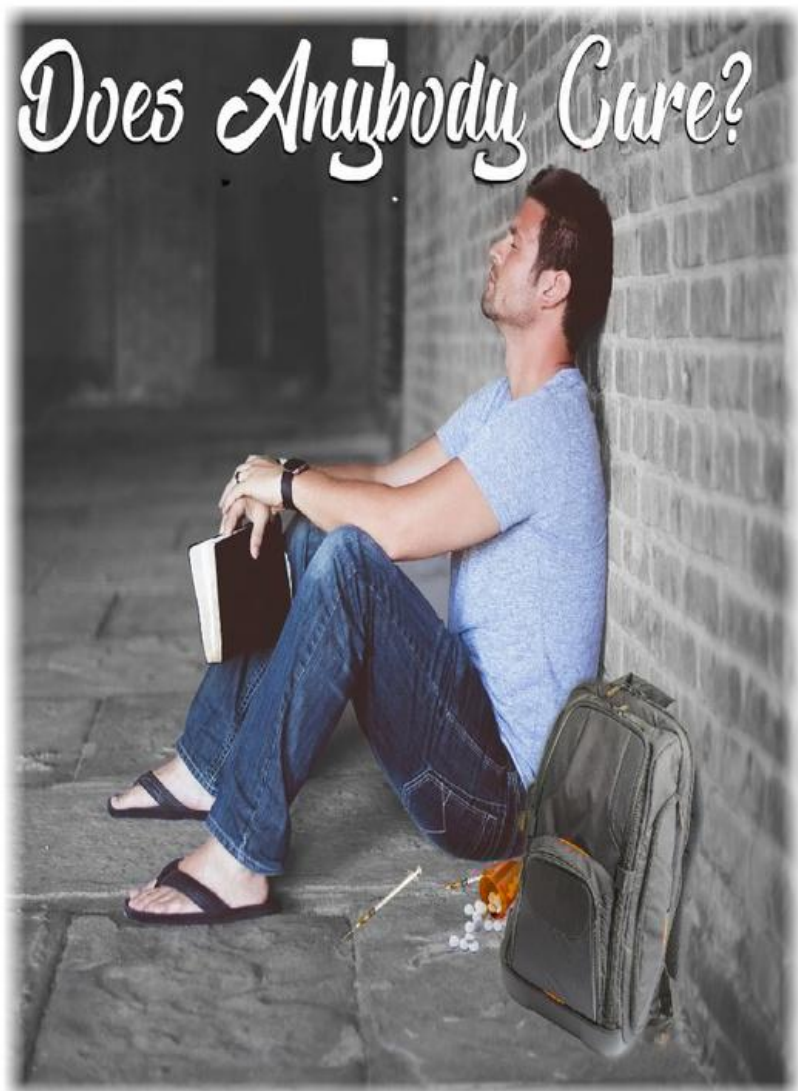


February 18, 2024 thru February 24, 2024

Does Anybody Care?



FREEDOM

Evangelist/Pastor Barbara

The chains of depression will be broken when My children step up to the plate and command freedom in Jesus' name for all that are bound. You **have** the power and the authority to flow in the anointing that destroys every yoke. I did not give you **half** an anointing. I gave you {all} power and authority.

The miracles will begin to flow when all acknowledge that My Spirit must dwell deep within them. My Holy Spirit was given when My Son Jesus returned to His Heavenly realm.

John 14:15-17 (KJV) 15 If ye love me, keep my commandments. 16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you forever; 17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

The Holy Spirit has always been. He helped Me create. He is with you to help you accomplish all miracles. He is ever by your side, never to leave you defenseless. No miracle will occur if My Holy Spirit isn't present. Genesis 1:1-2 (KJV) In the beginning God created the heaven and the earth. 2 And the earth was without form, and void; and darkness was upon the face of the deep. **And the Spirit of God** moved upon the face of the waters.



Honey In The Rock

Evangelist/Pastor Barbara

The phrase “Honey In The Rock” appears in several Bible verses, symbolizing God’s love, provision, and care for His people even in challenging circumstances. Let’s explore some of these verses:

Psalm 81:16 says, “But he would feed you with the finest of the wheat, and with honey from the rock I would satisfy you.” Here, the metaphor of honey in the rock represents God’s ability to provide nourishment and satisfaction even in rugged and seemingly barren situations.

In **Deuteronomy 32:13**, we read, “He made him ride on the high places of the land, and he ate the produce of the field, and he suckled him with honey out of the rock, and oil out of the flinty rock.” This verse emphasizes God’s care and sustenance for His people, providing them with honey from unlikely sources.

1 Corinthians 10:4 speaks of the Israelites in the wilderness: “And all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ.” While not directly mentioning honey, it highlights the spiritual nourishment and sustenance provided by God.

In **Matthew 3:4**, we learn about John the Baptist: “Now John wore a garment of camel’s hair and a leather belt around his waist, and his food was locusts and wild honey.” Here, honey represents simplicity and sustenance.

Genesis 43:11 mentions honey as part of a gift: “Then their father Israel said to them, ‘If it must be so, then do this: take some of the choice fruits of the land in your bags, and carry a present down to the man, a little balm and a little honey, gum, myrrh, pistachio nuts, and almonds.’” Honey is included in a gesture of goodwill.

Exodus 3:8 describes God’s promise to the Israelites: “And I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites.” Here, honey symbolizes abundance and blessing.

Psalm 19:7-11 extols the virtues of God’s word: “More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.” God’s word is compared to honey—delicious, refreshing, and enlightening.

Isaiah 7:15 prophesies about a child: “He shall eat curds and honey when he knows how to refuse the evil and choose the good.” Honey represents purity and discernment.

1 Samuel 14:25 recounts a moment in battle: “Now when all the people came to the forest, behold, there was honey on the ground.” Honey unexpectedly provides sustenance during a challenging time.

Song of Solomon 4:11 uses honey metaphorically: “Your lips drip nectar, my bride; honey and milk are under your tongue; the fragrance of your garments is like the fragrance of Lebanon.” Here, honey signifies sweetness and delight.

Proverbs 16:24 compares gracious words to honey: “Gracious words are like a honeycomb, sweetness to the soul and health to the body.” Just as honey brings comfort, kind words uplift and heal.

Remember, these verses remind us of God’s unwavering care and provision, even in the most challenging circumstances.

**"Dare to reach out your hand
into the darkness, to pull
another hand into the light."**

-Norman B. Rice



"Whispers From My Heart"

Title : Healed by His wounds

Tianna Muiruri

We are healed by His wounds, not hurt by them.

Isaiah 53:5 " We were healed because of his pain. "

" Hurt people hurt people, and even though the church has hurt people too, Jesus did not hurt people in His pain. "

As I was seated in my college class last week, thinking that it was just another late night, my professor had the class read a story called " On the Road" by Langston Hughes. The historical plot of the story was during the era of the Great Depression, and the title " On the Road " symbolizes that the main character, Sargeant, was homeless, in the snow, and all alone. As a matter of fact, Sargeant was so famished and weary that he did not even realize it was snowing. But an even sadder fact was that even in his condition, he still felt, heard, and saw the cold shoulder of a Reverend, Mr. Dorset. Sargeant was shuddered by this cold shoulder because after he had found no relief- beds, supper, and space in what he thought were hundreds of relief shelters, Mr. Dorset shut the door in his face without even allowing Sargeant to speak. There is much more to the story, but when the story ended, my professor asked the class what the main message of the story was. Without a second to waste, a young lady firmly replied, "Where was God during the Great Depression? Where was the church? Where were the Reverend's values in his faith? " My professor seized her response, thought about it, and then released it back to us in a different way, but still along the same lines, "During the Great Depression, the church hurt people when the people needed the church the most." Next, he asked us another question, "If the church hurt Sargeant, will this make Sargeant a wounded-healer or a wounded-hurter?" Does someone who is hurt still have the ability to heal others, or does someone in pain only hurt others in return is what my professor was trying to get at. As some people answered, I was waiting to see if anyone would say wounded-healer, but everyone who had spoken said that Sargeant is and will only be a wounded-hurter. But I was not a part of that everyone because while others were answering, I was sitting there thinking, "Who is someone who has never hurt someone out of their pain?"

" Me," I thought. Nope. In all honesty, I am not that someone.

" Jesus," I thought next, and in pure truth, He was and is that someone.

I still have yet to know most of the names in that class. However, by their responses, I knew that they were all too familiar with the cold shoulder of the church, even though it is not all, and not with the warm shoulder of the Father. So, I raised my hand and said the words in bold above, hoping that it was as a warm shoulder from the Father to them.

Healed by His Wounds

Who am I That You Are Mindful of Me?

By: Reverend Brett Connell

It was just another day in the pit, like any other. I worked at an auto auction where we took in all kinds of beater cars and even fancy ones – from Ford all the way to Bugatti. The environment was horrible. Our bosses would drive beside us while we're outside checking in cars while they're hollering at us from in their warm cars while it's raining outside at 35 degrees. Not cold enough for snow, but not warm enough to prevent your hands from freezing. I remember my hands going numb and I couldn't use the chalk to write on the windshield. The constant belittling and threatening to work faster, write immediately, use my other hand if the one is frozen. Protect the device used to check in vehicles because if it gets wet, that's \$5,000 coming out of our paychecks. Even this wasn't as bad as being lined up in the office and being yelled and screamed at in our faces less than 8 inches away – being told that we're subhuman and going through the humiliation ritual, taking turns confessing how dumb we are in order to keep our jobs. It lasted 4 years.

I'd like to think it gave me tough skin, hardening me to endure whatever might lie ahead. I'm no stranger to the unlovable, and no stranger to drugs either. Places like this is where my addiction began. I come from a state half the size of Delaware – where everyone knows everyone. Getting another job wasn't as easy as you might think. I was stuck here in order to pay my bills. You had to be cutthroat to stay on top, and you couldn't show any weakness or they'd kill you right out of the pack. I learned everything about the streets from here. Drug dealing, weapons, I was almost initiated (jumped in, they call it) into a gang. I had a lot of respect and would have been the first white person in an Asian gang.

In a single day I was taking 80mg of Oxycodone (Oxycontin) and 80mg of Hydrocodone (Vicodin). If you don't know, it's enough to stop a horse's heart. I did this, daily. I smoked weed and drank hard liquor throughout the week and I thought I was on top of everything. I had a lot of control in the work place and people did what I said, and I had protection there. Looking back, it felt like prison but without the iron bars and tattoos.

I'll never forget one day I was walking through the lot and something came over me. Now remember, I didn't know anything about God. I stopped right where I was and looked up towards the sky. Some feeling came over me – it was perfect peace. I immediately broke down and started crying for absolutely no reason at all. I just stood there weeping like a baby. About a minute passed, and I was done. The peace went inside me and something changed, I was different. I didn't know what it was. Later I went to light a cigarette and after one drag, I almost threw up and threw it away. I hated it. Same thing with the alcohol. Same thing with the pills. God delivered me from every addiction on the spot with no withdrawals. After a week, I left that job. I was free. I cut all my ties with those people and started a new life. God knew me when I didn't know Him – and He can do the very same thing for you.

Time for Disclosure

Reverend Aaron Betz

It is time for the remnant churches (the Royal Priest forerunners) to discern our calling and positions in a deeper way.

John 14:26, BSB But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have told you.

Those words "all things" mean just that. God wants us to be open for Him to fill us in on any and everything that we need to know. This is disclosure. We need both personal disclosure and positional disclosure. It is time to make sense of the unique paths that we have been on. The phases of testing that we have been in is coming to an end. This means that we will be able to receive deeper insight as part of a deeper graduation into God's Kingdom. A large component of our testing has included the testing(s) of faith- which believes without seeing (or knowing the details). We have each taken the deep plunge of trust in certain areas of our life. Now, there are some pieces that are going to start coming together for us.

It is God's desire to redeem our wounds, hurts, and regrets. The things that have had us hung up are going to be the areas that God is going to use us in. Take inventory and receive revelation in these areas. Example: Have you been prone to depression and rejection? What has your old man been preoccupied with?

The enemy has spent a long time mapping our weaknesses so that he could entice our old man to walk down the same old paths. It is time for us to realize that our new man (our identity in Christ) contains the way out of the old ruts. It is time to get into the details of disclosure which will secure us on the new paths that God has for us. It is time to start to put the pieces together.

Proverbs 3:6, ESV In all your ways acknowledge him, and he will make straight your paths.

Hebrews 12:2, BSB Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

1 Peter 2:9 But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light;

How far along are you in understanding your own story of being chosen or hand-picked by God? Couple this personal revelation with a professional revelation of how you fit into the body and you are well on your way to discerning your identity in Christ and position within the Kingdom.

[Ephesians 4:7,11-13 NKJV] 7 But to each one of us grace was given according to the measure of Christ's gift. 11 And He Himself gave some [to be] apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, 13 till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.

The Strength of Humility: Knowing Where You Are At... Part 3

Reverend Christopher Gore

In talking about humility, it is vital that you know where you are at spiritually. Having this understanding will keep you in a place where your trust is in God and not in yourself. We are looking at Adam and Eve in Genesis 3 after they ate from the "Tree of the Knowledge of Good and Evil". Eating from this tree gave Adam and Eve many different intellectual abilities. One of them includes the ability to become self-aware.

Self-awareness is the ability to recognize you are separate from other people, while also assessing your own thoughts, feelings, and beliefs. Being self-aware means you can use your senses and experiences to understand your emotions and help you make future choices. Your senses are not Spirit. Your senses are flesh. You should NOT be ruled by your flesh. After eating from this tree Adam knew that something was wrong. This knowledge didn't push him in God's direction. This knowledge pushed him into reasoning and pursuing intellectual understanding. This knowledge did nothing to connect Adam to the Spirit. Notice that Adam did not cry out to God or seek God on how to fix what he felt.

Adam lost his dependance upon God and became independent. Adam being aware of himself did not improve his situation, nor did it bring him closer to God. In fact, Adam was trying to hide from God. Pride began to grow in Adam and Eve. The same pride that was in satan. This pride caused Adam to withdraw from God and hide. One of the things that God spoke to them prior to eating from the tree was that they would die. This death occurred in the spiritual realm in manifested itself with the loss of the humility of the spirit. When there is no Spirit moving in the person, spiritual death has opened the door for pride to come in and do its work. I find it fascinating that with all the knowledge Adam and Eve had just ingested there was nothing in that knowledge that told them to run to God. Pride convinced them to run away from God.

Knowledge is good but absent from the Spirit of God knowledge can be used by the enemy to pull us off course and away from God. This is something that we should take note of and be wise when we pursue Heavenly things. For Adam to be in this position of knowing that something was wrong and not seeking God for the answer is disheartening. At all times we should be humble enough to cry out to God for help. Our goal should be interdependence upon Him. Sin distorts the truth and sin teaches you to hide from the truth. Pride will cause deep spiritual voids in your life. These voids are what satan uses to pull God's people out of his hands. Remember walking in humility is possible in Christ and a must if you are going to work for God. Go forth in Him and conquer. See you next week for more.

Humility - Run Towards God... Not Away From Him...

Ananias, pt. 1

Evangelist Kathryn Gore

Over the past week, the following passage of scripture stirred within my spirit.

The Conversion of Saul

Acts 9:10-19

10 Now there was a disciple at Damascus named Ananias. The Lord said to him in a vision, "Ananias." And he said, "Here I am, Lord." 11 And the Lord said to him, "Rise and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul, for behold, he is praying, 12 and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight." 13 But Ananias answered, "Lord, I have heard from many about this man, how much evil he has done to your saints at Jerusalem. 14 And here he has authority from the chief priests to bind all who call on your name." 15 But the Lord said to him, "Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the children of Israel. 16 For I will show him how much he must suffer for the sake of my name." 17 So Ananias departed and entered the house. And laying his hands on him he said, "Brother Saul, the Lord Jesus who appeared to you on the road by which you came has sent me so that you may regain your sight and be filled with the Holy Spirit." 18 And immediately something like scales fell from his eyes, and he regained his sight. Then he rose and was baptized; 19 and taking food, he was strengthened.

Paul will never forget this day. He will never forget how Jesus stood before him, face to face. He will never forget losing sight in the natural (blinded) but able to see a vision in the spirit, of the very same man that Jesus asked to lay hands on him, appear before him to restore his sight. He will never forget the details of his conversion and how he suffered for Christ. He will never forget, but others will. What does this mean?

Why do some believe people will never change? This was the question in my spirit all week. I think it was fair for Ananias to remind the Lord of what he heard about Saul but notice one thing, Jesus didn't have to beg Ananias to believe his words. Jesus spoke and so it was. Ananias believed and settled this within himself by greeting Saul as "Brother Saul" when approaching him. Saul indeed was a danger to the Christian community until his moment with the Lord took place. Ananias accepted Saul into his circle as a brother in Christ, allowing God to be God in this situation.

Ananias didn't hesitate to go. He didn't run around town to ask others opinion. He didn't second guess the Lord or himself, He just went, quietly and fulfilled the Lord's request. Ananias had an open heart for truth. Jesus said, "he is a chosen instrument of mine" revealing Saul's purpose for the kingdom and I believe Ananias felt like, enough said. I will go.

Can we be just like Ananias in this season and trust God to do whatever He so desires?

DOES ANYBODY CARE?

Do you have ears to hear the cries of the hurting,
the lost, the dying, the addict, the hopeless, the depressed
the lonely, your brother or sister that is sitting next to you
or the family member in your own home?

Does **anyone** care?

Do they even want to **know**?

I don't **think** they do

Is there anyone out there?

Someone whose **shoulder** I can **cry** on?

I don't **think** there is

Is there any **hope** for me?

Is there any sort of **light**?

I **don't** think it exists

Does **anyone** care?

Is there anyone **out** there?

I **don't** even know

Can anyone **help** me?

Anyone at all?

I've **lost** all hope...

The God Who Meets Us
Where We Are



Happiness in Humility (Part 20)

By Theresa McGinnis

Picking up from last week, we must trust God to take charge of our lives like He did for Paul. You must know that He cares for you too, and He watches over you with jealous and loving care, "lest we exalt ourselves."

If He finds you exalting yourself, He will find ways to expose this evil in your life so that He can deliver you from it.

In trial, weakness and trouble, He seeks to bring us low until we learn that His grace is all, without His mercy you would never be enough, and to take pleasure in the very thing that brings us and keeps us low.

It is His strength made perfect in our weakness, His presence filling and satisfying our emptiness, that becomes the secret of a humility that needs never fail. 2nd Corinthians 12:11 tells us, "In nothing was I behind the chiefest apostles, though I am nothing."

Paul understood that he was nothing in himself, but that through God, nothing was impossible. Paul was good with that, because in understanding that he was nothing in himself, it took the pressure off, and he could set back and allow God to do those things that He wanted to do through him, all he had to do was to be a willing vessel ready to do whatever God wanted him to do.

2nd Corinthians 12:9 says, "My grace is sufficient for thee." The more humble you become, the more the power and presence of Christ are your portion. The truth is that the danger of pride is greater and nearer than we think, and the grace for humility is also.

Anytime that you are in the limelight because of what God is using you for, and people are in awe of you and admire you, you are in danger of pride.

When you forget that it is only through God that you are able to do these things, you will fall. But, because Jesus can make us humble, the grace of humility is greater and nearer than we think.

Our humility is His care and His work. His grace is sufficient for us to meet the temptation of pride too. His strength will be perfected in our weakness.

Let us choose to be weak, to be low, to be nothing. Let humility be joy and gladness to us. We need to gladly glory and take pleasure in weakness- in all that can humble us and keep us low.

The power of Christ will rest upon us. Christ humbled Himself, therefore God exalted Him.

Christ will humble us, and keep us humble. Let us heartily consent; let us trustfully and joyfully accept all that humbles. The power of Christ will rest upon us.

We will find that the deepest humility is the secret of the truest happiness, of a joy that cannot be destroyed.

Most Powerful Weapon

Sis Grace Crescenzo

Can you guess what is the most powerful weapon that God gave us for spiritual warfare?

A couple hints: It will never fail. It cast out fear.

1 John 4:18 AMP, ... there is no fear in love [dread does not exist]. But perfect (complete, full-grown) love drives out fear, because fear involves [the expectation of divine] punishment, so the one who is afraid [of God's judgment] is not perfected in love [has not grown into a sufficient understanding of God's love].

1 Corinthians 13:8 AMP, Love never fails (never fades out or becomes obsolete or comes to an end)

TO LOVE is the goal of life. The only WAY that is right. The only solution to all. Love produces the perfect result. GOD IS LOVE! Therefore, it is the most powerful weapon!

I am not talking about temporal, natural, earthly love or physical love, I am talking about agape love. God is agape love!

Definition of agape love in Vines's Bible Dictionary: Expresses the deep and constant "love" and interest of a perfect Being towards entirely unworthy objects, producing and fostering a reverential "love" in them toward the Giver, and a practical "love" toward those who are partakers of the same, and a desire to help others to seek the Giver.

This love has perfect expression among men in the Lord Jesus Christ. (Cor 5:14, Eph 2:4, Eph 3:19, Eph 5:2). Christian love is the fruit of His spirit in the Christian (Gal 5:22). Christian love has God for its primary object and expresses itself first in implicit obedience to His commandments. Self-pleasing is the negative of love to God.

Christian love whether exercised toward the brethren or toward men in general is not an impulse from feelings. It does not always run with a natural inclination, nor does it spend itself only upon those for whom some affinity is discovered. Love seeks the welfare of all (Romans 15:2), and works no ill to any (Romans 13:8) but loves opportunity to do good to all men, and especially towards them that are of the household of faith.

Agape Love is worked in us through sanctification. Everything that we go through here on the earth (trials, tribulations, challenges, etc.) causes us to grow in character, and more understanding in Him/His love. He has sacrificed everything to enable us grow in Him and in His love. HE IS LOVE! Our experiences will either change us for the better, or for the worst, depending on who we serve... the Lord, the devil, or ourselves? The last two will bring us to destruction.

Jesus Christ is our foundation, our plumbline, the straight and narrow way... which will bring us into a pleasant end, an abundant life under the wings of His love, which satisfies and "brings no sorrow"!

When we have Jesus in our heart, He has made a way for us to get back up on that plumbline to reach our goal and finish our race here on earth until we meet Him in the heavens.

I Am The Way, The Truth, And The Life.

Reverend Astrid Sherriff

The meaning of I am the way, the truth, and the life through Jesus, no one can reach the Father without Him.

I am the way', refers to following Jesus as a moral standard; 'I am the truth' is to follow Jesus in faith, which is above all obedient trust and which leads the disciple from sensible signs to insensible spiritual truths.

John 14:6-7 "I am the way, the truth, and the life," Jesus answered. 7 If you knew me, you would also know my father. And from this moment they know him and have seen him.

The ways that the Church offers us for this conversion are especially three: fasting, prayer, and thanksgiving. Fasting at its core is to overcome ourselves.

Sometimes we are our own worst enemies, the ones who most limit our communion with God and our dedication to this Christian life.

Jesus was on earth, but before that, He had been at the Father's side in the heavenly home and knew how to return there. That is why he is the way, he leads us to God the Father through his death and resurrection.

Jesus is the only way to God. Its uniqueness in this regard is indisputable.

There is only one way to the Father's house and His name is Jesus Christ. It is the only way because he alone is the Incarnate Word, the revelation of God himself.

I Am the Way refers to following Jesus as a moral standard. I Am Life refers to following Jesus in faith and I Am Life refers to following Jesus to the ultimate goal, eternal life.

John 4:4 You already know the way to go where I am going. The disciples were not to be frustrated, because, although the Lord had announced to them that He was leaving, they knew where He was going and the way He was going to go.

Although Thomas immediately intervened to say that they did not know these things, the truth is that the Lord had spoken to them on many occasions of His departure to go with (John 8:19) (John 10:1-10) (John 10:37-38) (John 12:26) (John 12:44-50) .

This path would be for him one of self-denial and sacrifice, ultimately leading him to death on the cross. What was to come was indeed going to be a hard trial for the disciples, but here, as in every experience that we as believers go through, the Lord had previously prepared them for them.

John 6:48 I am the bread of life. Jesus Christ is the "Way" that leads man to heaven. He is not only a guide or teacher who teaches men the way of God (Mark 12:14), like so many prophets who came before him, but he is the way by which we can draw near to God.

Another affirmation is I am the door (John 10:7:9) and through it, we have the entrance to the same spirit.

FOODS THAT ARE BAD FOR YOUR CHOLESTEROL

Reverend Naomi Nichols

When you see foods that say “low” in cholesterol, you still need to check the nutrition label and the serving size which might be smaller than you think.

BAD cholesterol is high in saturated fat a/k/a **LDL** (low-density lipoprotein cholesterol). This is a sticky cholesterol that builds up in artery walls and is responsible for weight gain.

GOOD cholesterol is unsaturated fats

COFFEE – French press or Turkish coffee has cafestol which raises levels of LDL. Espresso does too but serving sizes are small so less to worry about. Drip coffee is good because the filter catches cafestol.

THAI TAKEOUT – spicy and delicious but it can raise your cholesterol. Coconut milk makes curries smooth and is high in saturated fat. Scan the menu for stir fries or noodle dishes and ask to have your dinner steamed or made with vegetable oil. Choose chicken rather than beef and throw in some extra veggies.

GRANOLA – That chewy, crunchy goodness comes with a hefty serving of saturated fat. Even brands of “low-fat” granola can be higher in saturated fat than some other kinds of cereal. Eat granola that is sweetened only with dried fruit, honey or maple syrup and has at least 20% of recommended daily value for fiber.

SHRIMP – Seafood is a good choice except for shrimp. One serving has about 190 milligrams of cholesterol. American Heart Association recommends limiting cholesterol to 300 milligrams per day or 200 milligrams per day if you have heart disease or high cholesterol. Try scallops instead because they have less than a quarter of the cholesterol of shrimp.

FLOUR TORTILLAS – Whole wheat sounds like the best choice but they are not. They are higher in saturated fat than corn tortillas. Start with a corn tortilla (check the label to make sure it wasn't made with lard) and add healthy toppings such as grilled chicken, juicy tomatoes and chopped lettuce.

ORGAN MEATS – Liver, kidneys and sweetbreads are higher in cholesterol than other cuts of meat. Beef liver is high in iron. Enjoying a 3-ounce portion once a month is ok.

MARGARINE - made from vegetable oils. Choose soft tub margarine rather than the stick variety. Tub varieties are lower in trans fats.

BUTTER - made from animal fat so it contains more saturated fat.

ENERGY BARS – look out for those made with tropical oils like palm oil, palm kernel oil and coconut oil which add saturated fat.

GHEE – it is clarified butter used in Indian cooking.

DUCK AND GOOSE – higher in cholesterol than chicken and turkey.

DAIRY PRODUCTS – helps you get the calcium and vitamin D you need. Choose fat-free and low-fat versions. Switch yogurt for sour cream in recipes to further cut the saturated fat and cholesterol.

Taking Your Blood To the Courtroom Part 3 – Outline #2 Deficiency

Nancy Connell

Last week, we began reviewing the outline and notes that you can use for your blood to bear witness in the courtroom, to be tried, judged, and cleansed. The first one was ancestral and generational – curses and blessings. This week, number 2 is making your blood speak of your body, mind, soul, and spirit deficiency.

What does the deficiency mean? Deficient: a lack or shortage or a failing or shortcoming. Other words describing deficient are insufficiency, want, inadequacy, shortfall, absence, undersupply, or deprivation.

As I have been on the journey of these different sicknesses, deficiency has been one of the primary roots of why things were not functioning correctly in the body. A blood test was given to determine what most of these deficiencies were because the blood could answer what the body was “lacking.” Whether it be a lack of vitamins, nutrients, or chemicals that the brain needs to function properly, it is essential to get these things into balance. The same goes for the spiritual realm as well.

One way to do this is to bring your blood to the courtroom and make it answer for the “lack” and “deficiency” in your life. Whether it be a need for healing or finding the root of spiritual, physical, emotional, or other lack, finding the “antidote” or the correct thing to put into its place is important.

Some examples could be a lack of self-control and a lack in the House of God individually (service, prayer, and tithe). Also, a lack of wisdom and discernment, a lack of truth, a lack of patience, a lack of love, a lack of confidence, and a lack of humility. These are just to name a few. There are many more in the Word of God as you continue to allow God to reveal these things to you, and as your blood speaks - use the Word of God to bring balance, fill in that lack, and make the correct changes.

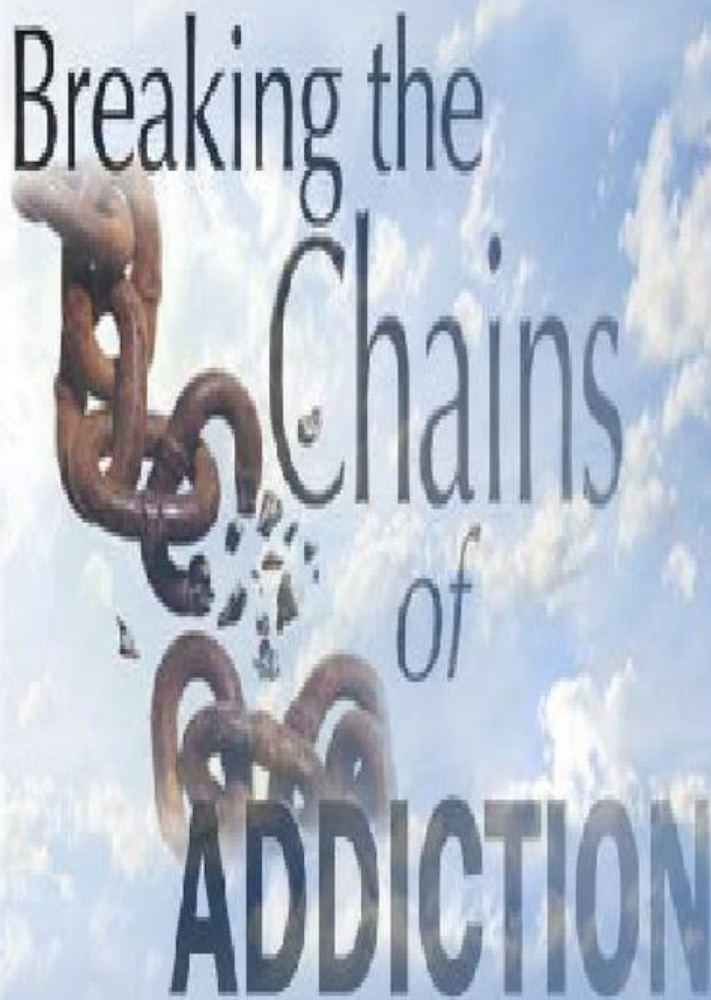
If your blood speaks of you being guilty of these or even your ancestors, repent and be cleansed, then correct it. One example of a Scripture you can use to claim the cleansing is Titus 3:3-7 and James 1:1-8. Removing the deficits in your life is not going to be easy. It will be work and time with God. The scripture also warns you what will happen if you do not focus and work on these things.

Do not allow the enemy to use the physical deficits to handicap you from being used by God. Moses is one example of someone who had a physical deficit. He had a speech problem and was unskilled as a speaker. He also lacked self-confidence in what God was asking him to do. God didn't take the deficit. Instead, He gave Moses someone to speak for him. Exodus 6:12, 30 It was as Moses continued to spend time with God that he became more confident where his “lack” was - God would show up.

Scriptures to use when you feel inadequate or deficient in your life or walk with God:

You are perfectly created for your purpose - Ephesians 2:10; more than enough - Philippians 4:13; never alone - Matthew 28:20; your gifts are just right for your purpose - Romans 12:6; you have help - 1 Thessalonians 5:24; your purpose is for good - Romans 8:28.

Breaking the Chains of ADDICTION



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