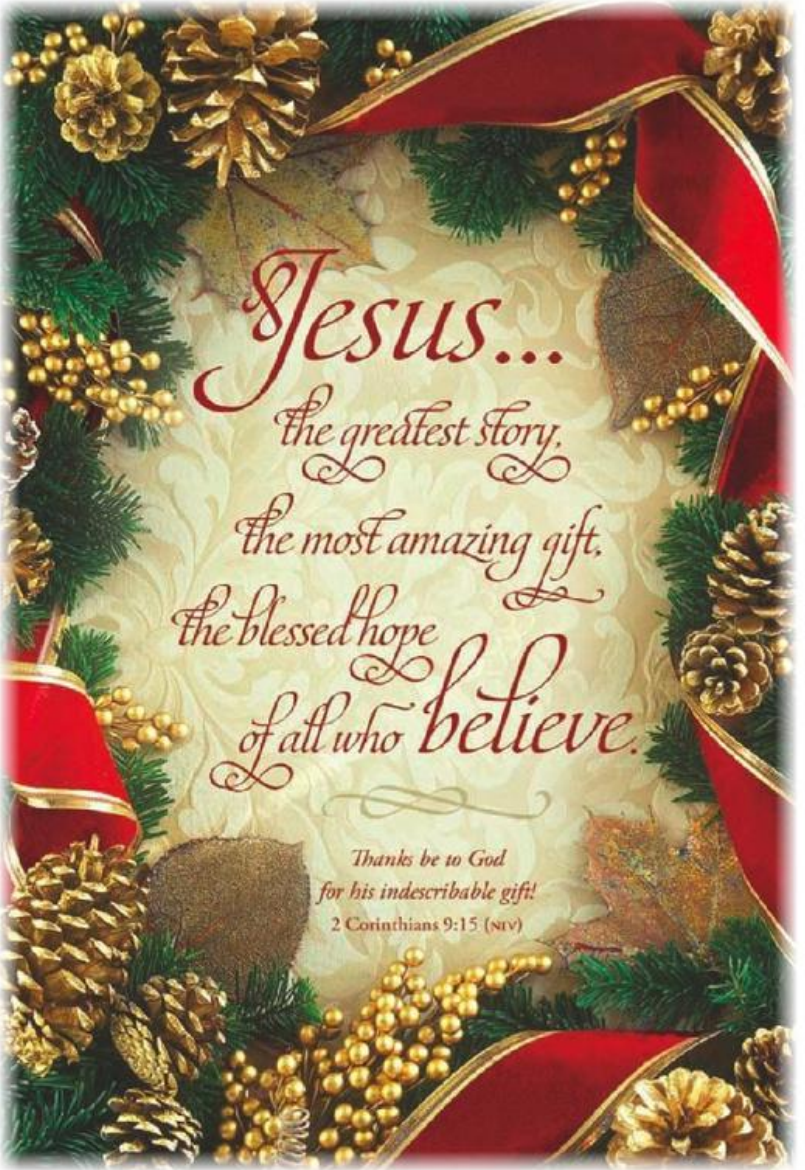


December 10, 2023 thru December 16, 2023



Jesus...
the greatest story,
the most amazing gift,
the blessed hope
of all who believe.

*Thanks be to God
for his indescribable gift!*
2 Corinthians 9:15 (NIV)

Going Forth with Victory on Your Mind.

Evangelist/Pastor Barbara Lynch

I am not ready to pour out My heart into this world yet. They are still clinging to the things of this world. They believe this world can supply all of their needs, and they cling to what is familiar. They have not yet arrived at the fact that Old things have passed away and all things have become new, and I mean absolutely new.

Instead, I am moving amongst those who do not know Me but are looking for peace in the midst of a troubled, dark world. I have been preparing their hearts to receive the things of My Kingdom, and I will use the Remnant to bring them into the house of the Lord. I will send these lost, tormented ones into the houses that house My Glory and know what it is to listen to the still, small voice of their Father of all lights. They know what the Spirit desires to do and are yielding their bodies as vessels of honor for the Spirit to move through.

I will use these vessels that are hungry for change to tear down the kingdom of darkness. No more standing in the shadows fearing the underworld, but standing tall and firm with conviction in their hearts that the enemy can no longer bind, tear, and steal. They will be ferocious in their Faith and trust Me in every area of their lives.

Why am I using My Remnant ones? These have been on the back side of the desert for a decade. They were in boot camp learning the workings of Heaven. They have given their Father of all Lights the last ounce of flesh and will not compromise on life's issues. They have determined in their hearts to go forward at all costs. No longer swayed by the cares of this world, they are full of wisdom, might, and long-suffering.

In this season of Love, I am calling My people to go forward with Victory on their minds. You will carry My scepter and restore Peace in My house. Then, a portion of that peace will go into the world and wipe out some of the chaos destroying My light.

Children, you will never understand the deep workings of the Spirit, but you can at least try to trust, believe, and move forward with Victory!

Philippians 4:7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus!

This verse is a reminder that God's peace is beyond human comprehension and can only be experienced through faith in Christ Jesus. It is a promise that God's peace will protect our hearts and minds from anxiety and fear.



Prodigals

Dutch Sheets

Shared by Evangelist Barbara Lynch

Today, we are going to release faith-filled decrees for the return of prodigals to Father's house. I have heard numerous words from the Lord over the past few months telling us it is time for this, and Holy Spirit has said the revival we have been expecting has begun. Let's release our faith for these things.

I want to begin by sharing a little of my story, when I was a prodigal running from God. The story is taken from my book, *The Pleasure of His Company*.

The Pleasure of His Company

"It was 1973, and I was attending college, traveling fast but going nowhere. I had been running from the Lord for two years, serving the gods of alcohol, drugs, and rock 'n' roll. Though I had been raised in church (Dad was an evangelist and then a pastor) and had surrendered my life to Christ at a young age, at age seventeen, I began to rebel. The rebellion started when my dad, pastoring at the time, divorced Mom, left our family, and married another woman.

"As you can imagine, our lives were shattered. Mom, who had been a stay-at-home mom and helped in the church, found a job in a meat market, my brother and I acquired part-time jobs, and somehow, we survived. At least physically. We didn't fare so well emotionally and spiritually. My brother and I rebelled, turning away from God and everything associated with Him and the Church. My younger sister was also emotionally devastated; obviously, so was Mom. Deep in my heart, I knew none of this was God's fault. Nonetheless, I was angry at Him, the Church, and life. The pain was so strong and my confusion so great that I simply couldn't cope with it. And I certainly couldn't understand it. Perhaps the lowest point in my life was the day when, as a seventeen year old, I held my heartbroken mother in my arms and listened to her sob, telling me she no longer wanted to live. At that moment, I became an extremely bitter and hate-filled young man.

"God was very patient with me, knowing my rebellion was caused by my pain. He allowed me to run, loved me through my pain-filled responses, and didn't take them personally. Two years later, at a bar named *The Boar's Head*—aptly so, since I was a prodigal and this was my pigpen—while I was listening to a rock band and stoned out of my mind, Holy Spirit spoke to me."

[Departing from the account in the book for a moment, let me say that this was not the first time He had done so. God would often speak to me through my thoughts when I was alone, just as I know He is speaking to your prodigal. The Lord was never condemning, only affirming. Often, I would lie in bed at night, when the world around me finally became quiet, thinking thoughts about Him, life, and what I was doing with mine. I know now that He was stirring those thoughts, reaching deep into the hidden

places of my heart, keeping me tethered to Him. On this night in the Boar's Head, however, He shouted through the clamor and noise around me, drowning out even the loud music.]

"What are you doing here?" He asked. The Lord's voice was so clear it may as well have been audible. His question wasn't a rebuke, but rather a sincere prompting from deep in my heart. 'You know this is not who you are,' He continued, 'and will never be who you are. You'll never find the fulfillment and peace you're looking for through this lifestyle.'

"Shocked and amazed that God would follow me into a place like this, my first response was, 'What are YOU doing here?!"

"I've come for you."

"Instantly sober, I went outside the bar to walk and think for a while. The Lord and I had several more conversations over the next couple of months, until I was finally healed enough to return to Him. Like the prodigal returning to his father's embrace, I walked back into the loving embrace of Papa God. When I did, I found more than pleasure; I discovered my purpose in life.

"Realizing the field of study I was pursuing was not what I was created to do, I withdrew from college. I entered into a passionate pursuit of God, became active in a good local church, and connected with several other hungry seekers. I also began going on short-term mission trips, serving missionaries and the poor in Guatemala. Eventually, realizing I wanted to serve God in full-time ministry, I decided to attend Christ For The Nations Institute in Dallas, Texas. There I discovered God in new ways—over and over—and eventually, I discovered my wife to whom I've been married for thirty-five wonderful years [now forty-six]. It has been a great journey."(1)

Back to Today

It makes no difference what caused your prodigal to leave Father's house: drugs, addictions, a wrong relationship, a broken relationship. It doesn't really matter. The important thing is to be assured that God knows what is needed to bring them home and that this revival is going to produce such power that they will not be able to withstand His wooing. Angels have been assigned to protect the prodigals and work in their lives, and Holy Spirit will speak to them, just as He did me. (Don't expect them to tell you when He does!) He will use the pigpen, not wasting their pain.

Ask the Lord of the harvest to send laborers to them; He will (Matthew 9:38). Ask Him to give them dreams and cause them to hear what they need to hear; He will. Declare His promises over them; they don't have to be in your presence for you to do that—He sends His word (Psalm 107:20). And believe that He loves them more than you do!

Bind the powers of darkness that influence and control them. Lose them from demons and wrong influences (Matthew 16:18-19). Speak to every mountain between them and Father God, commanding it to be cast into the sea; do so with faith and confidence (Mark 11:23-24). The demons and mountains of adversity don't stand a chance!

Pray with Me

Father, we take You at Your word. You said if we believed in You, we would be saved, and our household (Acts 16:31). You said revival has begun, and prodigals are coming home. You have said signs and wonders will occur, drawing people to You. You said our sons and daughters will see visions and prophesy (Acts 2:17). We agree with You!

Now, lead the prodigals (if they aren't already there) into their pigpens. Feed them the husks and slop. Then, bring them to their senses. Speak louder than the music, the pain, the confusion, the anger, the temporal pleasures of sin, and the pigs. Awaken them to Your heart. Awaken them to the destiny You have for them. Remind them that they are called to know You and do great things for You, not to partner with the evil one who steals, kills, and destroys.

We pray and decree these things in the name of the Great Shepherd, Jesus, who leaves the 99 and goes after the one lost sheep. Amen.

Our decree: We decree that prodigals are hearing a Voice they cannot resist, and feeling a tug they cannot refuse. They are coming home!



Thankfulness

By: Reverend Brett Connell

I had sat down to write, and nothing had come to me right away. I mulled over different topics in my mind, and sure enough a few things popped out but it just didn't flow the way I thought it should. I just kept going back to the thought about Jesus being born and it being Christmas time and all.

I had wanted to write something about Christmas and the greatest gift of all, but it still hadn't touched the root. All I could think about was Jesus Himself, the man, the Son of God, the Lamb, the Lion. This was literally God in the flesh. He came off His throne to live among us – as one of us – and included us in His plan and purposes. It's more than a gift, it's more than just salvation or redemption. Who are we, that He should be mindful of us? I'm not minimizing the fact that Jesus is the gift of all time, or that we should celebrate Him and our salvation in Him. We should, but also with the deeper understanding that Jesus Himself is the mainstay, the focal point, not only of this holiday season but every day.

We can honor Jesus by making Him that focal point and centerpiece as we go about enjoying life, family, friends, loved ones, and this entire holiday season. Everyone has fun setting up the tree, some of us the day after Thanksgiving, (don't tell us who you are!) and the joys of buying and wrapping up presents. Family visits, Christmas dinners, or even just enjoying peace and quiet at home. But in all these things, we must recognize deep within that it's only possible because of Jesus.

There isn't much else to say about it, but I think this season we should really just honor Jesus Himself and think about everything He's done, who He is and understand truly who we are to Him.

Jesus isn't just the reason
for the season.
He's the reason for every
day of our life.



Perfect Peace in God

Reverend Astrid Sherriff

We as God's children find perfect peace in His presence and when we go into the eye of the storm. God gives us revelation in our times of trial. The meaning of God's perfect peace in the Bible is Through His gospel, Jesus Christ provides us with an inner peace that surpasses the peace offered by the world. If we trust Him in faith, we can feel peace in any circumstance. The Savior taught, "Peace I leave with you, my peace I give unto you; I do not give it to you as the world gives" (**John 14:27**). His perfect peace means to be whole or complete. Perfect peace is complete peace and is guaranteed when we focus on Jesus. "Because we are surrounded by so many examples of faith, we must get rid of everything that holds us back, especially sin that distracts us. "Thou keepest in perfect peace him whose mind is fixed on thee, for he trusteth in thee." **Isaiah 26:3** NIV Perfect peace is promised to those who remain focused on the Lord and put their trust in Him. Staying focused is an ongoing challenge for all of us. Where we direct our thoughts and focus our mind determines whether we have peace or not. Peace or lack of peace is determined by our life of thought. The Lord will accommodate us in perfect peace when we focus on Him and fix our minds on Him. Broken focus is a challenge we encounter when our attention is directed elsewhere; usually because of situations and circumstances that distract us. It takes discipline to stay focused. The Translation of God's Word says, "In perfect peace, you will protect those whose minds cannot change because they trust in you." **Isaiah 26:3. If we trust God, our way of thinking cannot be changed. The Hebrew word for perfect in Isaiah 26:3 is Shalom; It's quite interesting that the Hebrew word for peace is also Shalom. This verse reads, "Keep in 'PEACE, PEACE' the one whose mind in you perseveres." The definition of "Shalom" is to be well, happy, friendly, healthy, and prosperous. It means to be whole or complete. Perfect peace is complete peace and is guaranteed when we focus on Jesus. "Because we are surrounded by so many examples of faith, we must get rid of everything that holds us back, especially sin that distracts us. We must run the race ahead of us and never give up. 2 We must focus on Jesus, the source and goal of our faith..." (**Hebrews 12:1-2**). The peace that God offers, and in which by His grace we can live, is very practical. It is none other than the great calm He commands: see **Mark 4:39. It is perfect in QUALITY**; That is, it is perfect in the kind of peace that it is. There is an imperfect peace, i.e., the peace of ignorance, when we think that all is well, and, if our eyes were open to the truth, we would know that it is not (**Jeremiah 6:14**). **It is perfect in QUANTITY**; that is, its supply is sufficient and accurate for our needs. The other translation of "perfect peace" is "peace, peace," that is, double peace. This is very significant when we go to **Philippians 4:7** and there we are told that this twofold peace is peace of heart and mind, and that is the kind of peace that we need, a peace that defends our mind and calms our hearts. This twofold peace is also twofold in the sense that it is (I) peace with God (**Romans 5:1**) and (II) the peace of God (**Philippians 4:7**). We receive His perfect peace **Through Christ Jesus**. In **Philippians 4:7** notice how the Lord Jesus Christ is the channel through which God's peace flows into our souls. Only a Christian can possess this inner peace. **By the Holy Spirit**. The Lord Jesus Christ achieved that peace for us on the cross of Calvary, and through Him, we are offered that peace, which is transmitted to our hearts and minds by the Holy Spirit: see **Galatians 5:22**.**

His Priests

Aaron Betz

Consider how priests were ordained in Old Testament times: The priesthood was passed down from father to first born son. This is what was spoken over the son after he was anointed with oil: *"This is my son in whom I am well pleased."*

We see this amazing parallel when God Himself spoke this over His Son Jesus after He was baptized.

Matthew 3: 16-17 [BSB] 16As soon as Jesus was baptized, He went up out of the water. Suddenly the heavens were opened, and He saw the Spirit of God descending like a dove and resting on Him. 17And a voice from heaven said, "This is My beloved Son, in whom I am well pleased!"

This was God calling His Son Jesus into the priesthood in which Jesus operated in according to God's will.

God inaugurated Jesus with this blessing and with this acceptance and endorsement. God has done the same thing with us as He has called us into His New Covenant Priesthood.

1 Peter 2:9 [NIV] But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

2 Corinthians 5:17 ESV Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

What makes us able to be this royal priesthood? Our status of being in Christ. As we stay in Christ, God sees us this exact same way. We are His beloved son or daughter who He is well pleased with. In order to be fully operational within God's Kingdom, we must be secure with knowing Him as our Father. Everything else flows from this- including our priesthood.

He has spoken His acceptance and over our life and has called us into our identity and purpose. Think back to the times that God has had His ministers anoint you. Do you remember the purpose of the anointing? God has been preparing us for a work and getting us filled in order to send us out as beloved children who He is well pleased with. This means we are armed with favor that will open every door that needs to be opened in order for us to fulfill our purpose on earth.

This is what God is continually speaking over us. He is so desiring that we grasp hold of this and let this destroy our weakness. Is there anything in you that is contrary to feeling this acceptance? Seek God and allow Him to uncover anything getting in your way of operating as His priest.



TRUTH or LIES

Sis Grace Crescenzo

The enemy is working overtime. He knows his time is short trying to spread his lies. Is the devil is whispering in your ear, you don't belong, will never measure up, can't do anything right, always your fault, you always make a mess of things, too old, too young, not good enough, disliked, or hated, etc. etc..... These are a few examples of **LIES** that may be spoken to each one of us according to our weaknesses and old tapes.

SO, REMEMBER, our response is just speaking the **TRUTH** back to source of where they are coming from... "Some maybe true at times in past or even now, but REAL TRUTH is ALWAYS that... "I am HIS Beloved and HE is mine, and HE loves me with an everlasting, undying love. He gave HIS life for me, HIS Blood covers me and is sanctifying/changing me daily, creating in me a pure heart. HE may not be finished with me yet, but I am going from glory to glory, because HE never leaves me for forsakes me, and HE surrounds me with His angels, and sends warring angels in the heavens to do the warfare over my life to give me victory. And as I ask Him, HE places a wall of Holy Fire to protect me, my loved ones, and all HE has entrusted me with... and NO WEAPON formed against us shall prosper, (believe HIM, not what it looks like), and any tongue that raises up against us HE will condemn and show to be in the wrong. Holy Spirit of God will direct our steps, correct us when needed, guide us into all truth and nothing by any means shall hurt us!" **ONLY BELIEVE !**

This is the enemy's plan to keep us introspecting, thereby disabling us from completing the work the Lord has entrusted us to focus on.... Bringing as many souls into HIS Kingdom!

The enemy cannot win if we ONLY BELIEVE what HIS Word says to us and about, because of what HE HAS DONE:

The Heavenly Father, God Almighty, so loved the world (all of us) that HE sent HIS Precious Beloved Son, Jesus Christ, to suffer and die for each of us and every sin committed, and by HIS resurrection, supplied us a way for forgiveness & sanctification, and sent HIS Holy Spirit to us to enable us to live this life in Victory via the power of His Holy Spirit in us, walking & talking daily with us!

The only way the enemy wins if we believe him instead of GOD ALMIGHTY!

We choose daily, moment by moment when being bombarded with the enemy's lies, whether to believe the Father and HIS provision/the way HE has provided for us. We can choose to break agreement with those lies, repent (turn away from participating or receiving them, entertaining them in our minds), and cut off the flow by placing all under the Precious Redeeming Blood of the Lamb, JESUS CHRIST, and be set free from the lies, the curses, and bondage they would bring.



Continual Praise!

Shared by Evangelist Kathryn Gore

1 Chronicles 16:8-36 The Message

8-19 Thank God! Call out his Name! Tell the whole world **who he is** and what he's done! **Sing to him!** Play songs for him! Broadcast all his wonders! Revel in his holy Name, God-seekers, **be jubilant!** **Study God** and his strength, **seek his presence** day and night; **Remember** all the wonders he performed, the **miracles and judgments** that came out of his mouth. Seed of Israel his servant!

Children of Jacob, his first choice! He is God, our God; wherever you go you come on his judgments and decisions. **He keeps his commitments** across thousands of generations, **the covenant he commanded,** The same one **he made with Abraham,** the very one **he swore to Isaac; He posted it in big block letters to Jacob,** this **eternal covenant** with Israel: "I give you the land of Canaan, this is your inheritance; Even though you're not much to look at, a few straggling strangers."

20-22 They wandered from country to country, camped out in one kingdom after another; But **he didn't let anyone push them around,** he stood up for them against bully-kings:

"Don't you dare touch my anointed ones, don't lay a hand on my prophets."

23-27 Sing to God, everyone and everything! **Get out his salvation** news every day! **Publish his glory** among the godless nations, his wonders to all races and religions. **And why? Because God is great—well worth praising!**

No god or goddess comes close in honor. All the popular gods are stuff and nonsense, but God made the cosmos! **Splendor** and **majesty** flow out of him, **strength** and **joy** fill his place.

28-29 Shout Bravo! to God, families of the peoples, **in awe of the Glory,** in awe of the **Strength: Bravo!**

Shout Bravo! to his **famous Name,** **lift high an offering** and enter his presence!

Stand resplendent in his robes of holiness!

30-33 God is serious business, **take him seriously;** he's put the earth in place and it's not moving.

So let **Heaven rejoice,** let Earth be jubilant, and pass the word among the nations, **"God reigns!"**

Let Ocean, all teeming with life, bellow, let Field and all its creatures shake the rafters; Then **the trees in the forest will add their applause** to all who are **pleased and present** before God —**he's on his way to set things right!**

34-36 Give thanks to God—**he is good** and **his love never quits.**

Say, "Save us, Savior God, round us up and **get us out of these godless places,** So we can **give thanks** to your holy Name, and **bask in your life of praise.**" Blessed be God, the God of Israel, from everlasting to everlasting.

Then everybody said, **"Yes! Amen!"** and **"Praise God!"**

A Humble Man (part 10)

by Theresa McGinnis

A humble man seeks at all times to act on the rule, "In honor preferring one another; Serve one another; each esteeming others better than himself; submitting yourselves one to another."

You may ask yourself how you can see others as being better than yourself, especially if they have less education, less material things, less religion, and are just less than you are. But then Jesus teaches us that we are nothing...and who can be less than nothing.

True humility comes when, in light of God, we have seen ourselves to be nothing, and have consented to part with and cast away self- to let God be all.

The humble man is one who serves God, and for His sake- serves all. The humble man will look upon every child of God- even the feeblest and unworthiest- and honors him and prefers him in honor as the son of a King. The spirit of Him who washed the disciples' feet makes it a joy to us to be indeed the least, to be servants one of another.

The humble man feels no jealousy or envy. He will praise God when others are preferred and blessed before him. He can stand to hear others praised and himself forgotten, because of God's presence he has learned to say with Paul, "I am nothing." (2nd Corinthians 12:11) This is a man who has received the Spirit of Jesus, who pleased not Himself and sought not His own honor, as the spirit of his life.

When we are impatient, touchy, or have hard thoughts and words, this comes from the failings and sins of the Christian. Those sins keep you from doing what Colossians 3:13 tells us, "Forebearing one another, and forgiving one another, even as Christ forgave you."

By putting on Jesus, you are putting on the heart of compassion, kindness, humility, meekness and longsuffering. (Colossians 3:12).

When Jesus takes the place of self, it is not an impossibility to forgive as Jesus forgave.

The "heart of humility" is a heart encompassed by compassion and kindness, meekness and long-suffering- these are the marks of the Lamb of God.

Let us prove our Christ-likeness, not only in our zeal for saving the lost, but before all in our dealings with the brethren, forbearing and forgiving one another, even as the Lord forgave us.

Overlooking the faults and sins of others and treating others with compassion, mercy and grace. Wherever Jesus is enthroned in the heart, His humility and gentleness will be one of the streams that flow from within us.

This is Christmas:

Not the presents, not the carols,
but the humble heart that receives
the wondrous gift of Christ.



WHEN THE LIGHT SHINES

3 Day Revival

DECEMBER 15TH AT 7 PM,
DECEMBER 16TH AT 7 PM,
AND
DECEMBER 17TH AT 11 AM & 7 PM

SPEAKER: EVANGELIST BARBARA LYNCH

The Lighthouse Inc Church
6 S Railroad Ave
Wyoming, DE 19934
302-697-1472



FOR MORE INFORMATION:
WEBSITE: WWW.LIGHTHOUSECHURCHINC.ORG
FACEBOOK: LIGHTHOUSECHURCHINC

The Devils are not Afraid of the Church or President Donald J. Trump

Reverend Christopher Gore

Complacency and compromise seem to rule the day in this hour when it comes to the Church and maintaining a level of vigilance against the enemy. The Bible is very descriptive when it comes to giving us information about the enemy. We are to respect him but it doesn't say that he respects us. The church has lost its fight. It's lost its fight because it maintains an active peace treaty with the devil. Devil if you don't mess with us we won't mess with you. This is a sad day because the Body of Christ does not have a mind or a will to fight.

We have a mind to moan, groan, and complain when things do not go our way. The warfare that is happening right now is going to make or break us. You have the choice to lay down and play dead or put on your big girl panties and fight to the death. You need to get the mindset of a warrior and realize that no one is coming to rescue us or save us from these battles. We have to pick up our Cross and our sword all at the same time and go to war. We cannot compromise anything at this given time. Blood has been shed and will continue to be shed until this battle that we are in is over and who knows when that will be.

There is a mindset in the Body of Christ that we can lay our guard down because it looks like we are winning some small victories in the political realm. This is dumb and we need to get out of this right away. The false prophets are prophesying smooth things to the people. They can only do this because the people want to hear these smooth things. This is why they have the ability to spread deception. If you are open to lies God will send them to you.

Our enemy is spreading a lie about President Trump. They are telling people that the Democrats are afraid that he is going to win, they are afraid that he is going to be a dictator, etc. We are so dumb and prideful that we are believe the lies that the enemy is telling. We are allowing these lies to lull us into a false sense of security. We must alert the people and tell them to not get into pride and forget from where we came from. We have to maintain our vigilant stance. We have to stay on our posts and not just assume that we got this. Yes, we have the victory but let's not become dumb and give it away.

“4 The weapons of our warfare are not physical [weapons of flesh and blood]. Our weapons are divinely powerful for the destruction of fortresses. 5 We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ, 6 being ready to punish every act of disobedience, when your own obedience [as a church] is complete.” II Corinthians 4: 4 – 6, AMP.

We thought we had '2020' in the bag until the enemy did what he did and stole the election and silenced our President. We don't need to be found sitting on our laurels. We need to be in battle position ready to cast down those vain imaginations that are being directed at us. We need to fight for President Trump and our country in the Spirit realm and not let up until we see the victory manifest itself. This is war. We need to maintain that warrior stance at all costs.

HEART SYMPTOMS YOU SHOULD NEVER IGNORE

Reverend Naomi Nichols

Not all heart problems come with clear warnings. There is not always an alarming chest clutch followed by a fall to the floor like you see in the movies. Some heart symptoms don't happen in your chest and it's not always easy to tell what's going on.

SYMPTOMS TO WATCH FOR

Chest Discomfort – the most common sign of heart danger. If you have a blocked artery or are having a heart attack, you may feel pain, tightness or pressure in your chest. Some say it's "like an elephant sitting on their chest" and others say it's like a "pinching or burning". The feeling usually lasts longer than a few minutes. It may happen when you're at rest or when you're doing something physical. If it's just a very brief pain or if it's a spot that hurts more when you push on it, it's probably not your heart. If it's more severe and doesn't go away after a few minutes, call 911.

Nausea, indigestion, heartburn or stomach pain – It could be something you ate but be aware that it can also happen during a heart attack. If you feel this way and you're at risk for heart problems, let a doctor check you out, especially if you have any of the symptoms on this list.

Pain that spreads to the arm – Pain radiates up the left arm or from the chest and down the left arm

Feeling dizzy or lightheaded – If you suddenly feel unsteady and you also have chest discomfort or shortness of breath, get medical help right away. It could mean your blood pressure has dropped because your heart isn't able to pump the way it should.

Throat or jaw pain – Pain or pressure in the center of your chest that spreads up into your throat or jaw,

You get exhausted easily – If you suddenly feel fatigued or winded after doing something you had no problem doing in the past (like climbing the stairs or carrying groceries from the car), have it checked.

Sweating – Breaking out in a cold sweat for no obvious reason could signal a heart attack. Call 911.

Swollen legs, feet and ankles - Your heart isn't pumping blood as effectively as it should and blood backs up in veins and causes bloating. Heart failure can also make it harder for the kidneys to remove extra water and sodium from the body.

Irregular heart beat - If you have palpitations or an irregular heartbeat that persists, you may also have chest pain, pressure, dizziness or shortness of breath. Take your pulse for at least a minute to determine if it's consistent or irregular. Call 911 if it is irregular.



Help for Swollen Legs, Feet, Ankles, and other Affected Areas with Home Remedies Part 3 –Essential Oils Part 1

Nancy Connell

We have looked into the reasons for swollen feet and ankles and things that you can be doing for yourself to help reduce the swelling without essential oils. This week and next week we will talk about some essential oils that is great to help with the swollen feet or ankles, and then after that we will talk about how to apply it. Remember swollen feet and or ankles can often be a symptom of a disease or an indication that something in your body is NOT functioning properly. No matter the reason, it is still can be quite painful and discomforting.

First we have the Cypress essential oil. Cypress essential oil is known to be good to help regulate blood flow that could help with one of the things that causes the swelling which is poor circulation. It has been reported to have properties that may help to stimulate the contraction in the muscles and blood vessels, thereby promoting blood flow. With the combined properties in Cypress Oil it helps to maintain normal blood flow. When there is normal blood flow can be maintained it should then reduce swelling. Because of this effect, the cypress oil is more popular with those who have varicose veins.

Cypress oil has been said to be used for its diuretic properties which could be helpful for getting rid of excess water and toxins in your body that can reduce swelling. It also can be useful for is to relieve muscles spasms and is used with many who have Restless Legs Syndrome and for leg cramps.

Another great essential oil to use is Lavender essential oil. Lavender essential oil has so many different benefits and is very versatile. Not only does it help to relieving stress, anxiety and pain especially associated with arthritis pain, muscle aches and pains, backache and many other types of pain, but it also known for its ability to stimulate blood flow. And where the blood can flow, the swelling should go down.

Then we have the peppermint essential oil. Peppermint has an icy-hot cooling sensation that can also have a soothing and calming effect on your body. It can also help with relieving of pain, help reduce inflammation and improve circulation. Because of these effects it has been reported to be very helpful in reducing swelling.

I also want to note that the peppermint oil also has other helpful benefits that could be very helpful such as soothing sore muscles and joints, clearing mucus and congestion as well as respiratory support. People has also used peppermint essential oil to relieve fever, support digestion and ease nausea among other benefits.

Because it is such a strong agent you are going to want to keep the dilution percentage low. Too much of this oil can give you the opposite effect by causing some burning and pain. 1% or 2% dilution is best. Unfortunately too many people think more drops means better results but that is not the case.

Stay tune to next week for more essential oils that you can use to help reduce swollen feet and ankles. pg 15

*Thanks be to
God for His
indefinable gift.*

2 Corinthians 9:15



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

