

December 24, 2023 thru December 30, 2023



Happy
New Year

See, I am doing a new thing!

ISAIAH 43:19

Love Was Born

Evangelist/Pastor Barbara

Love, Mercy, and Grace shall follow you all the days of your life. Psalm 23:6 "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

When the Lord is your shepherd, His love surrounds you now and forever. And the love of the Good Shepherd is a love that pursues and a love that welcomes.

I am not an astute Father to those who Love Me. I am a Father of all lights that looks out for His Beloved Ones. This day I have declared a day of salvation for all My Lovely Ones. They have been on the back side of the desert for a decade and they have been going through one valley after another. At times, they thought it would never end, but it has.

Psalm 30:5 (NIV2011) For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

Isaiah 21:11-12 (MSG) A Message concerning Edom: A voice calls to me from the Seir mountains in Edom, "Night watchman! How long till daybreak? How long will this night last?" 12 The night watchman calls back, "Morning's coming. But for now, it's still night. If you ask me again, I'll give the same answer."

These Beloved Ones shall now go forth with healing in their wings and a song of salvation on their lips. Their hearts will be overflowing with Love for the lost generation standing on the edges of the abyss. They will no longer be concerned about their lives, but they shall climb the highest mountains and look down upon the darkness and declare, "Let the light shine forth and dispel all darkness". They will go forth bearing all the weapons of warfare that I have provided, winning every battle. 2 Corinthians 10:4-6 (NKJV) For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.

Jude 1:23 "And others save with fear, pulling them out of the fire; hating even the garment spotted by the flesh".

The scripture is interpreted to mean that Christians should help others who are in danger of sinning by warning them of the danger and helping them to avoid it. The phrase "pulling them out of the fire" is often used metaphorically to mean rescuing someone from danger.

Since when is my arm too short? Isaiah 59:1 (NKJV) Behold, the LORD'S hand is not shortened, That it cannot save; Nor His ear heavy, That it cannot hear.

A lifetime of LOVE is before your faces, ever shining for all the world to see. This love will bring light to a darkened world. Matthew 4:16 (NKJV) The people who sat in darkness have seen a great light, And upon those who sat in the region and shadow of death Light has dawned."

You are the vessels of LOVE that have been sent into a darkened world to bring in this great harvest of lost souls. Miracle after Miracle shall be seen as you shine your light into the darkness. All darkness has to bow its knee to the Supreme Light of salvation. pg 2

HOLIDAY CHEER

Evangelist/Pastor Barbara

It is the time of year when everyone begins to make New Year's Resolutions that they will never keep. It is the time of year when we celebrate with Family and Friends, exchanging gifts, Joy, and Laughter. It is also the time of year when we celebrate the one who brought this Joyful season to life.

Bright new lights adorn a tree, gifts under the tree, family gathered, with great expectations in the air. Angelic hosts in our midst to help us celebrate this wonderful opportunity to share the Love of the Baby in the Mangar.

We must understand that there is a lost and dying world without a reason to celebrate. They are the lost, dying, and brokenhearted who have been put on the shelf and forgotten. They are the homeless men, women, and children; the forgotten soldiers who gave part of their lives to protect our nation; women and children who have been abused, trafficked, and thrown to the curb; the ones who have been thrown into a prison cell and forgotten.

These need to hear about a Father who loves them unconditionally! They need to understand there is a loving, caring Father who sees their distress and loneliness. How do they see all of this? Through you! You are the eyes, hands, feet, and voice of the Father. You are the ones who take hope to a hopeless generation. You are the light that lights the paths before their feet. You are the one who wipes their tears when no one else will. You are the ones who understand where they are right now and where they are going. How do you do that? Through the Love of the Father.

You know the faithful Love of a loving Heavenly Father. The Father of all lights. The Father who weeps over you. The Father who promises you that He will never leave nor forsake you, no matter where you might be at any given second. You are the vessels the Father desires to work through.

Will you open up your hearts and arms and be the vessels God can work through? Will you be your brother's keeper in every area of life? Will you abide under the Shadow of the Almighty, lay aside your differences, and show compassion, Love, and understanding to this depraved people? Remember, LOVE is the reason for the season.

Let this holiday season be where YOU take God's Love to the dark streets and allow hearts to be healed, blinded eyes to be opened, and prisoners to be set free. Allow your light to be a gift in the darkness. Let the lost generation see Jesus's Love through you.





Merry
Christmas
and

Happy
New Year

From the Very Beginning, There was a Price on Jesus' Head.

Reverend Christopher Gore

“Where is He who has been born King of the Jews? For we have seen His star in the east and have come to worship Him.” When Herod the king heard this, he was disturbed, and all Jerusalem with him.” Matthew 2: 2 – 3 (Amp).

A great disturbance took place when Jesus came on the scene. This disturbance affected everyone in proximity to Jesus. Herod was an agent of the enemy who went forth under the enemy's influence seeking to kill Jesus. Herod sent word throughout the land and via the Magi that he was looking for Jesus. Herod made it seem like he was going to worship Jesus. Herod's real intent was to kill Jesus.

The Bible goes on to say that Herod put a contract out on all male children two years old and younger. A slaughter commenced and every male baby two years and younger died. It was sad but this event triggered one of the greatest miracles that came out of the birth of Jesus Christ. We learned through this event about God's ability to hide Jesus and keep Him safe so that God's purposes could be brought forth.

Some in the Body of Christ become melancholy at the hint of a fight or a battle. Often slipping into waves of self-pity and navel gazing. During this Christmas season stop and consider this miracle that took place. This miracle enabled the baby Jesus to survive. All of Hell was sent after Him to find Him and kill Him. Nevertheless, God kept Him safe until His appointed hour of death some thirty-three years later. There was a price on Jesus' head.

The Bible does not expound on this but how many times did the enemy get close to Jesus and almost kill Him at different points throughout His life? How many times did the angels set up ambushes against the forces of darkness that were trying to take Jesus out? There were plots and conspiracies against Jesus every day of His life. The enemy worked feverishly to try and stop the plan of God but the enemy did not succeed. When all was said and done, God's perfect will was made manifest and Jesus went on to complete His mission for God.

Consider this. There is a price on your head as well. The enemy wants to stop you just like he wanted to stop Jesus. It's up to you to persevere, stick it out, and tough it out so that God's purposes for your life can take place. It doesn't matter what the enemy does to try and stop you, God has your back and is performing the miracles that you need to survive.

We are on the verge of seeing so many wonderful things. It would be awful to get this far and not get to see the 'Greater glory' that has been promised to us because we became afraid of the threats of the enemy. Nothing can happen to you unless God allows it. Everyday you are experiencing the miracles of Christmas in the way that God provides for your safety and well-being. You are blessed. May you remember the many miracles that God did for the baby Jesus. Merry Christmas!

This Season of Love

By: Reverend Brett Connell

I was on the CB radio today having conversations with people all over the US and a small pack of international contacts, and one thing is common among all of them in their attitude and dialogue: having a blessed, merry Christmas and experiencing the joy of the season. True joy is something missed by a lot of people because they think its related to happiness. There's nothing wrong with being happy, but sometimes you just aren't. Joy is knowing your secure in Christ in the midst of every other negative emotion. Joy is that hope that no matter what happens, in the end you know you've got an eternal resting place all set up and laid out for you in heavenly places.

We don't block out reality and say "one day..." all begrudgingly, alluding to the idea of not having to put up with so-and-so's lifestyle and behavior anymore. We find the good in the midst of bad situations, just like God does with us! So if you're trying your hardest to do what is good and right, but it doesn't look like the cards are on the table – don't worry about it. God knows the entire deck, and he knows what you're going to draw next. Just because your hand looks bad, doesn't mean it's going to lose.

This is the season of love – when love came down to us. Love is quite unique. We don't fully understand it, but we should be so close to it that we do. God's glory has fallen upon us. It may not be what some had expected, but it's exactly what God intended. God admonished us to get ourselves in order and cleaned up beforehand – and we shouldn't have depended on His glory to wipe us all clean in an instant; that is for the worldly coming in. We have received one of the greatest gifts ever. And what did God ask us in return? He asked us to give Him a present of our gross sin and evil.

Do you understand love? The Almighty, the Master of the Universe, the very King and God of all creation gave us the most important, valuable, worthy gift that could have ever been given. And what did He ask in return? He asked for the most worthless, vile, and odious thing in exchange – our sins.

God has already given us everything we could possibly contain in our wineskins. We weren't meant to drink from that wineskin, but rather to pour it out to all those who don't know God. As a matter of fact, at this point, we shouldn't even be thirsty.



JESUS!

From: Evangelist/Pastor Barbara

Unto Us, A Child Is Born. This child lived, hung on a cross, and rose again. This child is coming back again for a spotless bride, one without spot nor wrinkle.

Our gift to God should be a vessel that honors the King of Kings and Lord of Lords. Lay aside all evil intentions and return to your first love. Allow 2024 to be a brand new year, where everything is brand new, and the old is totally destroyed, never to be remembered again.

Allow 2024 to be a year of total commitment, where your light will so shine that no darkness can stand. Your light should be so brilliant that it will blind the accuser of the brethren at every turn. Our lights should be as bright as Jesus, the reason for the season.

Never forget from whence you came and why you are here. You are here for many reasons, but first and utmost, you are here to Glorify the Father of all lights.

When this baby hung on the cross, He cried: Father forgive them, for they know not what they do. The Father of all lights forgave you, and here you are, a vessel of honor He is going to perform Great signs, wonders, and miracles through.

JESUS was the best gift our Father in Heaven could give to His beloved children. Enjoy Him. Glorify Him with your everyday actions.

Be blessed this Christmas season and never forget who made this Joyous Season possible. **JESUS!**

Isaiah 9:6 "For unto us a child is born, unto us a son is given".

This scripture is a prophecy about Jesus Christ as the Lord and Savior. It also describes four names of Christ: **Wonderful Counselor, Mighty God, Everlasting Father, and Prince of Peace.** It is a verse of rejoicing and guidance for God's people. It is the most cited prophetic book of the New Testament.



Heirs of His Wisdom

Aaron Betz

1 Corinthians 2: 6-7, BSB Among the mature, however, we speak a message of wisdom—but not the wisdom of this age or of the rulers of this age, who are coming to nothing. 7No, we speak of the mysterious and hidden wisdom of God, which He destined for our glory before time began.

The wisdom of God is His divine insight on any given matter. This wisdom includes strategy, plans, and a deep revelation of purpose. God has been preparing His true church to receive this wisdom through many trials and testing. He has been refining our inner character so that we may be worthy to carry the deep insights of Heaven. We have been tested on {if} and {how well} we will carry our cross.

Matthew 16: 2-25 Then Jesus told His disciples, “If anyone wants to come after Me, he must deny himself and take up his cross and follow Me. 25For whoever wants to save his life will lose it, but whoever loses his life for My sake will find it.

If we carry our cross, then we are His {true} disciples. This qualifies us for the secrets of Heaven:

Matthew 13:10-11, NKJV And the disciples came and said to Him, "Why do You speak to them in parables?" 11 He answered and said to them, "Because it has been given to you to know the mysteries of the kingdom of heaven, but to them it has not been given.

A key part in passing our tests is yielding to God's direction and choosing the things that line up with His Word and the promises that He has given us. This submissiveness to His will is well pleasing to Him and is a true characteristic of being a child of God.

Matthew 11:25, BSB At that time Jesus declared, "I praise You, Father, Lord of heaven and earth, because You have hidden these things from the wise and learned, and revealed them to little children."

In this following scripture we can see that as a child of God {saint}, we have access to the “unsearchable riches of Christ” which He has hidden from the beginning in Christ.

Ephesians 3: 8-9 To me, who am less than the least of all the saints, this grace was given, that I should preach among the Gentiles the unsearchable riches of Christ, and to make all see what is the fellowship of the mystery, which from the beginning of the ages has been hidden in God who created all things through Jesus Christ.

Fellowship with God and the mystery of His New Covenant allows us to reach a point of disclosure in God. This is in fact a key function of the Holy Spirit:

John 16:13-15, BSB However, when the Spirit of truth comes, He will guide you into all truth. For He will not speak on His own, but He will speak what He hears, and He will declare to you what is to come. 14He will glorify Me by taking from what is Mine and disclosing it to you.

Father's Precious Love Gift to Us

Sis Grace Crescenzo

John 3:16 "For God so [greatly] loved and dearly prized the world, that He [even] gave His [One and] only begotten Son, so that whoever believes and trusts in Him [as Savior] shall not perish but have eternal life.

As we unwrap this gift, there are many promises and benefits inside for our use... if we so choose to receive and use them! There is much inside this gift. Here are just a very few:

We have redemption through the blood of Jesus, and redeemed from the power of evil (Ephesians 1:7), we reign in life (Romans 5:17), we have eternal life (Romans 6:23), we joint heirs (Romans 8:17 & Galatians 4:7), we are sanctified (1 Corinthians 1:2), He supplies our needs (Philippians 4:19), we have victory (1 Corinthians 15:57), we have liberty (Galatians 2:4), we are strong in the Lord in the power of His might (Ephesians 6:10), and we receive multiple grace and peace (1 Peter 1:2)

He gives us the authority to release the voice of the blood against demons and evil spirits that would accuse and condemn us (Hebrews 12:24)

He is a strong tower from the enemy (Psalm 61:3)

We overcome every antichrist spirit because greater is HE that is in us than he that is in the world (1 John 4:4-5), and We overcome the devil through the blood of Jesus (Revelations 12:11)

We dwell in the secret place of the Most High and abide under the shadow of the Almighty (Psalm 91:1). Many more wonderful things listed in Psalm 91.

He anoints my head with oil; my cup runs over. Goodness and mercy shall follow me all the days of my life (Psalm 23:5-6)

We will find many more listings in the manual (the Holy Bible) that comes with the gift. It will show us how to receive and use each gift. It will show us about Jesus Blood and the finished work of the cross and how to wash ourselves daily with His Blood to remove/destroy sin and darkness and the curses that come as a result. Each washing enables us to become clean/holy, and heals our body soul, and spirit and allows us to have deep fellowship with Jesus and HIS love daily.

This manual also shows us the way to His abundant life in our heart that will have no room for the darkness, because it provides tools (weapons of warfare) and how to use them to protect ourselves from the deception/temptations, pitfalls, and lies from the devil. It also explains how to allow His Holy Spirit to walk with us daily. HE will guide us through the difficulties, trials, and temptations and will give us power to overcome each sin in our lives.

These are some powerful gifts inside this one big, beautiful package of Father's LOVE that He has given us! As we receive these gifts and use them, wonderful things will happen. Let us be wise and use each one carefully... you will be glad that you did!

Christmas Gone Wrong...

Evangelist Kathryn Gore

I love Christmas. Everything about Christmas brings me joy. You can't go wrong with Christmas cheer and decorations (or so I thought). Something is happening...it's called "Gothic Christmas". People are starting to embrace black on black Christmas themes, bringing in some kind of spirit that I believe is ungodly.

Don't get me wrong, people have their own sense of style and sense of humor when it comes to creativity. But never did I foresee Christmas to look like the following:



These are far from the normal Christmas trees that are meant to uplift your spirit. These are dark images that were inspired by the darkness.

This year, God placed it in my heart to create an atmosphere full of traditional style Christmas. Here's a beautiful image that shows just that...



What does the traditional Christmas do for your spirit? Does it bring back childhood memories? Does it bring you warmth and comfort? Though we see the beauty in Christmas, some who are living in the dark see Christmas through a different set of eyes. This is not me judging but many are embracing the black-on-black Christmas due to the race war (black against white), due to the dark sense of humor one carries. The world is changing but we as children of God should value traditions inspired by the wisdom of God.

Christmas is not meant to be dark. God is light. We need to embrace the light every chance we get. No Gothic Christmas for me! I'll take my Father's spirit and embrace Christmas as it should be, uplifting, filled with joy and happiness.

Merry Christmas and Happy New Year!

Humility and Holiness (Part 12)

By Theresa McGinnis

Let's go back to Luke 18:11 from last week, "Oh God. I thank Thee that I am not as other men."; we have seen how it is that men like to think of themselves as being better than other men, we have a hard time trying to say that others are better than ourselves and that is what gets us in trouble.

Ephesians 3:8 tells us that we need to count ourselves as "less than the least of all saints." Meaning that we recognize that we are nothing and that God is everything, this is the only way that we can become a servant of all.

1st Corinthians 13:4-5 tells us, "Love vaunteth not itself, is not puffed up, seeketh not her own".

Ask yourself why people are always trying to get people to recognize them, to put them in a place of honor or power. But it is the power of perfect love that will cause you to forget about yourself, and will find its blessedness in blessing others- in bearing and honoring them, however feeble they may be.

When Christ, the meek and lowly lamb of God is truly formed within you, then the spirit of His love is shed abroad in your heart. When God has entered in in His power and reveals Himself as all, this is when man becomes nothing. And when man sees himself as nothing before God, he cannot be anything but humble towards his fellow men.

The presence of God becomes not a thing of times and seasons, but the cover under which the soul always dwells. Its deep humility before God becomes the Holy place of His presence from which all its words and works proceed. We need to know that our thoughts and words and feelings concerning our fellow-men, is actually His test of our humility before Him. Our humility before Him is the only power that can enable us to always be humble with our fellow men.

We need to take warning though, that there is no pride so dangerous or subtle, as the pride of holiness. There is a hidden habit of the soul which cannot help but to see how far it is advanced before others. This happens because we lack humility. It may not be in words, but, it may be a posture, a way of talking to others that says, "I am better than you". It reveals itself, not only in words or thoughts, but also in tone.

If you have the gift of spiritual discernment, you cannot help but recognize the power of self. Even people who are of the world will be able to recognize it. The world points to it as the proof that the profession of being a Christian does not bear any especially heavenly fruits. At times we can be hard pressed to recognize the fruits of the Spirit in the lives of our brothers and sisters. That Christians are no different than anyone else.

We need to flee to Jesus, to hide ourselves in Him until we are clothed with His humility. That alone is our holiness. That alone will show the world who Jesus is through us.

The Meaning of Psalm 150

Reverend Astrid Sherriff

1 Hallelujah! Praise God in His sanctuary, praise Him in His mighty
expanse of heaven. 2 Praise him for his might, praise him for his great
greatness. 3 Praise him with the sound of a trumpet, praise him with the lyre
and the harp. 4 Praise him with tambourines and dances, praise him with
strings and flutes. 5 Praise him with sonorous cymbals, praise him with
resounding cymbals. 6 Let everything that breathes praise the LORD!

The meaning of Psalm 150 in the bible depicts a psalm of worship to God
by Da Hallelu shares a root with Hallel, the prayer that is recited on many
feast days and was imported.

When we look at this psalm, we can see that the psalm refers to the praise
that took place in the temple. Nonetheless, this is a place where heaven and
earth meet. The third option would be to translate the verse as "Praise God
(who is) in his [heavenly] sanctuary." into English in the form of
Hallelujah. It means "praise," but in the context of this psalm, it is an
imperative, used as instruction for all Israel. The text is more than asking or
encouraging, it is imploring the people of Israel: "Praise God!" Unlimited
praise to the God who is unlimited in His greatness. (1) Everywhere, praise
Jehovah.

Praise God in his sanctuary; Praise him in the magnificence of his
firmament. to. Praise God: This last of the five final psalms shares the same
opening and ending line as the previous four. Yahweh is praised and His
people are encouraged and exhorted to praise Him. There are no crises or
enemies in sight; This is pure praise. Praise God in His sanctuary: God's
sanctuary is the most appropriate place for His praise. It is a place set apart
for His honor and implies a special acknowledgment of His presence. If
Yahweh is to be praised anywhere, it must be in His sanctuary.

In light of the New Covenant, we realize that God's sanctuary is not fixed
to a particular building in Jerusalem. Jesus serves His people in a sanctuary
in heaven (Hebrews 8:1-2) Jesus makes His sanctuary among His people
collectively (2 Corinthians 6:16). Jesus makes His sanctuary in the
individual believer (1 Corinthians 3:16). In the end, Jesus Himself will be
God's sanctuary among His people (Revelation 21:22).

For all reasons, praise Jehovah. Praise him for his prowess; Praise him
according to the multitude of his greatness. to. Praise Him for His prowess:
These deeds of God are a reason to praise God everywhere. He has done
great and powerful things, especially what Jesus accomplished on the cross
and the empty tomb.

The singer of this psalm had only a vague knowledge of it, but the
ultimate demonstration of God's power would come in the resurrection of
Jesus (Ephesians 1:19-20). For this and his prowess, we should praise him."
'His prowess' could be translated as 'heroic [or, brave] deeds.' The reference
is to his liberation from his people as a clear manifestation of conquering
prowess or power."

Praise Him to the Sound of a Horn: The psalmist refers to an orchestra of

God's people and directs their music in praise of God. No instrument was to be left out. Brass, strings, winds, and percussion must unite in the praise of so great a God. There was good reason to mention the horn first on this long list. "The sound of the trumpet is associated with the grandest and most solemn events, such as the promulgation of the law, the proclamation of the jubilee, the coronation of the Jewish kings, and the fury of war. All that breathes praise JAH: This is a remarkably appropriate conclusion to this psalm and the entire Book of Psalms. Everything that breathes should give its praise to the One who gave it its breath. Every breath is God's gift, and praise is the worthy response we should give for that gift. "Let us praise the Lord with all our spirit." Hallelujah: The last line of the Book of Psalms could not be anything other than Hallelujah! Yahweh is to be praised and honored, and so it will be between His people and all creation.

A Prayer for the New Year

Lord,
Whether I leave behind
a year of joy or of trials and difficulties,
I pause to *give thanks*.
Thank you for being with me
every day of every year.
Thank you for making all things **new**
and for giving me the grace of
fresh starts
and *new beginnings*.
Remind me of your presence in the days to
come,
even when I feel pushed and rushed by
busyness.
Be glorified in my life this year.

Amen

WHAT TO KNOW ABOUT POSTNASAL DRIP

Reverend Naomi Nichols

It is excess mucus that the nose and throat glands secrete that helps prevent the airways from drying. Mucus usually mixes with saliva harmlessly throughout the day and a person either swallows it or blows it out of the nose. It becomes more apparent if the body produces too much or too thick mucus.

CAUSES

- * Allergies - the most common cause
- * Cold weather or dry air
- * Eating overly spicy food
- * Pregnancy – due to an increase in blood volume and hormone fluctuations
- * Irritating chemicals from perfumes, cleaning products or environmental fumes
- * Medications including birth control and blood pressure

SYMPTOMS

- * Need to clear your throat frequently
- * Sore throat, cough and raspy voice
- * Nausea due to extra mucus in the stomach
- * Bad breath
- * A cough that worsens at night
- * Excess mucus clogs eustachian tubes in the sinus passages causing painful ear infections

TREATMENT

- * Saline nasal sprays will flush out mucus buildup
- * Mucinex can help out by thinning the mucus
- * If mucus buildup increases at night, prop your head up with pillows to promote drainage
- * Drinking plenty of liquids can help thin mucus, keep it flowing smoothly and prevent dehydration
- * Warm teas and broths can ease a sore throat and the steam may help clear sinuses.
- * Humidifiers or steam vaporizers can help clogged sinuses
- * Bacterial infections require antibiotics
- * Inhaling through a warm-damp cloth is a quick way to return moisture to the nose and throat.
- * Do not use suppressants when experiencing a nagging, phlegm-filled cough. Coughing is the body's way of keeping secretions out of the lungs and throat. Spit out thick mucus rather than swallow it.
- * Eucalyptus products subdue coughs and reduce mucus. Apply directly to the chest or add a few drops to a warm bath to help clear the nose. Do the same thing with Vicks vapor rub.
- * Avoid smoking and secondhand smoke. It will cause the body to produce more phlegm and mucus

WHEN TO SEE A DOCTOR

- * Discolored mucus that does not clear up
- * Foul smelling mucus
- * Symptoms that accompany a significant fever
- * Symptoms lasting 10 days or more

Laughter is Good Medicine.

Nancy Connell

Many times we may have heard that laughter is good medicine. This statement is a very true statement.

Have you noticed that laughter is the one thing in families that seems to become less and less – or even in individuals - period. So many people are so focused on stress and situations and all the things that seems to be so important but they are not taking the time to enjoy life that God has given them. This doesn't mean that you don't have problems or things aren't going good, but it does mean you need to take another perspective in your life and allow yourself to laugh.

Why is laughter so important? Doctors have realized that laughter can enhance not only your physical health but your mental as well. It has been studied and proven that laughter actually has a role in fighting viruses, bacteria, cancer and heart disease.

When you are stressed or under a lot of stress it can obstruct your immune system. So when you get a good chuckle going it helps reduce the hormone secretion and in return helps the immune system fight against viruses and bacteria. It also helps to enlighten a person's mood and atmosphere.

There has been some that has studied this intensely and have even called the humor of brighten life and affecting your health a "biology of hope."

Many of us have been doing what we can to help our bodies become a better vessel for God to dwell in and use. Instead of focusing on so much of the negative, whether it would be the truth... either way, if we would put that focus on laughing there would be a bigger change no just within us but also around us.

God laughs. God wants us to be joyful as we walk in all He has put before us to walk in. The issue is too many is focusing on the issues, problems, etc. instead of on God and just taking time to allow that joy of serving Him to bubble up.

In the scriptures there are support beams to hold up this truth... In Proverbs 17:22 "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

One of my favorite scriptures and actually attached to every email I send out is one that explains how to obtain this joy, peace, and hope that God Himself is and has given to us. Romans 15:31 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

When you decided to trust God that you will find all the joy and peace. When you find that peace, you then you will be able to be overflowing with hope by the HOLY SPIRIT's power. One scripture can change someone's life when they realize what it is saying.

Mark your calendars and add it to your schedules that Laughter has been prescription by our Father in Heaven and it will drive the enemies away. It will improve your health, your mind, and make your home or work place, where ever you are a joyful one.

Have a wonderful Christmas and a very happy and full of blessing new year.

May you
shine
with the
light of
Christ
this
New Year!



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