

November 7, 2021 thru November 13, 2021

"Come to
me, all you
who are
weary and
burdened,
and I will
give you
rest."

Matthew 11:28



The Father's Admonition

Evangelist Barbara Lynch

Where has My favour gone? Have I left you forsaken? I tell you a truth, I am closer than you could ever imagine. I never leave My children destitute. It is you, that leave Me. I am always on the throne encouraging you to come up hither and to sup with Me in Heavenly places. I have spoken, and said, still your minds and trust Me; but to you that seems like an unattainable goal. I tell you children, nothing I ask you to do is unattainable. I make a way in the wilderness and I supply all that you have need of. Why would I call you out of darkness just to have you wonder around lost and undone.

When I call you out of darkness, it is for My Glory. I need you to do a perfect works for Me. I am trying to get you unshackled so you can be a giant slayer and bring in the harvest of lost souls. It is the lost souls that are wondering around lost and undone. Question to you- are you still a lost soul after all that I have done for you? Are you still blinded by the glitter of the world?

Children, children- Eye has not seen nor ear heard of the wonderful works that I will accomplish through you in this day and hour. Time is running out and My churches have not yet given their all to Me. They are still standing on the riverbank trying to decide if they want to come all in or just linger along the shoreline. (see I Corinthians 2:9)

I tell you little ones, eye has not seen nor ear heard of all the wonderful events that are going to occur with My Glory Drop. Then the five foolish virgins will be pounding at the door, but I will not open the door. (see Matthew 25:1-4)

The call for holiness and righteousness has already gone out over and over again. Suddenly there will be no more calling; for I will have turned to the world and cleaned them up and I will give them your mantels and they shall perform the signs wonders and miracles that were meant for you to do. (see I Peter 1:16); (II Timothy 2:22); (I Timothy 6:11)

In the days of Noah, the people laughed My servant to scorn, but when I closed the door to the ark, they finally understood what Noah was saying, but too late. (see Genesis 7:16)

God closed the door of the ark behind Noah and his family. This teaches that God appoints a deadline for repentance. He does not leave the door of repentance open indefinitely. A day comes when the time for repentance expires and it will no longer be possible to find entrance into the kingdom. Then the judgment begins.

Oh foolish Galatians who has bewitched you that you should not obey the truth. I have tears streaming down my face as I speak, because it did not have to end this way. (see Galatians 3:1)

My call still is: COME UNTO ME ALL YOU THAT LABOR AND ARE HEAVY LADEN AND I WILL GIVE YOU REST. (See Matthew 11:28-30)



Admonition

Anger vs Bitterness

Michael S. Tyrrell

Have you ever thought about how profoundly our emotions impact the way that we live and interact with others? Sometimes it can seem we are ruled by our emotions--they can affect our choices, our relationships, and even our perceptions of reality at any given moment.

Many psychologists agree that there are six basic emotions: happiness, sadness, anger, disgust, surprise, and fear. These basic emotions can then blend into different combinations to become more nuanced emotions.

We were created to feel all of them. Emotions color all of our life experiences and can even serve a greater purpose...for example, fear can alert us of danger and be the catalyst to change a course of action. They are gifts, and we can learn the discipline of ruling our emotions rather than letting them rule us.

The focus of this musing is on anger and how it can mature and transform into bitterness if we allow it. My hope is that you will not allow it.

The bible warns us to not allow anger to brew and steep in our hearts. That's because there are some very negative choices and effects that can come from it. Bitterness is one of them.

Anger is okay. As I've already mentioned, it is an emotion we have been given. You have a right to feel angry, but not bitter.

Be angry, and do not sin; do not let the sun go down on your wrath. ~ Ephesians 4:26

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ~ Ephesians 4:31

The feelings of anger cannot be avoided; after all, we are hardwired to feel them. But bitterness is the result of a daily choice to let anger stay and live in your heart. Bitterness is a choice. The author of the book of Hebrews warns us not to let bitterness take root because it will corrupt us and turn us away from the faith.

Besides the very negative effect bitterness has on us spiritually, there are also some very physiological and psychological negative effects that come from bitterness.

In an article from Psychology Today, Dr. Leon Seltzer spells out some of the costs associated with bitterness. It can:

- Prolong your mental and emotional pain—and may even exacerbate it

- Lead to long-lasting anxiety and/or depression

- Precipitate vengeful acts that put you at further risk for being hurt or victimized—and possibly engulf you in a never-ending, self-defeating cycle of getting even

- Prevent you from experiencing the potential joys of living fully in the present—vs. dwelling self-righteously on the past wrongs inflicted on you

- Create or deepen an attitude of distrust and cynicism—qualities that contribute to hostility and paranoid thinking, as well as an overall sense of pessimism. Such a bleak perspective prompts others to turn away from you

- Interfere with your cultivating healthy, satisfying relationships, and lead you to doubt, or disparage, your connection to others

Rob you of vital energy

Undermine your physical health. The chronic anger that is bitterness can raise your stress baseline, thereby taxing your immune system

It's not a pretty picture any way you look at it, so why not take a moment to reflect and release any bitterness that may have come from deep-rooted anger. Sometimes it can be so deep-rooted that you may need the help of a therapist to pinpoint the source. Once that's done, acknowledge it, confess it, and ask God to help you forgive and release any bitterness that has sprouted from long-held anger and unforgiveness.

Be well and be whole,



The Throne of Grace

Aaron Betz

Hebrews 4: 16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

The Throne of Grace is a place where we can go to give our petitions to God. It is where the prayer closet meets the Courtroom. There may be times when the Holy Spirit will lead you into other Courtrooms and places in Heaven to take care of things, but the Throne of Grace should be a mainstay for every believer.

In this place we do just what it says in this scripture:

Isaiah 1: 17-19 [BSB] Learn to do right; seek justice and correct the oppressor. Defend the fatherless and plead the case of the widow.”
18“Come now, let us reason together,” says the LORD. “Though your sins are like scarlet, they will be as white as snow; though they are as red as crimson, they will become like wool. 19 If you are willing and obedient, you will eat the best of the land.

Notice within verses 17-19 it covers praying for others and yourself. When you think of a healthy prayer closet, you think of praying for others and maintaining your own status of being right with God. Our prayers enter a new dimension when we take them before the Courts. God is moving us even deeper into our understanding of His Kingdom timing so that we will go to the right place at the right time.

Sometimes in prayer we grow accustomed to simply saying things and moving on. When we do only this, we miss out on reasoning together with God as mentioned in verse 18 above. When we reason with God, we are allowing Him to search us as we search Him. We are opening ourselves up to a realm of counsel in which our decisions become exactly what God wants instead of what we think He wants or what we want.

Matthew 8:6 says: For your Father knows the things you have need of before you ask Him. Think on this: God knows our needs and desires; do we know His?

I heard God say: Children your burdens are stiff and rigid. You lack knowledge and you lack true understanding. Am I not Faithful? Do I not see and know all things? Did I not cause all things to come into being? Learn of Me and My ways in My special spot of Counsel I have opened to you, My elect, from within the corridors of My Throne Room. Judgement awaits. Do not miss your appointments.

I see now that God's Throne Room of Grace operates on a basis of summons. There are times when He allows you to come into the Throne Room for many different reasons, but there are divine appointments in which God will instruct you to bring pressing matters before His Throne of Grace for judgement.

Summon- authoritatively or urgently call on (someone) to be present, especially as a defendant or witness in a law court.

"I would say without any hesitation that the most urgent need in the Christian Church today is true preaching; and as it is the greatest and most urgent need in the Church, it is obviously the greatest need of the world also." -Dr. Martyn Lloyd Jones.

Re-thinking Overpopulation {Pt 3 of 3}

Reverend Christopher Gore

The conclusion... The truth about this situation has nothing to do with too many births in Africa and everything to do with the governments of these African Nations not being responsible with the resources that they were given by God. In the African Nations that are riddled with poverty, you will find at the root of that poverty corrupt politicians who hoard the resources to themselves. They keep the money, the food, and the power from the people. They keep them enslaved in a poverty mentality and therefore hold them hostage and they wind up suffering. This too is planned out by the enemy.

What I want to challenge is the notion that God doesn't know what He is doing. These evil people actually think so little of God and they downgrade His ability. I believe that God is powerful enough, smart enough, and wise enough to create the earth with everything in it and place us humans here to live on it. There is no where in the Word of God that you will find that God made a mistake, miscalculated, had a lapse in judgment. Everything that God does is done in excellence. Everything that God creates shows His ability to think far above what we can think.

Here are some real earth truths...

v "Firstly, some mental pictures to help overcome the propaganda: today's population, all 7 billion, could each have 5 acres of land for themselves. The entire world population can fit into Texas with each family of four owning a nice house and yard.

v Secondly, Demographers estimate that at least 20 billion people lived on earth between the years 8000 B.C. and the time of Christ (see Berkeley scientist Kenneth Wachter's *Essential Demographic Methods*).

v Thirdly, there is plenty of food. The world grows enough food today for three billion more people than now exist, as Eric Holt-Gimenez writes in the *Journal of Sustainable Agriculture* in his paper, "We already grow enough food for 10 billion people . . . and still can't end hunger."

God does know what He is doing, and He is fully capable of creating an earth and filling it with everything that He desires. He is fully capable of knowing how many people are on this earth. To say anything else is to challenge God's sovereignty. We must begin to challenge the teachings/beliefs that these evil people are releasing into the earth with the truth of the Word of God. Once you consider this logically it makes no sense that God would create the earth with not enough room on it for all of the life that He created. Don't believe the lies. Let your Spirit man speak the truth into you. Shun this foolishness that is going on. There is no way that the earth could ever become overpopulated. It's just not possible. Why? Because God is God. Pause and calmly think of this.

Gratitude in God

Reverend Astrid Sherriff

Gratitude creates an atmosphere for augmentation. **Gratitude** should be a way of life for us, flowing naturally from our hearts and lips. Looking into the scriptures a little deeper, we understand why we should be grateful and also how to have gratitude **in** different circumstances. **Psalm 136:1** says, give thanks to the Lord, for he is good; his great love endures forever (NVI)." Here we have two reasons to be grateful: God's abiding goodness

and his constant love. When we recognize the nature of our depravity and understand that, apart from God, there is only death (**John 10:10; Romans 7:5**), our natural response is to be grateful for the life He gives us. Psalm 30 gives glory to God for His deliverance. David writes, "I will glorify you, O Lord, for you have exalted me, and you did not allow my enemies to rejoice in me. My Lord, I cried out to you, and you healed me. **Psalm 30:1-12 I will exalt you, LORD, because you raised me up, because you did not let my enemies mock me. 2 LORD my God, I asked you for help and you healed me. 3 You, LORD, brought me out of the grave; you made me revive from the dead.**

4 sings to the LORD, you his faithful; praise his holy name. 5 For only an instant does his anger last, but a lifetime his goodness. If at night there is crying, in the morning there will be screams of joy. 6 When I felt safe, I exclaimed, "I will never be moved."

7 You, LORD, in your good will, affirmed me in high bulwark; but you hid your face, and I was confused. 8 to you I cry out, Lord Sovereign; to you I become supplicant.

9 What do you gain from me dying, [b] from me descending to the grave? Will the dust praise you or proclaim your truth? 10 hey, LORD; pity me. Be you, LORD, my help! 11 You turned my lament into dance; you took off my mourning clothes and dressed me up as a party, 12 so that I would sing to you and glorify you, and do not remain silent. LORD my God, I will always thank you! David possibly wrote this psalm after he had dedicated the field. God stopped the great plague He had used to discipline him. We must always thank God in our most difficult moments. Paul was being persecuted, yet he wrote, "But thank God, who leads us always in triumph in Christ Jesus, and through us manifests in every place the smell of his knowledge" (**2 Corinthians 2:14**). The writer of Hebrews says, "So, receiving an unshakable kingdom, let us have gratitude, and through it let us serve God by perliking Him with fear and reverence" (**Hebrews 12:28**). Peter tells us that we should be thankful for "various trials," saying that, through difficulties, our faith "be found in praise, glory, and honor when Jesus Christ is manifested" (**1 Peter 1:6-7**). We should be thankful that God is worthy of our gratitude. It is only fair to give him credit for "every good gift and every perfect gift" he gives us (**James 1:17**). When we are grateful, our focus is no longer on our selfish desires or the pain of current circumstances. Expressing gratitude helps us remember that God is in control. So, gratitude is not only convenient, but it is healthy and beneficial for us. It reminds us of the larger view that we belong to God, and that we have been blessed with every spiritual blessing (**Ephesians 1:3**). Indeed, we have an abundant life (**John 10:10**), and gratitude is appropriate. Hence, no matter what may happen, we will have inner peace, a foundation for happiness, and certainly a key ingredient of blessings. Gratitude to God makes us achievers who face life with an attitude of faith, and from whom adversity does not rob them of inner peace.

Gratitud en Dios

Reverenda Astrid Sherriff

Gratitud crea una atmosfera para el aumento. **La gratitud** debe ser una forma **de**vida para nosotros, que fluya naturalmente desde nuestros corazones y labios. Mirando **en** las escrituras un poco más a fondo,

comprendemos por qué deberíamos ser agradecidos y también cómo tener **gratitud** en diferentes circunstancias. **Salmo 136:1** dice, "Den gracias al Señor, porque él es bueno; su gran amor perdura para siempre (NVI)". Aquí tenemos dos motivos para estar agradecidos: la permanente bondad de Dios y Su constante amor. Cuando reconocemos la naturaleza de nuestra depravación y entendemos que, aparte de Dios, sólo existe la muerte (**Juan 10:10; Romanos 7:5**), nuestra respuesta natural es estar agradecidos por la vida que El nos da. El Salmo 30 da gloria a Dios por Su liberación. David escribe, "Te glorificaré, oh, Señor, porque me has exaltado, y no permitiste que mis enemigos se alegraran de mí. Señor Dios mío, a ti clamé, y me sanaste. **Salmo 30:1-12** Te exaltaré, Señor, porque me levantaste, porque no dejaste que mis enemigos se burlaran de mí. **2** Señor mi Dios, te pedí ayuda y me sanaste. **3** Tú, Señor, me sacaste del sepulcro; me hiciste revivir de entre los muertos.

4 canten al Señor, ustedes sus fieles; alaben su santo nombre. **5** Porque solo un instante dura su enojo, pero toda una vida su bondad. Si por la noche hay llanto, por la mañana habrá gritos de alegría. **6** cuando me sentí seguro, exclamé: «Jamás seré conmovido».

7 Tú, Señor, en tu buena voluntad, me afirmaste en elevado baluarte; pero escondiste tu rostro, y yo quedé confundido. **8** a ti clamo, Señor Soberano; a ti me vuelvo suplicante.

9 ¿Qué ganas tú con que yo muera, [b] con que descienda yo al sepulcro? ¿Acaso el polvo te alabará o proclamará tu verdad? **10** oye, Señor; compadécete de mí. ¡Sé tú, SEÑOR, ¡mi ayuda! **11** convertiste mi lamento en danza; me quitaste la ropa de luto y me vestiste de fiesta, **12** para que te cante y te glorifique, y no me quede callado. ¡Señor mi Dios, siempre te daré gracias! David posiblemente escribió este salmo después de haber dedicado el campo. Dios detuvo la gran plaga que había utilizado para disciplinarlo. Nosotros siempre debemos darle gracias a Dios en nuestros momentos más difíciles. Pablo estaba siendo perseguido, no obstante, él escribió, "Mas a Dios gracias, el cual nos lleva siempre en triunfo en Cristo Jesús, y por medio de nosotros manifiesta en todo lugar el olor de su conocimiento" (**2 Corintios 2:14**). El escritor de hebreos dice, "Así que, recibiendo nosotros un reino incommovible, tengamos gratitud, y mediante ella sirvamos a Dios agradándole con temor y reverencia" (**hebreos 12:28**). Pedro nos dice que debemos estar agradecidos por "diversas pruebas", diciendo que, a través de las dificultades, nuestra fe "sea hallada en alabanza, gloria y honra cuando sea manifestado Jesucristo" (**1 Pedro 1:6-7**). Deberíamos estar agradecidos porque Dios es digno de nuestra gratitud. Lo justo es darle el crédito por "toda buena dádiva y todo don perfecto" que nos da (**Santiago 1:17**). Cuando estamos agradecidos, nuestro enfoque ya no está en nuestros deseos egoístas o en el dolor de las circunstancias actuales. Expresar la gratitud, nos ayuda a recordar que Dios está en control. Entonces, la gratitud no sólo es conveniente, sino que es saludable y beneficiosa para nosotros. Nos recuerda la visión más amplia de que pertenecemos a Dios, y que hemos sido bendecidos con toda bendición espiritual (**Efesios 1:3**). Realmente, tenemos una vida abundante (**Juan 10:10**), y la gratitud resulta apropiado. De ahí que, sin importar lo que pueda ocurrir, tendremos paz interior, fundamento para la felicidad y sin duda, un ingrediente clave de las bendiciones. La gratitud a Dios nos convierte en triunfadores que enfrentan la vida con una actitud de fe, y a quienes la adversidad no les roba la paz interior.

"The Purpose of Fasting & Why You Should Do It"

Jennifer A. Miskov, Anaheim, California

In different seasons, there can be different motivations for going on a fast. It's always best when we respond to the invitation and the leading of the Holy Spirit no matter what that might look like. There are also times when we simply want to love God by presenting Him with that sacrifice. As long as our hearts remain pure and our intentions are to honor God in the process, each one of these reasons for fasting is good and biblical. Here are a few examples of some of the reasons one might fast:

- Grow in hunger for God
- Regain focus
- Reposition or seek alignment
- Freedom from addiction or from habitual patterns of sin/bondage
- Help set others free (Isaiah 58:6; Luke 9:1-2)
- Spiritual warfare (casting out demons: Matthew 17:21)
- Guidance in decisions (Daniel 9:2-22)
- As an act of humility (Psalm 69:10; John 4:8)
- Be refined
- Develop fruit of the Spirit, self-control
- Grow in intercessory prayer
- Sow into future seasons
- Set yourself aside as an act of consecration to God (Daniel)
- Prepare for stepping into greater measures of empowerment and anointing

It is also important to keep fasting in balance and not to come under the law, judgment, self-righteousness, or condemnation. Only the Holy Spirit can really sustain us on a fast, and we should always be led by the Spirit into all things. It is not by our own might or power but by His Spirit that we will be sustained during a time of fasting (Zechariah 4:6).

For longer fasts, make sure God is on it, or else you may just be fasting and getting hungry. Other times, you may feel that you want to initiate a fast because you want to honor God, consecrate yourself, call out for mercy, sow into future seasons, or do it simply as an act of worship unto God. As long as your heart remains pure and you are not doing it to try and manipulate God, or for personal and self-righteous gain, there are great rewards in fasting (Matthew 6:16-18).

Fasting to Bring Breakthrough

Many times, breakthrough can and does come through fasting (Matthew 17:21). While fasting is one key to bring breakthrough, it is important to realize it is not always the only key God calls us to use in a situation. There are times when breakthrough doesn't necessarily come through fasting alone, but instead by also loosing the chains of injustice, giving to the poor, or stepping out in radical generosity.

In Isaiah 58, what was needed for breakthrough was setting the oppressed free paired with fasting. Other times, the key to breakthrough was found in giving away all of one's money to the poor (Matthew 19:21), or washing in the river seven times (2 Kings 5). Sometimes it came when friends tore off the roof of a house so one person could be healed (Luke 5:17-26), and other

times it came simply by touching the hem of His garment (Matthew 9:20-22).

While the keys to our breakthrough are different at different times, ultimately obedience is the greatest key. Sometimes what brought us a breakthrough in one season will not work in the next. That is why it is important to spend time with God and be led by the Spirit in all things. We are in a relationship with the Person Jesus, and it is important to respond to His leading. Our healing and breakthrough are not found in spiritual exercises but in a Person. This is why it is important not to be led by spiritual disciplines but to be led by the Spirit.

With that said, fasting is one available key that Jesus regularly modeled and taught that can bring breakthrough in different areas, especially in the area of freeing people from demonic oppression. Many times, prayer with fasting is needed to overcome some of the more challenging spiritual battles we may face. Further, if one can take dominion over his or her body with self-control through fasting, that person will also be able to take dominion over spiritual strongholds.

(continue part 2 in next week's bulletin)

Hath God Said

Evangelist Shirley Killen

Hath God said? That is the question Satan likes to use on God's people to cause doubt. He used it on Eve way back in the garden of Eden and still uses it today. Satan's tactics are not new; he uses the same ones over and over again. Why do God's people fall prey to his tricks? One reason is the lack of knowing the Word of God by not reading it. Another reason is not being able to recognize his voice from our thoughts, and God's voice.

One reason can be our lack of self-confidence. Through prayer and communion with the Father, we can overcome the tricks of Satan. To do that we must read about how to defeat him, pray to hear God's voice, receive the Holy Spirit to teach us and spend more time in the presence of Jesus.

Trauma Bonding pt. 1

Reverend Kathryn Gore

Could you be in a toxic relationship? Is it possible that you have ignored the signs within yourself and or your partner? Toxic [poisonous] relationships are very harmful or unpleasant in a pervasive or insidious way. What does this mean? Behavior that is not welcoming can spread widely across the board within a relationship that is very subtle [low key]. Since it can be very subtle, we tend to overlook the signs of destructive behavior due to behavior patterns not presenting themselves immediately. We know when something is off [not quite right] but we try to reason with ourselves, dismissing the unwanted behavior thinking maybe we're looking into things too much? Maybe my partner is having a bad day? We even think of the good things that we believe to be true about our partner and lean towards them not being as bad as it seems. Deep down on the inside, they are not that bad. We try to cover up what our gut instinct, which is considered a nudge from the Holy Spirit, shows us and we choose to accept the good with the bad. Granted, no one is perfect but there are signs of having a toxic relationship that we should put into consideration.

Recently we've learned about the Gabby Petito case, a 22year old female that traveled around the world with her fiancé as a young blogger. They

appeared to be in love but she ended up in the wilderness dead, while her fiancé* drove back home alone traveling in the vehicle that she owned. This was a tragic story. Though we've heard of other cases like this, this case received national coverage due to the bizarre events that took place before the death of Gabby. Witnesses who are considered total strangers to the couple, called authorities after seeing some odd behavior being displayed in the public [both physical and emotional]. When being pulled over by authorities, it would appear as if Gabby was the aggressor, though someone reported that they witnessed Brian slapped and pushed her around on a sidewalk. After the death of Gabby, stories came out from some friends that led the public to believe this was indeed a toxic relationship.

Many would say, Brian was the key suspect in her disappearance which didn't help his case when he himself disappeared, giving no answers to what role he played if any in the death of Gabby. Unfortunately, we would never know since recently the remains of Brian Laundrie's body was found in the wilderness as well. Gabby's death was ruled as a homicide [murder] while Brian's could be considered suicide. The case is still under review.

Truth? We may never know the full story as to what took place since both are now deceased. However, the facts are pointing back to this relationship showing toxic behavior from both parties. If the odd behavior was not revealed, chances are the public would have never known of the struggle. They looked happy before the camera but behind the scenes was a totally different story. All things hidden in the dark eventually comes to light, but I believe it*s meant to expose behavior that is needed to be addressed. Chance after chance, we are given to change course but how many of us take heed to the warning signs?

Recently, I read an article about 'Trauma Bonding' and what that means.

This month, we are going to discover what Trauma Bonding looks like and how abusive relationships can be harmful to the soul. God does not want us to be abused or to be an abuser towards another. He wants us to be loving, kindhearted people who care for one another's well-being in a genuine sincere way. We are called to love one another as Jesus loves us.

We Should Desire a Holy Spirit Relationship

By Theresa McGinnis

As the people of God commit themselves to a deeper relationship with the Holy Spirit, instead of making Him a side issue, the church's level of New Testament experiences will be up-graded. Revival will begin to take place. Everyone thinks that they need something new from heaven, but that just isn't so. What we need is to start becoming better stewards of the precious, priceless inheritance that we have received in the person of the Holy Spirit. We are waiting for a revival to just pour out on us from heaven, but revival, when it comes, it will be awakened inside of us. Revival is something that is already inside of us, we just need to wake up to what we have received.

Do you know that you serve the God of the miraculous, the God of the impossible? **1st Corinthians 2:9** tells us, "**But as it is written: 'Eye has not seen, nor ear heard, nor has it entered into the heart of man the things which God has prepared for those who love him.'**" While this verse incites awe, it doesn't produce any type of action. It leaves us with a glorious fact, that our God is the God of the impossible. He is beyond,

above and outside of humanity and He is able to do anything. But when this prophecy was delivered under the Old Covenant, the people didn't have open access to God. Eyes could not see and ears couldn't hear because sin separated humanity from free access to the empowering presence of God. Let me say that things have shifted significantly for the believers of today, because of the shed blood of Christ on the cross. This is what Paul was trying to unveil to the church in Corinthians. He was getting ready to marry an Old Testament truth about the greatness of God's plans for His people with our glorious New Covenant inheritance, or the person of the Holy Spirit. **1st Corinthians 2:10** goes on to say, **"But God has revealed them to us by His spirit, for the Spirit searches all things, yes, the deep things of God."**

Indeed, God does have an incredible, amazing, supernatural plan for His children's lives, but it doesn't stop there. He wants to reveal these plans to you through His Holy Spirit. And the Holy Spirit will help you to carry them out in your life. God wants to take you to a new level your relationship with the Holy Spirit. Right now the Holy Spirit is the most misunderstood and scrutinized person of the godhead, and that is among God's own children. The Holy Spirit is summoning you to know Him deeper. You can think of Him as God on earth, after all, God, Himself is in heaven and Jesus is at His right hand and the Holy Spirit is God's ambassador here on the earth. He is here to train you. To lead, guide and direct you, help you fight spiritual battles and minister to your needs. The Holy Spirit has come here to glorify Jesus Christ (John 16:14), to summon God's children to come and set at His feet, and to demonstrate the will of the Father on Earth. If your heart burns to follow and exalt Jesus, your only reasonable option is to pursue a relationship with the Holy Spirit. The Holy Spirit was the emphasis of some of Jesus' final words on earth, as the son of God. He shared about the transition that would take place after His death and resurrection. In John 14:16 He tells the disciples that He would be ascending to heaven, but another helper would come... that helper would be the Holy Spirit. It is so important that we begin to communicate with Him and form a relationship with that helper- the one that Jesus promised would "abide with you forever." It is only by the Spirit that you will step into the impossible things that God has planned and destined for you.

"If the service of God is worth anything, it is worth everything. We shall find our best reward in the Lord's work if we do it with determined diligence. Our labor is not in vain in the Lord, and we know it."

- Charles H. Spurgeon

"The evangelist who preaches for eternity is never great on numbers. He is not apt to count hundreds of converts where there is no restitution, no confession, and no glad cry which proclaims, 'The lost is found, the dead is made alive again!'"

-E.M. Bounds.

"There are only two days on my calendar...today and the day of judgement". -Martin Luther

WHAT IS A STROKE?

Reverend Naomi Nichols

Also known as a cerebrovascular accident (CVA) is a medical emergency that needs critical

and urgent medical attention. It's caused by a disruption in blood flow to or within the brain which could be a blood clot. It mostly manifests as abnormality in speech, gait and sensory perception and in some cases may lead to paralysis on one side of the body. Most strokes occur early in the morning. About 70% of all strokes occur in people aged 65 and above.

DETECTING A STROKE

1. The person may be talking and start slurring their words and you will see a droop of their face on the side affected.

2. If they are holding something in their hand, they will drop it because that side is becoming paralyzed.

3. Call 911 IMMEDIATELY.

4. Remember the word FAST

F - Do you see a facial droop

A - Have them hold both arms out straight, with palms up and one arm will drop. That is the side of body being affected

S - Is their speech slurred. Ask them to repeat "You can't teach an old dog new tricks" You will notice they are having trouble repeating it. This phrase tests the brain.

T - Have them stick out their tongue. It will drift to the side affected.

T - Mark down the time the symptoms first appeared and write it on the top of their hand.

- Time is important. The patient needs to get to a specialized hospital within 3-4 hours in order to retrieve the blood clot from the opposite side of the brain through special techniques which will reverse some of the affects within hours

Fire Carriers

Evangelist Barbara Lynch

Acts 2:3 (ETRV)

3 They saw something that looked like flames of fire. The flames were separated and stood over each person there.

Children the fire is falling all across this earth. My Fire carriers are going forth with the sword of truth to destroy the works of the wicked one. This fire devours everything in its path. This fire will burn up everything that is not of Me. You are My Fire carriers that I am sending into the dry barren land. There is no fruit in this land, but as you go forth with the Glory, you will see the fruit begin to grow, and you shall see a harvest like never before. Just as I anointed those in the upper room with fire and sent them forth, that is what I am doing right now in this season of the biggest drought to ever enter into the church.

I have called all those who are thirsty to come and drink from the fountain of living waters. This fountain shall never run dry. My Glory shall be seen on those who carry the fire. All will know that we are one, and a great revival of souls will be brought forth.

The Fire of Heaven

Reverend Brett Connell

The Lord in His grace showed me an image of the gates of Heaven opening up, with a billowing fire coming out upon the Earth. It felt like the Holy Spirit was being poured out upon the true church, with the promises of God's signs, wonders, and miracles following. I saw the angelic host going to and fro, carrying out the assignments that were given them. When I looked at the people who were walking in the midst of the fire, they were a people full of faith. These were the ones who learned to love, who had come through the trials victorious, those who made a stand to live for God and keep their eyes on Him not once looking back.

The releasing of this move of the Spirit is going to bring every one of God's promises to come to pass. The enemy wants us to focus on the negative, to take inventory of how many years have passed and whether or not we really heard God all that time ago... but here is the truth: We did hear God and His promises are yes and amen. Whether it's been a month, a year, or 10 years, God's timing wasn't "then" but it is "now".

This is the time we rededicate our hearts to God and renew our vows with Him. This is the time that we consecrate ourselves once more to our loving and faithful God. Once again, we circumcise our hearts to the Lord and we move forward in renewed faith. This is a time of the second-wind in our walks with God, and any heaviness and fatigue we felt can be blown away by this mighty fire that is being released. We need to pick ourselves up and dust off our feet from the latest onslaughts the enemy has sent our way.

Call upon the fire of Heaven, and allow God to deposit fresh fire in you today. It is by the power of His Spirit that we can do anything at all, and when we harken to what the Spirit is doing in this hour we can be fully equipped to endure what is coming. Remember the Joy of the Lord... this is our strength. We are not blindly fighting forwards out of pure obedience without direction. God has given us direction, and while He requires total obedience, it should be done with joy.

We ought to have the mindset that we are working towards the prize God promised us. There is an amazingly awesome, beautiful ending to the journey. We are working towards the promise of being with God eternally. What better gift could anyone hope to receive? So it is out of thankfulness and gladness, that we ought to let that Holy Fire consume us – and do all that God is asking us to do, so that we may please Him who sent us and share this eternal joy with everyone we minister to. Allow the fire to purge, cleanse, and consume.

"You may pay for the book in which the Gospel is contained; for the Church or chapel in which it is preached, for the minister who preaches it to you ... but, the Gospel itself is as free as the light that shines, as the rain and dew which fall from above; as the air which you inhale and as every other blessing of God"

-John Bate

"A dark hour makes Jesus bright."

-Robert Murray McCheyne

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Pumpkins – Good For Your Health Part 2

Nancy Connell

Last week we talked about the benefits of a pumpkin. Now let's look at the nutritional value and then talk about how you can incorporate it into your diet.

So precisely what is the nutritional value of pumpkin? Here is what I found:

According to the United States Department of Agriculture's Food Data Central database,

1 cup or 245 grams (g) of cooked, boiled, or drained pumpkin, without salt, contains:

- 1.76 g of protein
- 2.7 g of fiber
- 49 calories (kcal)
- 0.17 g of fat
- 0 g of cholesterol
- 12 g of carbohydrate

These nutrients are many great things that our bodies need every day, but how do we incorporate that into our daily and weekly diet. Of course, now we know all about pumpkin pies and desserts. But what about other things you can combine the pumpkin with?

Preparing fresh pumpkin at home will give you the most benefits for health, but canned pumpkin is also a great choice. This is because pumpkin retains many of its health benefits in the canning process. The canned pumpkin should only have one ingredient, and that is pumpkin.

Canned pumpkin is different than pumpkin pie mix. You want to make sure that you do not use the pie mix for regular consumption. Make sure to read the labels. The mixes have more than pumpkin in it. There are usually added sugars and syrups. It can be tricky because they are usually found next to each other.

When picking out a fresh pumpkin, you will want to make sure it still has a few inches of stem left. It also should be hard and heavy in its size. You can store an uncut pumpkin in a cool, dark place for up to 2 months.

So how can you use pumpkin in your diet... one simple way is to puree the pumpkin or even use the canned pumpkin in place of oil or butter in any baking recipe you have. You can puree the pumpkin and add some to a drink. There is all kind of recipes online that you may find appealing. You can also roast the pumpkin, add some honey and cinnamon to it, and have it as a side dish. The sky is the limit.

Then, of course, you can roast the seeds and put them in a bowl and leave them out just like you do nuts. You can also microwave them as I did as a kid. Next week, we will look into why the pumpkin seeds are an excellent snack and all the benefits you can get from them.

"This life is a dressing room for eternity - THAT'S ALL IT IS!"

-Leonard Ravenhill

Experience His Peace!

Set **JESUS** Apart As Lord.

Experience the Lordship of Jesus.

For He is the Sovereign Lord of
all power,
all healing,
all protection,
all forgiveness, and
all life!

The secret of His peace
is to set Him apart as The Sovereign Lord.

Then trust Jesus by
accepting His presence,
claiming His forgiveness,
declaring His healing,
knowing His protection,
living His promises, and
feeling His peace!

For if you want His peace in your life,
you will set Jesus apart as

The Sovereign Lord

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The Lighthouse Inc.
6 S Railroad Ave
Wyoming DE 19934
(302) 697-1472
www.lighthousechurchinc.org

