

December 03, 2023 thru December 09, 2023



If you fall, get back up.

That's what life is about.

Keith Sweat

Diaboliical Warfare On Every Level

Evangelist/Pastor Barbara Lynch

Children, you are in warfare of insurmountable portions at every level., on all sides. You cannot put down your swords for one instance. The enemy is waiting to pounce on you the second you lay your sword down. My Angelic army is forever on alert. They neither slumber nor sleep. When they are given an assignment, they stay with it until it is finished. You will never find My Angelic army slacking at their posts.

I am calling you forth to do the very same thing. I have been calling you up hither, and I have been causing you to digest My Word in new ways. The old ways will not work in this dispensation of time. In war, there are always new strategies to pull on.

This war between Light and dark has uncovered new warfare technics. My children must, at all costs, learn these new devices of the enemy. They must stay entuned to the Father's voice and they must at all cost be led by the Holy Spirit to win the battles that rage before them.

2 Corinthians 10:3-5 (ETRV) 3 We live in this world, but we don't fight our battles in the same way the world does. 4 The weapons we use are not human ones. Our weapons have power from God and can destroy the enemy's strong places. We destroy people's arguments, 5 and we tear down every proud idea that raises itself against the knowledge of God. We also capture every thought and make it give up and obey Christ.

Ephesians 6:12-13: "For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places." 13: "Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm."

1 Timothy 1:18: "This command I entrust to you, Timothy, my son, in accordance with the prophecies previously made concerning you, that by them you fight the good fight,"

Psalms 18:34: "He trains my hands for battle So that my arms can bend a bow of bronze."

This battle is not going to wane. It is intensifying each and every day. This all-out war is for the souls that must be harvested. Do not allow the enemy to take you down a side road and miss this end-time harvest of souls. This harvest must take place before the second coming of My Son Jesus.

The enemy knows he has just a short time to do his dark, evil work, and he is using his time very well. Children, you must be doing the very same thing, use your remaining time well. We do not have time to slumber and sleep, the fire is raging hot and furious. John 9:4 (TLB)

4 All of us must quickly carry out the tasks assigned us by the one who sent me, for there is little time left before the night falls and all work comes to an end.

I have said it before, and I will say it again. This is a warfare season of {no holds barred.} The enemy is playing for keeps. He does not intend to allow anyone to escape his heinous grasp.

The battle is intensifying to all-out mayhem. You must be the one to rise up fully dressed in battle gear and kill the Goliaths in the land. My angelic army has been given their orders. They are waiting for you.

IGNORANCE IS NOT BLISS IN SPIRITUAL WARFARE

Max Anders

Shared by Evangelist Barbara Lynch

The devil uses three different spiritual warfare tactics against Christians. He might use any one of these tactics in both the resistible and the non-resistible kinds of spiritual warfare.

THREE SPIRITUAL WARFARE TACTICS

Dirty Tricks: These are negative circumstances the enemy uses to deceive and defeat us. They include challenging circumstances that we might not even know are satanic in origin.

For example, in the first chapter of Job, we see Job's life being devastated. One day, he had fabulous wealth, a large family, and good health. Then, virtually overnight, he lost it all.

At the time, Job had no way of knowing why the tragedies befell him. They all had a natural explanation. However, in the Bible, we learn that all of the incidents were a result of spiritual warfare.

Mind Games: Another tactic of spiritual warfare is "Mind Games," which the enemy uses to deceive Christians.

Satan is the great trickster, the great illusionist, the great con artist, and the great liar. Referring to the devil, Jesus said, in John 8:44: "Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies."

Satan plays games with our minds to get us to believe that... that which is false is true; that which is bad is good; that which is wrong is right. If we know Satan's mind games, we can be prepared to resist them. Like walking through a camouflaged minefield, we must always be alert to the danger of satanic deception.

Hand-to-Hand Combat: Occasionally, the enemy comes out from behind his Dirty Tricks and Mind Games and engages God's people directly in Hand-to-Hand Combat.

This involves direct opposition by evil spirits to God's will and God's people. We see an example of this when Jesus was tempted by the devil in the wilderness when Satan spoke directly to Jesus and tried to deceive Him and tempt Him into sinning (Matthew 4).

There are many times in the Bible when we see direct confrontation with evil spirits (for example, Luke 8: 26-30; Acts 19:14-16), and such things are being seen more and more today as the light of the gospel dims in our world. Of course, one of the most frequent sources of such reports comes from missionaries, often in very primitive cultures, who tell stories of direct demonic confrontations.

In summary, we may not be sure, especially with Dirty Tricks and Mind Games, when something is spiritual warfare or when it may be accounted for by truly natural circumstances.

However, in the Bible, we see spiritual warfare being behind a number of life problems:

Unusual circumstantial calamity, as in the Book of Job. Physical maladies. (Luke 13:11)

Severe depression and mental instability. (1 Samuel 16:14-15) Inaccurate and faulty thinking. (2 Timothy 2:24-26) Thoughts raised up against God. (2 Corinthians 10:3-5)

This is not a complete list but a list of examples from Scripture of the kinds of things the enemy does to wreak havoc in the lives of people.

The Bible teaches that there are three defenses we have in spiritual warfare.

THREE SPIRITUAL WARFARE DEFENSES

Be Alert First, we must be alert to its reality. If we aren't, we are vulnerable. Peter said, "Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour" (1 Peter 5:8).

To be clueless is a great disadvantage in spiritual warfare – ignorance is not bliss!

Put on the Armor

Second, we must put on spiritual armor, which is a metaphor for being spiritually prepared. The armor is found in Ephesians 6:14-17:

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. (NIV)

What it means to put on each piece of armor includes:

Belt of truth: "I accept the truth of the Scripture and will follow it with integrity."

Breastplate of righteousness: "I will not harbor known sin, and I will strive to be like Christ."

Shoes of peace: "I believe God's promises and count on them to be true for me."

Shield of faith: "Whenever I feel like doubting or sinning or quitting, I will reject those thoughts and feelings and tell myself the truth."

Helmet of salvation: "I rest my hope in the future and live in this world according to the values of the next."

Sword of the Spirit: "I will use the Scripture to fend off attacks of the enemy and to advance the cause of Christ."

Resist the Devil

Third, if we are alert to spiritual attack, and if we have our armor on, the Bible makes it clear, as we saw last week, that we can resist the spiritual attack. In three different passages of Scripture, we are told to resist the enemy.

“Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.” Ephesians 6:13

“God is opposed to the proud, but gives grace to the humble.” Submit, therefore, to God. Resist the devil, and he will flee from you. Draw near to God, and He will draw near to you. James 4:6-8

“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith.” 1 Peter 5:8-9

The Bible does not tell us in these verses what it means to resist. But we can draw reasonable conclusions about How to Resist:

Maintain a clear conscience: Ephesians 4:26-27 instructs us not to let the sun go down on our anger because it gives the devil an opportunity. This would seem to apply to any similar sin. We are to repent/confess quickly. Otherwise, it gives the enemy an advantage in our lives.

Resist temptation: 1 John 2:15-17 instructs us to resist the lure of the world, flesh and devil.

Control sinful thoughts: 2 Corinthians 10:3-5 tells us that the weapons of our warfare are not of the flesh, but are divinely powerful and that we are to destroy speculations and every lofty thing raised up against the knowledge of God, and that we are to take every thought captive to the obedience of Christ.

Quote Scripture: In Luke 4 and Matthew 4, we see Jesus resisting the devil by quoting Scripture to meet his every temptation.

Pray: In the Garden of Gethsemane, when Jesus was praying before His arrest, He urged His disciples to “pray that you may not come into temptation”(Matthew 26:41).

As we are alert to the devil’s tactics in our lives – Dirty Tricks, Mind Games, and Hand to Hand Combat – and as we use the three biblical defenses to counter the enemy – Be Alert, Put on the Armor, and Resist – we will be victorious in our battles in spiritual warfare.

And, by “victorious,” I mean either the devil will flee from us if we are in “resistible warfare” or if we are in “non-resistible warfare,” these defenses will give us the ability to remain faithful to the Lord while the spiritual battle lasts.



Move Forward!

By: Reverend Brett Connell

That feeling in my stomach was there again. I had done did it this time. As I looked out in front of me I could see the shockwave rippling through the landscape, shaking the trees to their core. The birds flew out of their nests in panicked haste, abandoning their homes and young. The neatness of the sidewalks and roadways was littered with debris, as though an impulsive toddler had just been disturbed from its nap and was now on a rampage.

Just when God had cleaned up the path before me, dusted me off, and set me back on my feet. No sooner than I took a few steps forward that I messed up again, and I just knew God was going to part that sky open and send down the fire right on my head. It had to. A thousand times I've been stuck in this broken record. The proverbial hamster wheel. I felt like a rat in a maze with puzzled, shocked, and hysterical scientists above me looking at me in total bewilderment. I probably broke the scientific method this time.

The thought had crossed my mind for just a moment, like the fluttering flash of a spark that comes off a lighter. In that brief moment I felt how heavy the armor was on my shoulders. It was constricting my chest, restraining my limbs, and it felt hot and sweaty inside. My muscles ached, I daresay even my bone marrow ached. I gave a semi-conscious effort to lift one of my legs, but I couldn't remember if it even moved or not. That's when I thought it might just be better if I sit down, maybe perhaps even climb out of this battle suit and just get some rest.

I then saw the heavens open, and my heart dropped. Suddenly I wanted to hide inside the armor I was wearing, every previous notion was instantly evaporated right along with the humidity that blanketed my skin. But when I looked up, what I saw was far from an all-consuming fire of wrath. I saw a man, battered and broken – carrying an enormous tree. I watched as blood fell from his brow, and yet he continued to place one foot in front of the other, trudging up a long, winding hill. I felt ashamed of myself, and I realized that I had not been perfected in love.

And there I was again, selfish me, thinking somehow I had more power than God to condemn myself. The vision quickly transitioned into a powerful lion with a great, white mane flowing in an invisible wind. I knew just by looking into his eyes that I must continue on forward. The enemy may condemn me, and I might condemn myself from time to time, but He never did. You too, must pick up your mat and walk. Keep moving forward. You are not disqualified, and you have not failed. If you're still alive, you must still march on!

**DO NOT EVEN THINK
ABOUT TURNING BACK
GOD HAS
BETTER AND GREATER
THINGS FOR YOU**

Positioning Yourself for God's Favor and His Blessings

Reverend Astrid Sherriff

We must position ourselves to have God's favor and blessings. A life filled with God's favor. Having a life filled with God's favor leads us to God's throne in heaven and helps us increase our faith and trust Him more. The Lord's favor is expressed by His approval, acceptance, support, provision, power, and joy. And so, He demonstrated this to both Noah and Mary, the mother of Christ (Luke 1:28), which also manifests itself to all of us who have been saved through Jesus Christ.

Simply put, grace is a favor. God's favor is the power that changes things for us.

First of all, you and I are saved by His favor, and I'm not just talking about going to heaven. To be saved means to be delivered, protected, preserved, healed, and to live fully. If we want to obtain God's favor or rewards, we must be obedient and take a step of faith.

Hebrews 11:6, "And without faith it is impossible to please God, for anyone who comes to him must believe that he exists and that he rewards those who seek him."

Favor is tangible evidence of God's approval. To enjoy the favor of God and men is one thing, to maintain that favor is another. God lavishes favors on us to enjoy in all spheres of our lives. God favors the humble.

Supernatural favor is, therefore, the goodness of God or an exceptional act of the Holy Spirit granted to man. The word "supernatural" means something beyond the natural, something extraordinary, something beyond human comprehension and capacity, and something beyond the earthly.

Job 29:2-5, "Would that I would become as in the months of old, as in the days when God kept me when He made His lamp shine on my head, in the light of which I walked in darkness; as I was in the days of my youth when the favor of God watched over my tent; when the Almighty was still with me, and my children around me...!"

Job is going through a time of intense suffering and remembers the days when God's blessing was upon him. What a beautiful description he tells us! There can be no greater blessing than having our children around us and God's presence filling our home. That is heaven on earth, doesn't it?

The Hebrew word for "favor" is *sod*. It has different meanings, but all similar - a group of close friends sharing confidential matters, a conversation between friends, an armchair, pillow or cushion, a well-known person, the Lord's counsel. It is the same word used in Psalm 55:14, "That together we sweetly communicated the secrets (*sod*) and walked in friendship in the house of God." Thus, we can see that the "favor or secret of God" in Job's home was nothing other than the intimate presence of God. It was as if the Lord was sitting in some armchair or low sofa (as was the custom in those days) communing with Job, giving him advice, and telling him his secrets. It speaks of an intimate relationship between them.

"Mercy and truth never depart from you; Tie them around your neck, write them on the tablet of your heart. Thus, you will find favor and good

esteem in the sight of God and men." Proverbs 3:3-4.

Who among us would not like to count on God's favor always, even better, we are always people who in his eyes find grace and favor, who make God smile. Surely, we do, He has loved us and will always love us, no matter what we do or don't do.

Jesus, the Branch

Aaron Betz

Zechariah 3:1, BSB Then the angel showed me Joshua the high priest standing before the angel of the LORD, with Satan standing at his right hand to accuse him.

Satan was accusing Joshua the high priest of Israel. His accusations were statements and "proof" of disqualification. The enemy was bringing up Israel's past discretions and sins as well as any shortcomings of Joshua himself. What was the Lord's response to the enemy's accusations?

Zechariah 3:3 And the LORD said to Satan: "The LORD rebukes you, Satan! Indeed, the LORD, who has chosen Jerusalem, rebukes you! Is not this man a firebrand snatched from the fire?"

In other words, The Lord's response is "Haven't I seen where he has been and haven't I myself pulled him out?" So, what right does the enemy have to make any charges after God says that?

After God's rebuke of Satan, we see Joshua's justification:

Zechariah 3:3-4, BSB Now Joshua was dressed in filthy garments as he stood before the angel. 4 So the angel said to those standing before him, "Take off his filthy clothes!" Then he said to Joshua, "See, I have removed your iniquity, and I will clothe you with splendid robes.

We need to remember that this all took place in the Old Covenant times, but the vision that God gave the prophet Zechariah here was foreshadowing what God was going to do for His Royal Priesthood- those who would be in His New Covenant. We can see this in the following scripture:

Zechariah 3:8, BSB Hear now, O high priest Joshua, you and your companions seated before you, who are indeed a sign. For behold, I am going to bring My servant, the Branch.

Joshua's companions were those who were instructed to administer God's justice to Joshua (notice that the angel instructed those standing before Joshua to remove his filthy garments). God said that both Joshua (the redeemed priest) and those around him were a sign. They were those who God had saved out of the fallen world and brought into His Kingdom. They were the sons of men who could now become sons of God. This is all thanks to the Branch. Who is the Branch? None other than Jesus Christ Himself.

Isaiah 11:1-2, BSB Then a shoot will spring up from the stump of Jesse, and a Branch from his roots will bear fruit. 2 The Spirit of the LORD will rest on Him—the Spirit of wisdom and understanding, the Spirit of counsel and strength, the Spirit of knowledge and fear of the LORD.

The Branch gives all those who believe in Him the ability to have what God did for Joshua done for them:

Romans 8:32-34, BSB He who did not spare His own Son but gave Him up for us all, how will He not also, along with Him, freely give us all things? Who will bring any charge against God's elect? It is God who justifies. 34 Who is there to condemn us? For Christ Jesus, who died, and more than that was raised to life, is at the right hand of God—and He is interceding for us.

A Very Significant Example!

Sis Grace Crescenzo

As I was viewing the videos from Israel, I noticed many of the IDF troops, if not all, were praising the Lord God as they gathered and marched, no matter where they were in the war in Gaza.

I read this little history lesson and realized /understood that praise and worship is written in the hearts and DNA of the people of Israel despite what they are going through, or where they are!

Very significant!

Judges 1:2 (AMP), And **the LORD** said, "Judah shall go up [first]; behold, I have given the land into his hand."

Judah simply means **God is to be praised**. God told Israel that in marching out or going into a battle, Judah must go up first. Judah= **one of the 12 tribes of Israel**, descended from Judah, who was the fourth son born to Jacob and his first wife, Leah. It is disputed whether the name Judah was originally that of the tribe or the territory it occupied.

Derived from the Hebrew name Yehuda, Judah means "**praise,**" or "**praised,**" which was a potent reminder to fourth son of Jacob and Leah and the founder of the Tribe of Judah, to lead a life of faith.

Article History

Judah, **Hebrew tribe**, Last Updated: Oct 3, 2023,

Judah, one of the 12 tribes of Israel, descended from Judah, who was the fourth son born to Jacob and his first wife, Leah. It is disputed whether the name Judah was originally that of the tribe or the territory it occupied.

After the Israelites took possession of the Promised Land, each was assigned a section of land by Joshua, who had replaced Moses as leader after the latter's death. The tribe of Judah settled in the region south of Jerusalem and in time became the most powerful and most important tribe. Not only did it produce the great kings David and Solomon but also, it was prophesied, the Messiah would come from among its members. Modern Jews, moreover, trace their lineage to the tribes of Judah and Benjamin (absorbed by Judah) or to the tribe, or group, of clans of religious functionaries known as Levites (added info: the Levites were priests that ministered in the temple and only ones allowed into the Holy of Holies).

This situation was brought about by the Assyrian conquest of the Kingdom of Israel in 721 bc, which led to the partial dispersion of the 10 northern tribes and their gradual assimilation by other peoples. (Legends thus refer to them as the Ten Lost Tribes of Israel.)

The southern Kingdom of Judah thrived until 587/586 bc, when it was overrun by the Babylonians, who carried off many of the inhabitants into exile. When the Persians conquered Babylonia in 538 bc, **Cyrus the Great allowed the Jews to return to their homeland, where they soon set to work to replace the magnificent Temple of Jerusalem that the Babylonians had destroyed. The history of the Jews from that time forward is predominantly the history of the tribe of Judah.**

Regular Worship Maintained

Evangelist Kathryn Gore

Can you imagine being in the company of David as he gathered all the people of Jerusalem together to praise the Lord? 1 Chronicles 15-16, shares how David was about the Father's business in making things right before God after previously mishandling the Ark of the Covenant.

Let's think about this. "The Ark of the Covenant is a gold-plated wooden chest that housed the two tablets of the Law given to Moses by God. It was a sacred relic (an object surviving from an earlier time) of the Israelites that symbolized God's presence and guidance among His people."

David and the people of God mishandled this precious gift (His Presence). How many of us can say, we too mishandle the presence of God?

David desiring to give honor and glory to God in the right way, appointed the Levites to carry the ark to the place where David made a tent for the Lord, advising the leaders to assign a singer and musicians to worship the Father. David created a choir before the Lord.

1 Chronicles 15:28 - NIV

25 So David and the elders of Israel and the commanders of units of a thousand went to bring up the ark of the covenant of the Lord from the house of Obed-Edom, with rejoicing. 26 Because God had helped the Levites who were carrying the ark of the covenant of the Lord, seven bulls and seven rams were sacrificed. 27 Now David was clothed in a robe of fine linen, as were all the Levites who were carrying the ark, and as were the musicians, and Kenaniah, who was in charge of the singing of the choirs. David also wore a linen ephod. 28 So all Israel brought up the ark of the covenant of the Lord with shouts, with the sounding of rams' horns and trumpets, and of cymbals, and the playing of lyres and harps.

1 Chronicles 16:7-13, 34-43 NIV

David's Song of Thanksgiving

7 On that day David first delivered this psalm into the hand of Asaph and his brethren, to thank the Lord:

8 Oh, give thanks to the Lord!

Call upon His name;

Make known His deeds among the peoples!

9 Sing to Him, sing psalms to Him;

Talk of all His wondrous works!

10 Glory in His holy name;

Let the hearts of those rejoice who seek the Lord!

11 Seek the Lord and His strength;

Seek His face evermore!

12 Remember His marvelous works which He has done,
His wonders, and the judgments of His mouth,

13 O seed of Israel His servant,

You children of Jacob, His chosen ones!

34 Oh, give thanks to the Lord, for He is good!

For His mercy endures forever.

35 And say, "Save us, O God of our salvation;

Gather us together, and deliver us from the Gentiles,

To give thanks to Your holy name,

To triumph in Your praise."

36 Blessed be the Lord God of Israel

From everlasting to everlasting!

And all the people said, "Amen!" and praised the Lord.

Regular Worship Maintained

37 So he left Asaph and his brothers there before the ark of the covenant of the Lord to minister before the ark regularly, as every day's work required; 38 and Obed-Edom with his sixty-eight brethren, including Obed-Edom the son of Jeduthun, and Hosah, to be gatekeepers; 39 and Zadok the priest and his brethren the priests, before the tabernacle of the Lord at the high place that was at Gibeon, 40 to offer burnt offerings to the Lord on the altar of burnt offering regularly morning and evening, and to do according to all that is written in the Law of the Lord which He commanded Israel; 41 and with them Heman and Jeduthun and the rest who were chosen, who were designated by name, to give thanks to the Lord, because His mercy endures forever;

42 and with them Heman and Jeduthun, to sound aloud with trumpets and cymbals and the musical instruments of God. Now the sons of Jeduthun were gatekeepers.

43 Then all the people departed, every man to his house; and David returned to bless his house.

God desires for his children to honor his presence. To sing praise unto Him, rejoice before the Father, worship God for who He is. Let us honor God on a regular basis.

Selah



Humility in your Daily Life (part 9)

by Theresa McGinnis

"He who loveth not his brother whom he hath seen, how can he love God whom he has not seen?" (1st John 4:20) We say that we love God, yet in our daily life, we do not love our fellow man. Your everyday fellowship with man, reflects your love for God, it measures your love for God. 1st John tells us that unless we can love those around about us, we do not love

God. We are told in the word that we are to love one another, care for one another and help one another, but some of us are only concerned about us and what we need or want.

This is the same with humility. If we can not humble ourselves with each other, we can't humble ourselves before God. Humility towards men will be the only sufficient proof that our humility before God is real. It will be the only proof that humility has taken up its abode in us, and has become part of our very nature- that we like Christ, have made ourselves of no reputation.

Lowliness of heart is not only for when we are in the presence of God, it is to be the very spirit of our lives and will manifest itself in our bearing toward our brethren. The only humility that is really ours is not what we try to show before God in prayer, but that which we carry with us, and carry out, in our ordinary conduct. The things that seem insignificances of daily life are the importances and the tests of eternity because they prove what spirit really possesses us. It is in our most unguarded moments that we really show and see what we are. To know the humble man, to know how the humble man behaves, you must follow him in the common course of daily life.

Jesus taught His lessons of humility to us when the disciples disputed who should be greatest, when He saw how the Pharisees loved the chief place at the feasts and the chief seats in the synagogues, and when He had given them the example of washing their feet. Humility before God is nothing if not proved in humility toward men.

In Romans 12:10, 16, in Paul's teachings he wrote, "In honor preferring one another." And "Mind not high things, but condescend to men of low estate. Be not wise in your own conceits." Then in Corinthian he told them, "Love" and there is no love without humility at its root, "vaunteth not itself, is not puffed up, seeketh not its own, is not provoked." (1st Corinthians 13:4-5) And to the Galatians, "Through love serve one another", "Let us not be desirous of vainglory, provoking one another, envying one another." (Galatians 5:13, 26) To the Ephesians, immediately after the three wonderful chapters on the heavenly life he writes, "Therefore, walk with all lowliness and meekness, with longsuffering, forbearing one another in love"; "Giving thanks always, submitting yourselves one to another in the fear of God." (Ephesians 4:2; 5:20-21) To the Philippians he wrote: "Let nothing be done through strife or vainglory, but in lowliness of mind, let each other esteem the other better than themselves"; "Let this mind be in you which was also in Christ Jesus: who made Himself of no reputation and look upon Him the form of a servant, and humbled Himself." (Philippians 2:3,5,7-8) Lastly to the Colossians he wrote: "Put on the heart of compassion, kindness, humility, meekness, longsuffering, forbearing one another, and forgiving one another, even as Christ forgave you." (Colossians 3:12-13). It is in our relationship to one another, in our treatment of one another, that the true lowliness of mind and the humility of heart are to be seen.

Our humility before God has no value, except that it prepares us to reveal the humility of Jesus to our fellow men. We need to study our daily lives to see how we measure up to the humility that God has called us to. Are we truly humble, or are we deceiving ourselves?

Crisis in the Body of Christ... We are Here!

Reverend Christopher Gore



“However, brothers and sisters, I could not talk to you as to spiritual people, but [only] as to worldly people [dominated by human nature], mere infants [in the new life] in Christ! I fed you with milk, not solid food; for you were not yet able to receive it. Even now you are still not ready. You are still worldly [controlled by ordinary impulses, the sinful capacity]...” I Corinthians 3: 1 - 3a (AMP).

“Who say to the seers, “You must not see visions from God”; and to the prophets, “You must not prophesy to us what is right! Speak to us pleasant things and smooth words, prophesy [deceitful] illusions [that we will enjoy]. Isaiah 30: 10 (AMP).

Leaders in the Church, stop pretending that the Body of Christ is where it is supposed to be. It is not. The sooner you as a leader break out of this deception, then your people have a chance a breaking out of theirs. The Body of Christ is not ready for the fight that we are in right now. We are about to experience warfare on a level that we don't yet comprehend. It's not going to be God's fault when people start falling away. It's a hard truth but it's truth that will get you in line with God. The Body of Christ does not desire the deeper things of God. They want pleasant things and smooth words spoken to them at all times. This is sad because they have the capacity to be mighty men and women of God but they choose the things of the world.

You can lead a person to water but you cannot make them drink. Time and time again leaders have been stuck in a pattern of babying some of the people. This has cost us precious time and resources. We are going after the one who is whining, whimpering, and refusing to be mature instead of going after the 99 who want to hear and do the truth.

Honest questions:

1. “Are we going to be held accountable for wasting the resources of God on people who do not want to change?”
2. Are we going to be held accountable for not discerning the immaturity of the Body of Christ and move on when they refuse to mature?
3. Are we missing other opportunities to bring people into the Kingdom?

Pause and calmly think about this.

There are times when we need to stand back and let the train wreck happen. We spend too much time trying to protect, be loving, and keep the immature from being hurt by circumstances that God put them into to grow them up. Sometimes we need to step back and let life lump the immature up. We keep



protecting them and keep babying from their lumps and they will never mature into the soldier that they are supposed to be. They will never grow into maturity as long as they are being coddled. If we keep giving them what they want, pleasant things and smooth words, are we responsible for them staying immature. The train wreck has to happen.

We are in a time of war. I have never seen a baby pick up a machine gun and start using it against our enemies. I have never seen a baby in hand to hand combat with our enemies. You have to be tough and committed to the Lord in this hour or you will be sitting on the sidelines waiting for someone to give you a bottle and change your diaper. We are in a "Crisis in the Body of Christ, we are here! Denial is keeping us from fixing the problem. Pause and calmly think of this, then act.

SUBSTANCE ABUSE IN OLDER ADULTS

Reverend Naomi Nichols

There is no face of addiction; it affects individuals from every gender, age, religion, race or socioeconomic status. There is a prevailing misconception that older adults are not as vulnerable to substance abuse, however, this is far from the truth. Individuals over 65 have a decreased ability to metabolize many prescription drugs and have an increased brain sensitivity to the chemicals.

Prescription drug abuse occurs when an individual misuses the medicine in a way that is not instructed by their doctor, such as taking more medication than prescribed or mixing the drug with alcohol. The following are drugs which often have a high potential for addiction:

* Opioids – used for pain management such as oxycodone, Percocet, fentanyl and morphine.

* Stimulants – used to enhance brain activity such as amphetamines and methylphenidate.

* Benzodiazepines – used to treat anxiety and insomnia such as diazepam, chlordiazepoxide HCL and alprazolam.

SIGNS OF POSSIBLE ADDICTION

- * Increased clumsiness and more falls than usual
- * Memory slips
- * More frequent medical issues
- * Frequent bruising
- * Poor hygiene and/or grooming
- * Impaired judgment, coordination and reaction time, especially while driving

WHAT CAN YOU DO TO HELP

As a family member or caregiver, if you believe that things have progressed to addiction, be determined to take action. Let your loved one know you are concerned and ask how you can help. Try your best to be kind, patient, supportive but also direct. That's always the best way.

Get curious. If possible, go to the doctor appointments with your loved one and find out what's being prescribed. Make a list of each medication, the dosage and directions of how often it should be taken. Keep track of any new meds that are being prescribed. If you suspect addiction is occurring, speak with the doctor so you, your loved one and the doctor can come up with a plan of treatment.

Help for Swollen Legs, Feet, Ankles, and other Affected Areas with Home Remedies Part 2 – Different Things You Can Do At Home

Shared by Nancy Connell

No matter the reason you may be experiencing swelling in your body, you can make certain lifestyle changes and use different home remedies to help you reduce that swelling and manage the pain and discomfort you may be experiencing with it.

Let's look at some other things you can do that don't involve the essential oils or could help partner with them.

Other Home Remedies

1. Increasing movement: Because constant standing or sitting can worsen the swelling in the legs, you should increase your activity by getting up and moving around. As you exercise the muscles in the legs, the retained fluid gets pumped back up to the heart, reducing swelling. It doesn't have to be long, strenuous exercises either. It may just be getting up frequently or taking a short walk out of the same spot you were at that could make a difference.

2. Elevation of legs: Simply elevating your leg about the level of your heart by using pillows as props for a few hours a day or while lying down can be extremely helpful. You can also do things like lying on the floor with raised legs and leaning against the wall, which could help reduce leg swelling. This is because by doing this, you are using the assistance of gravity to restore circulation and drain the built-up fluid by changing your position and getting those legs up.

3. Use compression socks, gloves, or stockings that doctors have recommended after the swelling goes down to prevent future swelling. The compression helps by gently squeezing the area and improves blood circulation. In return, it helps reduce the pain and stop the swelling to reoccur. Ensure they are not too tight, and if they become uncomfortable, then discontinue using them.

4. Magnesium deficiency can lead to water retention and swelling. You can add magnesium-rich food to your diet to help you reduce the swelling in your legs. Some of these foods are nuts and seeds such as almonds, cashews, peanuts, flaxseeds, and pumpkin seeds, legumes such as black beans and lima beans, whole grains rich in fiber such as quinoa, dairy products which are low in fat such as milk and yogurt, green leafy vegetables such as spinach, and believe it or not dark chocolate.

5. You can increase your water intake. Believe it or not, our body will retain and conserve what it lacks. So, if your body lacks water, it can lead to water retention and swelling. So, increasing your water intake will encourage your body to flush out the water.

6. Another little thing you can do to help your body prevent swelling in your feet and legs is to take extra care of your feet by wearing more comfortable shoes. Shoes that fit too snugly can disrupt the circulation of the foot and cause the swelling to get worse.

Making a few lifestyle changes can make a difference, and taking care of your feet by doing a few simple methods, such as massages, elevation, compression socks, water baths, etc., can help manage and prevent swollen feet and other areas of the body. These simple home techniques can be a game changer for your day-to-day life.

Stay tuned for next week when we will begin the breakdown of different essential oils you can use for swelling and other things that may be very useful for you.

*Life has knocked me down
a few times. It has shown
me things I never wanted
to see. I have experienced
sadness and failures.
But one thing is for
sure....I always get up!*

- Unknown



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