger will they not follow, but will flee from him: for they know not the voice of strangers.**

Some of the problems we face within today’s church stem from results of hearing the

word but we have neglected to **deliberately apply the word** to our ability to hear. Remember to listen is to understand and to apply what you've heard. There are certainly more than enough ministers, elders, pastors, bishops and apostles who deliver or preach the word of God to the people of God. But are we the people of God properly representing the body of Christ and are we really seeking after what God desires of us as His people?

Matthew 11:15-He that hath ears to hear, let him hear.

John 8:47-He that is of God heareth God's Word

Luke 11:28-Blessed rather are those who hear the Word of God and keep it...

And lastly Genesis 3:8-And they heard the voice of the Lord God walking in the garden.....

So to hear God you must know God. And then, "Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Colossians 3:15. Amen

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# HAVING THE RIGHT PERSPECTIVE

Dr. C. A. Dangerfield II

I was reflecting back on an opportunity that I have been blessed to have over the last 10 years it is easy to be judgmental I have come to learn especially when you have no firsthand knowledge of what is really going on in areas that we only get to take a glimpse into. When I was younger and even as a child I was inundated with people's opinions of others Whether it would be by race, gender, nationality, profession or geographical location. But, the opportunity that God has afforded me has shown me that 80 to 90% was all talk and no concrete facts. Just based on bias and fears concluded from some of the source opinions upbringing or unlearned. However, God provide me with first-hand knowledge. I have had the opportunity to work in various capacities from what some would classify as prestigious jobs all the way to what others make call menial jobs. Truth of the matter is they are all relevant and important. Working in all areas continues to keep me humble no matter what type of work it is, because I get the fact that it is relevant and truly has purpose in all professions there will be someone who will be critical of the work you render because they have no knowledge of what it takes to do one's job.

One of the greatest shows I have ever watch on television is Undercover Boss. The show teaches us the value one another's contributions and to understand that until we recognize that each person has a story, we shouldn't be critical. In my profession of process change which is to help to provide better services within a persons work environment, I uncovered drive and determination in today's workforce, I see the passion that some people have for the profession that they have taken on because they perform with a purpose as well as a commitment to service their customers. Jesus told the disciples that the greatest is the one who learns to serve others.

I'm watching people in various professional capacity, I have learned to become more humble and appreciative of services rendered to me. Treating everyone with the same level of respect and say things like have a great day, good morning, afternoon or evening and the big one thank you because it goes a long way. Everyone we meet is a reflection of the image of God and we want to make sure that they can reflect that spirit of God so we have to do our level best to send it out so we can receive it back.



What I'm saying is be in a race to be gracious to one another because each one reaches one, stand out positive in another's mind. Enrich today by depositing something positive no matter what. When a good seed is planted it will yield good fruit. So when we see that Pharmacist behind the wall there's more going on than what you can see from your vantage point to ensure your safety and that everything has been accurately check to cause you no harm. (Just a side note) Did you know that most Pharmacist stand for 10 to 12 hours in a day with no chairs or stools. Also, that the Social worker that looks for every possible way to provide some sort of assistance when you don't meet the guidelines. The hospital clinical staff member who is there to help you with the health condition even after they have dealt with the loss of another patient just before you arrived in their care. But they have to be attentive to you. The hotel staff workers, store clerks, restaurant employees etc. who have just been humiliated by another person for no reason it's so important that we learn to contribute to another person success by easing the pressures of the day with a kind smile or words of encouragement.

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# ALL ABOUT HEALTH

STACIE L. DANIELS, RN

One of the many resolutions or goals individuals set at the start of the year are health related. Sound familiar? Let's face it, we all want to be physically fit and maintain an optimal level of health. However, often, our behaviors such as diet, minimal physical activity and stress induced schedules prevent us from achieving that optimal level of health that we seek. More importantly, there is an imbalance spiritually, physically, and/or mentally. The World Health Organization asserts individual health is defined as "a state of physical, mental, and social well-being and not merely the absence of disease or infirmity." The spiritual component has also been proven to be vital as we are not simply beings that created ourselves (Genesis 2:7, 21-22). The American Psychological Association featured an article from a leading expert in the psychology of religion and spirituality. Research studies found that groups dealing with major life stressors such as illness, natural disaster, loss of loved ones, divorce and serious mental illness show that religion and spirituality are generally helpful to people in coping. On the other hand, a growing body of research has linked spiritual struggles to higher levels of psychological distress, declines in physical health and even greater risk of mortality. Therefore, striving for improved health through more integrated approaches is a necessity.

## **Taking the Necessary Steps:**

If you have not already, start taking steps toward taking care of the WHOLE you. The following are a few suggested steps that you can take to do just that:

**Morning Meditations---** Begin your day with quiet time in meditation/prayer/devotional reading. From my own personal experience and others attesting to the same, I have found that one can attain a clearer sense of direction, purpose, and meaning for the day(s) ahead. Biblical application for everyday life situations will result in peace, empowerment, and success.

**Morning Fuel Up--** It has been said that breakfast is the most important meal of the day. No matter what your take is on that statement, consuming breakfast has been proven to jumpstart your metabolism, increase your energy, improve focus and memory. Even if it is not a full plated breakfast, foods such as yogurt, fruit, protein bars, and oatmeal are great starters to your day. If you need one more

reason not to skip breakfast, studies show that most people who lose weight and keep it off eat breakfast every day.

**Get Moving---** We have heard several prominent voices campaign similar slogans to motivate increased physical activity. It is simply fact that the body functions best when physically active. There is a plethora of benefits derived from exercise. Some of these benefits include: prevent weight gain or maintain weight loss; boost “good” (high-density lipoprotein) cholesterol levels while decreasing unhealthy triglycerides; improved mood; boost energy; promote sleep and combat disease. Engaging in activity that is enjoyable to you can increase your motivation to get moving.

**Managing Stress---** It is true that we live in a fast-paced world. We are challenged with the hustle and bustle of life in various ways. Stress symptoms can affect your health, even though you might not realize it. Common effects of stress on the body are chest pain, headache, fatigue, muscle tension or pain, stomach disorders, and sleep disturbance. Stress can also negatively impact mood by causing irritability, restlessness, anxiety, depression and even lack of motivation. The good news is there are strategies that one can implement to decrease or manage stress. Setting aside time for hobbies (reading a book, music), socializing with family and friends, and relaxation techniques (deep breathing, massage) are all steps to manage stress.

This article is a reprint from the January edition.

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