

November 26, 2023 thru December 2, 2023



be still
& know that
I am God

PSALM 46:10

Shouting Time

Evangelist/Pastor Barbara Lynch

In every life, a little rain must fall, but I am getting ready to send a deluge of rain that will bring many to My Footstool. This rain is inundated with My Glory, and lives change drastically when My Glory fills the temples. I am moving like never before and require all My Beloved Ones to move with Me. They must not stand around with their hands in their pockets, for this electricity emanating throughout the land is doing the Mighty End Times Work.

Many have already fallen by the sword, and I do not want anymore to fall, so look up, Beloved Ones, and gaze into My Eyes, for I have great and mighty works to accomplish through each and every one of you.

I have not brought you thus far to drop you. Like Paul and Silas, you have learned to praise Me through the hard times. You have learned to praise Me when you are being held hostage by the evil one, and that praise has brought the angelic host upon the scene, and ALL IS WELL with your souls.

Take nothing for granted, but move to My steady drum beat and be ever entuned to My still, small voice of instruction. I am sending instructions to My Chosen Remnant even as I speak, and you are being endowed with Resurrection Power from on high. Every thought and intent of the imagination has been scrutinized, and I have found you to be More than enough to send forth to help Me gather in this Fantastic End Time Harvest of Souls.

Some of you are still dull around the edges, but you have a determination that I can use. We are going forth in total victory to bring in the lost and dying. The enemy has lost his foothold on you, and you are more determined than ever to destroy the works of darkness. You are furious with the enemy for holding you captive, and you have declared all-out war against him.

New Day, New Dawning. There is so much on the horizon; you can't wait to see what each second brings. Thank you, My Beloved Ones, for staying the course until you defeated the enemy of your soul. Now it is Hallelujah shouting time. Now it is Victory time throughout the entire camp. No more loose ends, just onward and upward.



Let It Rain
Open the Flood Gates of Heaven

Enjoy - Shared by Evangelist/Pastor Barbara Lynch
It Matters Not
Author Unknown

It matters not if I've been hurt,
It matters not at all
That sometimes from my weary eyes
The scalding teardrops fall.

What matters most is if I've erred
And not confessed the sin
And through my lack some needy soul
Has failed to follow Him.

It matters not if cherished friends
On whom I lean in vain
Have wounded me by word and deed
And left me with my pain.

What matters is-can I forgive
Again and yet again?
It's not, "Have they been true?" but, "Lord,
Have I been true to them?"

"Twill matter not, when evening comes,
How rough the road I've trod
If only I have walked with Him
And led some soul to God!

Smile Awhile

Tommy had told a falsehood, so Grandma took him on her lap and told him, "A tall mean man with red fiery eyes and sharp horns grabs little boys who tell lies and puts them in a deep hole. Now, you won't tell any stories again, will you, Tommy?"

"No, grandma," Tommy replied, "you tell them better than I do."

Are You Still Driving?

Wife: Honey, I can't get the car started. I think it's flooded.

Husband: Where is it?

Wife: In the neighbor's swimming pool.

Husband: It's flooded, alright.

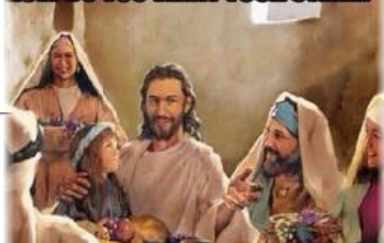
Smile Awhile

A rich man sent his mother an expensive birthday present – a \$25,000 bird that could speak

7 languages and could sing 3 opera songs. He called her and asked, "What do you think of that bird?"

She replied, "It was delicious." pg 3

**SO THE MAN ASKS ME, "JESUS,
HOW DO YOU WANT YOUR STEAK?"**



**SO I SAID, "WELL DONE, MY GOOD AND
FAITHFUL SERVANT, WELL DONE."**

always remember
you are **braver**
than you believe
stronger
than you seem
smarter than
you think
and **loved**
more than you know

The Threshold

By: Reverend Brett Connell

There are two certainties that exist in our present time, and in the times to come: That there is an ever-increasing darkness that enlarges itself daily, and that God's light is more than enough to overcome that darkness. The real question is: how many are qualified to carry that light?

I don't know about you, but I wouldn't put a lot of stock into an undisciplined foot soldier who is known for their disobedience and rebellion, being sent out to the front lines as the first line of defense against a powerful enemy.

The Scripture that says "many are called, but few are chosen" comes to mind. There are many in the houses of God that hear the word but don't take it to heart, and they aren't going to be part of the remnant. It may not mean that they have failed – it could just be they weren't destined to be part of it. You might even see them in Heaven someday. Then again, there are those that are destined for greater things, but fall short due to their sin. Not even because of the sin itself – we all sin. But because God gave them the opportunity to get out of it, and they chose not to.

It's different when God opens a door and you don't walk through it. You could have done what God called you to do, despite the many excuses. Sometimes people just choose to believe a comfortable lie and don't want to go through the process of walking it all out. That process was designed to strengthen and purify you, not torment you and hold you to a high, unrealistic religious standard. Now not only are you not going to make it, but all those whom you were supposed to reach as well. Yikes!

It doesn't have to be this way. If you just embrace what's going on and trust God to work it out, you'll find that you made it through and are stronger because of it. I wouldn't be here right now if it wasn't for all the things God allowed me to go through, and not just that – but He was right there with me each second of the way. Now that's intimacy. If you don't really love God, you'll never get it. It's all rooted in love. Why are you in church? Why are you following rules and looking up to God? Are you servin' God 'till the promise comes to pass, like some kind of test, or are you servin' God just because you love Him?

If you're snowed in for a month and the Pastor isn't lookin' and the church people aren't around, what kind of person are you? You still talkin' to God? You'd be surprised how a scenario like this plays out all throughout the church.

There are few that are truly qualified to carry God's glory – those who won't drop it if they're isolated for a month. Those who will hold true to God's principles while in the middle of darkness. Despite all temptations, they will remain true to Christ and prevail. There are many who sit under the anointing several times a week and still can't even make it. How much worse will it be when they are thrust out into the dark pit of swirling temptations, to bring lost souls up to their level?

The light is supposed to change your heart, and your thinking patterns. It

strips away the hold the darkness has on you. Fighting temptation becomes easier, until its no longer a battle – when the light truly inhabits you. Are you fighting to resist sin and temptation to the point of total failure every day? Then you probably have demonic possession still yet, and the light hasn't penetrated your core. It's time to get right, get serious, and do God's work. It's possible, God's willing, His promises are still yes to you – but are you going to take the final leap forward?

Humility in the Disciples of Christ (part 8)

by Theresa McGinnis

Last week we looked at two examples of what the disciple's humility looked like, let's look at another example of the humility of Jesus' disciples. It is only by the indwelling of Christ in His divine humility that we can become truly humble. We received our pride from Adam, and it is important that we receive our humility from Christ. Pride is ours and rules in us, it is part of our very nature. As natural and easy as it is to have pride and to exhibit it, we must let humility become our nature so that we automatically want to act in humility without a thought to pride. Romans 5:20 tells us, "Where sin abounded, grace did much more abound." All Christ's teaching of His disciples, and all of their vain efforts, were the needful preparation for His entering into them in divine power- to give and be in them what He had taught them to desire. In His death, Christ destroyed the power of the devil; He put away sin, and effected an everlasting redemption. And in His resurrection, He received from His Father an entirely new life. He now had the life of a man in the power of God, one that is capable of communicating with man, and entering, renewing and filling their lives with His divine power. Then, in His ascension, He received the Spirit of the Father, through whom He might do what He could not do while on earth. It was then that He was able to make Himself one with those that He so loved, so that He could dwell within them and help them to live the life of humility before His Father. And on Pentecost, He came and took possession. All the work of preparation and conviction, the awakening of desire and hope which His teaching had effected, was perfected by the mighty change that Pentecost brought about. The lives and the Epistles of James, Peter and John, bear witness that all was changed, and that the spirit of the meek and suffering Jesus indeed had possession of them. It is important for each of us to seek a still deeper conviction of the unique place that humility holds in becoming like Christ. We must understand the utter impossibility of the Church or the believer in being what Christ would have them be, as long as His humility is not recognized as His chief glory, His first command, and our highest blessedness. It is only when we, like the Son, truly know and show that we can do nothing of ourselves, that God will do all. It is only when we realize that it is never about us and always about Christ that we will be able to walk in humility. We need to look after God's children and in turn He will look out for us. We need to stop saying, "what about me" and exchange it for, "What can I do for you God" or "How can I help those who are around me, what do they need?" Just ask God to help you to stop being selfish, and to show you how to become selfless, and you will truly find your way to humility.

1 Peter 5:7 **"Casting all your care upon Him, for He cares for you."**

Sis Grace Crescenzo

I read someone's comments on this scripture explaining and exhorting the reader to grab hold of the total meaning of the instructions the Lord gives in this verse. I thought it was noteworthy to share and would be helpful in moving forward in Him.

If you are carrying old pain, scars, dead relationships, disappointments, or regrets, I recommend that you cast away anything that is draining life out of you and blurring your vision! Let it all go in Jesus name!

The word literally instructs us "to cast our cares" on Him. The word used here for "**cares**" is translated "solicitudes". Solicitudes are those things that we are anxious or concerned about.

The word used for "**casting**" is "epirhippto". It literally means, "to **throw** upon", as if the care had no value at all. If you are holding on to it, it's holding you back. Have no regard for it! Dismiss it totally! If you are holding on to it, it is holding you back... cast it on the Lord!

Why does God ask us to be so radical about our solicitudes? Because "He cares for you"! While you are caring for it, He is caring for you! He loves you too much to see you twisted with pain because of something you should have castaway long ago. God has no problem making that thing leave you alone. The struggle is getting you to lose your grip on it... so He speaks to you, NOT to the thing that's bothering you, He speaks directly to you and says, "**throw it down**"!

You must do it... if not, it will continue to live off your strength, sucking your joy like the hungry mouth of a nursing child... can you now see what God is saying? You are nursing your enemy, giving strength to your own emotional nightmare. In the name of Jesus, throw it down!

Peter then says, "He cares for you"! The word form "cares" used in this phrase, indicates a perpetual, continual ongoing attitude of God. It literally means He is concerned about or interested in you. You are His only interest and His major concern. He says, "throw down the thing that has become your solitude (worries, concerns) in your life because I esteem nothing above my interest in you."

Gather up everything that concerns you, or weighs you down, and throw it... take those cares and hurl them to the Lord. Catapult them from your mind and send them screeching to a halt before the throne of grace and watch what God will do!

A short while ago, the Lord told me to put all my concerns, failures, sins, regrets, disappointments, etc. in a basket, add repentance, forgiveness, and surrender, and place blankets of the Blood of Jesus over it all, and present them before the Court of Heaven/Throne Room, which is very similar to what was mentioned in these comments shared above. Housecleaning for the new!



*Be still
and know that
I am God.*

Psalms 46:10

Do you Need the Crowd, or can you Stand Alone for God?

Reverend Christopher Gore

In light of recent prophetic events, the question needs to be answered, can you stand alone for God? Groupthink has been on the rise in prophetic circles for quite some time now. Groupthink is destroying the integrity of the prophetic movement of God. Groupthink occurs when a group of people

prioritize consensus over critical thinking during a decision-making process. Rather than poking holes in each other's arguments, voicing doubts, analyzing potential consequences, or offering new ideas and suggestions, group members simply nod along and agree with each other. This methodology of prophesying is evil and dangerous.

“For we know in part, and we prophesy in part [for our knowledge is fragmentary and incomplete].” I Corinthians 13: 9 (AMP).

It is becoming more common for a group of prophets to come together and synthesize a message for the Body of Christ to receive. They sit around and “conjure” up prophetic words about the events of the day and these words are no more prophetic than reading the horoscope out of the daily newspaper.

We prophesy in part was written in the scripture to eliminate groupthink in the prophetic. With groupthink prophetic there is a “lead” prophet or “counsel of prophets” who determine what word should be released to the Body of Christ and what word should be cast out and not given to the Body of Christ. This shouldn't be. One prophet should bring the word that they hear, another prophet the word that they hear, and so on. We put all of these words together and can get a better, not complete, but a better idea of what God is doing.

“29 Let two or three prophets speak [as inspired by the Holy Spirit], while the rest pay attention and weigh carefully what is said.” I Corinthians 14: 29 (AMP).

For years my Pastor has been shut out of prophetic circles because she did not groupthink her prophetic words. She heard from God, and she said only what God said. She stood alone. Guess what? Over time the Words that God gave her manifested above and beyond the groupthink prophets.

In the midst of the chaos that is happening right now, the groupthink prophets are at it again saying things that just don't ring true in the Spirit. Some “prophets” are saying that God is going to end the war in Israel quickly, while other “prophets” are saying that Israel is in the wrong and they should seek peace at all costs. This makes God look schizophrenic.

The degradation and confusion that is being caused by this type of environment in the Church is disheartening. If one prophet hears a word and the others don't hear it does that make the one who hears not of God because the others didn't hear it? No. Should the word be judged. Yes, but not from the perspective of being by consensus. We are placing limitations upon the Spirit of God that just should not be there.

Sometimes prophetic people you are going to have to stand alone and deliver the word that God has given you. God will vindicate you and cause the truth to be seen. Don't bow your knee to the pressure of consensus. Consensus is tool of the enemy that is just false sense of unity. What I find very beautiful in the Spirit is when one prophet hears in the Spirit and another prophet hears in the Spirit without talking or sharing with each other. Then after they come together it's revealed that both heard the same word from God. That's God. That's true unity. We need this type of anointing versus group think. Selah. pg 9

The Passing of Carlton Pearson

Evangelist Kathryn Gore

Recently, we learned about the passing of Carlton Pearson on November 19, 2023, due to a 20yr battle of cancer. Mr. Pearson was very well known amongst the Christian community. In his early years, (80's & 90's) he was very influential as he led ministries for revivals like Asuza, traveling with Oral Roberts and Kathryn Kulman, just to name a few. He started a mega church in Tulsa, preaching the full gospel to thousands who followed him. Bishop T.D. Jakes became well known due to Carlton Pearson's ministry and etc. Ordained as a young teenager, holding his first meeting at the age of 16, Mr. Pearson followed the Lord with all his heart.

But something happened to Carlton Pearson, causing him to change his very thoughts about the Gospel of Jesus Christ. Over the years, some have said Mr. Pearson was hurt in the ministry by those he loved and supported. It was as if he felt shortchanged by those he held dear to his heart. Truth? Only God knows the full truth on why he decided to walk away from the Faith to start his own doctrine about Inclusion.

He started to fight for the gay community, bringing them to what he believed was Christ approved, suggesting there is no hell, stating God will allow the gay community to enter into heaven. In some of his interviews while speaking of his new doctrine that was being taught, he would stress the character of those whom he personally knew who were apart of this community as very nice and kindhearted people and this is why God would not forget about them. He even made a statement in frustration saying, "The Christian folks always want to put someone in hell." Further concluding there is no hell.

Just before passing away, Carlton Pearson recorded a message to his followers encouraging them to remain kind-hearted and caring, letting them know he will always be thinking about them, suggesting he would be going into heaven soon and all will be well.

When you stop and think about the story of Carlton Pearson, you wonder how could someone love the Lord at such a young age, experience all that he experienced and yet still be able to turn his back on the truth? Could it be that he lost his way because He took his eyes off the One True Living God? Many of us have and will do this in the days ahead.

As children of God, we should desire to remain with God through good and the bad. Life hurts. It's not easy, but we hinder our walk with God when we leave doors open to the enemy due to the things of life. We trick ourselves into believing we're okay when the fact of the matter is we are not. Truth and honesty before the Lord mean everything. If you're hurt, say you're hurt. If you're struggling, say you're struggling. Be real with God. He already knows. He's just waiting on you to talk to him about it.

I hope Carlton Pearson was able to reconcile with the Lord. Reconcile means "settle a disagreement, make someone accept (a disagreeable or unwelcome thing)". If you're still breathing, you have time to take a moment to reconcile with the Father. Let God know that you are sorry for whatever you have allowed into your life that was against Him, whether you knew better or not. Forgiveness flows from the throne of grace, just as fast as you can say the words, "Father, forgive me."

Selah

Meaning of Thanksgiving

Reverend Astrid Sherriff

Thanksgiving is the day traditionally dedicated to manifesting our gratitude to God. As such, it is an annual holiday, celebrated on the fourth Thursday of November in the United States, and the second Monday of October in Canada. The holiday of Thanksgiving, as such, consists of gathering family and friends to share a feast. 1 Thessalonians 5:18 Give thanks to God in every situation, for this is His will for you in Christ Jesus.

The typical main dish is turkey, roasted or baked. It is said that its origin dates back to 1621, in the colony of Plymouth, when the colonists, after spending a winter of full hardship and privation, were helped by the natives, who took pity on their situation and offered them help in the work of cultivation, hunting and fishing the following spring. So, in the autumn of the same year, the colonists offered a banquet to thank them for the good harvest, to which they invited the natives. Psalm 103:1-5 Praise the Lord, O my soul; let all my being praise his holy name. 2 Praise the Lord, O my soul, and do not forget any of his benefits. 3 He forgives all your sins and heals all your ailments; 4 He rescues your life from the grave and crowns you with great love and mercy; 5 He fills you with good things, and your youth is renewed like an eagle.

It was President Abraham Lincoln who decreed the last Thursday of November as a national holiday for the celebration of Thanksgiving. However, in 1941, President Franklin Roosevelt redefined the date, placing it on the fourth Thursday of November. It focuses on giving thanks to God for all the blessings received during the year and gathering family and friends to share a feast. Colossians 2:6-7 Therefore, just as you received Christ Jesus as Lord, now live in him, 7 rooted and built up in him, established in the faith as you were taught, and full of gratitude. 1 Chronicles 16:24 Give thanks to the Lord, for he is good; his steadfast love endures forever.

In September 1620, a small ship called the Mayflower departed Plymouth, England, with 102 passengers, a variety of religious separatists seeking a new home where they could freely practice their faith, and others attracted by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable journey that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. A month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village in Plymouth. During that first brutal winter, the colonists remained aboard the ship, where they suffered exposure, scurvy, and outbreaks of contagious diseases. Only half of the Mayflower's original passengers and crew lived to see their first spring in New England. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Native American who greeted them in English. Days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the pilgrims, weakened by malnutrition and disease, how to grow corn, extract the sap from maple trees, fish in rivers, and avoid poisonous plants. He also helped the colonists ally with the Wampanoag, a local tribe, which would last for more than 50 years and, tragically, remains one of the only examples of harmony between European settlers and Native Americans.

True Connection

Aaron Betz

Zephaniah 3:17, BSB The LORD your God is among you; He is mighty to save. He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing.”

God sings over His Children. He does this sovereignly, but we can also think of this as the ultimate act of reciprocation- returning to us what we give to Him in our praise and worship of Him. God created us that He might reveal His glory through us- a glory that can only come about through our relationship with Him.

Isaiah 43:21 ESV The people whom I formed for myself that they might declare my praise.

Isaiah 43:7 ESV Everyone who is called by my name, whom I created for my glory, whom I formed and made.

We were made to contain God in a way that goes beyond our own limitations. God desires to fill us with His fullness:

Ephesians 3:19-20, BSB of the love of Christ, and to know this love that surpasses knowledge, that you may be filled with all the fullness of God. 20Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us.

Colossians 3:1-3, BSB Therefore, since you have been raised with Christ, strive for the things above, where Christ is seated at the right hand of God. 2Set your minds on things above, not on earthly things. 3For you died, and your life is now hidden with Christ in God.

Praise and Worship can allow God in-- into our beings and into our situations. Through our own unique acknowledgment of God, our attention is taken away from the battle and put to Him. Proper praise and worship of God also forces any ungodliness/darkness in or around about you to bow down to God. This weakens any demonic hold over your mind, will, and emotions.

This connection with God gives Him room to work within us and opens up the heavenly arena to us. A posture of praise and worship ensures our enemy's eventual defeat. This is clearly detailed in the following Psalm scriptures:

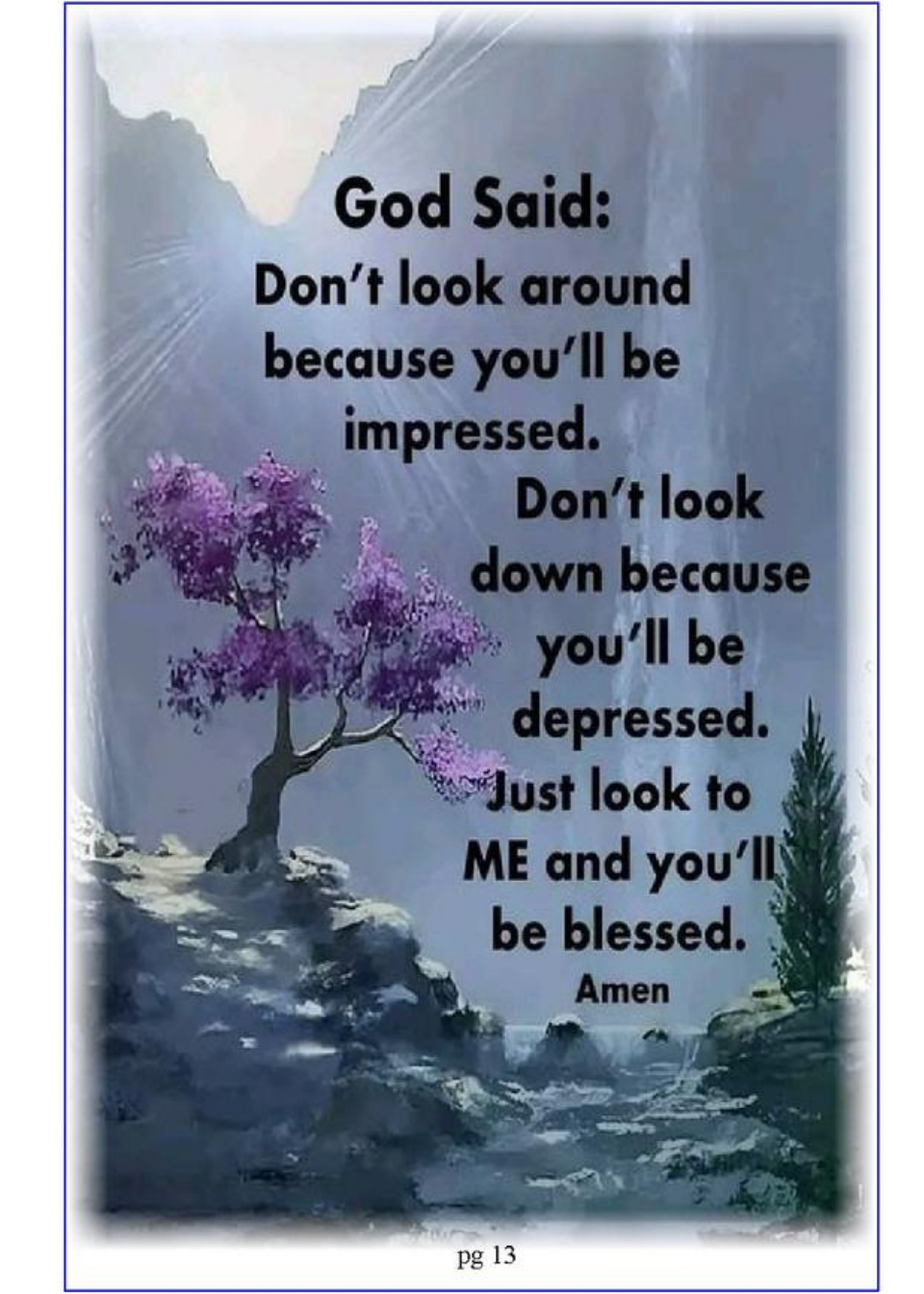
Psalm 9:2-4 I will be glad and rejoice in You; I will sing praise to Your name, O Most High. 3When my enemies retreat, they stumble and perish before You. 4For You have upheld my just cause; You sit on Your throne judging righteously.

Psalm 2:4-5 The One enthroned in heaven laughs; the Lord taunts them. 5Then He rebukes them in His anger, and terrifies them in His fury:

Psalm 56:9 Then my enemies will retreat on the day I cry for help. By this I will know that God is on my side.

*"Oh give thanks to the LORD,
for he is good,
for his loving kindness
endures forever."*

1 Chronicles 16:27 (NIV)

A scenic landscape featuring a tree with purple foliage on a rocky cliff. In the background, there are mountains and a river flowing through a valley. The sky is bright with rays of light. The text is overlaid on the upper right portion of the image.

**God Said:
Don't look around
because you'll be
impressed.**

**Don't look
down because
you'll be
depressed.
Just look to
ME and you'll
be blessed.**

Amen

WHAT TO KNOW ABOUT TEXT NECK SYNDROME

Reverend Naomi Nichols

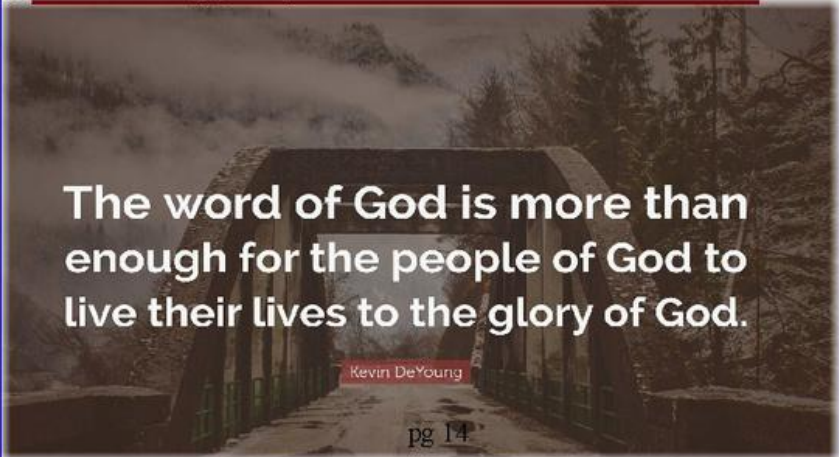
This occurs when your neck muscles strain to hold your head up as you look down at your phone or computer. Your muscles can become tired and sore the longer you hold your head in this position. Text neck syndrome is becoming an increasingly prominent issue. It places a lot of stress on your spine, neck and shoulder muscles, neck tendons and nerves. Early diagnosis and treatment are essential for resolving neck pain caused by text neck syndrome.

SYMPTOMS

- * Neck pain and stiffness, neck spasms and back pain
- * Sharp, sudden pain in your neck when you look down at your phone or tablet.
- * Headaches – become more in frequency as time goes by
- * A more advanced case occurs when you notice numbness or a tingling feeling in your neck
- * A pinched nerve causes weakness or pain extending down to your arms

TREATMENT - Proper posture is the key

- * Put your phone at eye level and keep your spine in a neutral, upward position.
- * When working at your desk, sit in a chair reclined about 25 to 30 degrees. Make sure you have good lumbar support and that your neck is relaxed rather than upright. Sitting back like this reduces stress on your neck muscles and spine and helps your body relax while you work.
- * Changing positions frequently can help reduce pain.
- * Arch your neck and upper back occasionally.
- * To instantly relieve pain, try massaging or stretching the problem area
- * If you don't change your posture, you could encounter degenerative problems affecting your spinal column.



The word of God is more than
enough for the people of God to
live their lives to the glory of God.

Kevin DeYoung

Help for Swollen Legs, Feet, Ankles, and other Affected Areas with Home Remedies Part 1 – Different reasons for Swollen Areas

Nancy Connell

Have you ever noticed when you take a long flight or car ride, you experience a slight swelling of your legs, ankles, and feet? The swelling could be caused due to fluid retention in the tissues. It can occur in other parts of your body as well, but because of the effect of gravity it is more noticeable in your feet, ankles, and legs. Unfortunately, when your feet get swollen all you can do is temporarily manage the pain and discomfort until the swelling goes down on its own – if it is mild. If it is more severe there can be other medical things that are taking place.

Here are a few reasons that could be causing the swelling in your legs: If you stand continuously for a long period of time. The fluid may build up in the tissues in your legs by gravity. Your body is inefficiently removing tissue fluids due to hot weather, especially in the summer. It could be caused by a burn injury- including sunburn.

Pregnant women can experience pressure of the growing uterus on the lower limbs' blood vessels and pregnancy hormones encourage retention of water and swollen feet. Hormones can play a part in swollen areas. Some people may experience it 2 weeks before the beginning of menstrual cycle or when using certain contraceptive pills that contain estrogen.

You could be experiencing the swelling due to continuous use of certain prescribed medications such as for high blood pressure and pain relief. These can contain anti-hypertensive, corticosteroids and non-steroidal anti-inflammatory drugs. You could have a deficiency of protein or vitamin B1. You could be having an allergic reaction and severe inflammation.

You could have more serious issues such as congestive heart failure, lung, liver, kidney, and thyroid diseases and should be seen by a physician as soon as possible. You also could have a condition of the valves in the veins of the leg weaken, causing pooling of the blood which brings on varicose veins.

So as you can see there is a wide range of reasons that your legs and other areas could be swelling. You are going to want to narrow down the cause, but keep in mind it could be more than one reason why it is happening.

Check your lifestyle choices. Do you have physiological conditions that could be bringing it on? Maybe you have or are being treated for a severe medical condition. No matter what it is, there are different things you can do to help you be relieved of the swelling even if it is temporary.

In next week's article we will tell you about some of these things that you can do right in your own home that may help you with some relief from the swelling and other discomforts and infirmities that could be affecting your body.

We will be breaking down in parts the right types of essential oils- what they are and how they work, and some other helpful life changing techniques that can limit the swelling or get rid of it, depending on the reason you have the swelling.

Also don't forget that prayer and belief in the healing that God provides is always the best idea. So please make sure you incorporate that with your steps in any type of healing you are looking for.

The Will of
God

will never
take you

where the
Grace of
God

will not

protect you.



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