

February 04, 2024 thru February 10, 2024

GRATITUDE
PRECEDES
THE
MIRACLE.



Revelation 3:7-13 (NIV2011)

Evangelist/Pastor Barbara

7 “To the angel of the church in Philadelphia, write: These are the words of him who is holy and true, who holds the key of David. What he opens no one can shut, and what he shuts no one can open. 8 I know your deeds. See, I have placed before you an open door that no one can shut. I know that you have little strength, yet you have kept my word and have not denied my name. 9 I will make those who are of the synagogue of Satan, who claim to be Jews though they are not, but are liars—I will make them come and fall down at your feet and acknowledge that I have loved you. 10 Since you have kept my command to endure patiently, I will also keep you from the hour of trial that is going to come on the whole world to test the inhabitants of the earth. 11 I am coming soon. Hold on to what you have, so that no one will take your crown. 12 The one who is victorious I will make a pillar in the temple of my God. Never again will they leave it. I will write on them the name of my God and the name of the city of my God, the new Jerusalem, which is coming down out of heaven from my God; and I will also write on them my new name. 13 Whoever has ears, let them hear what the Spirit says to the churches.

Church, remain Holy as I am Holy, and fret not. {Psalm 37} I am the Alpha, the Omega, the Beginning, and the End. {Revelation 1:8} I exist forever. There is no ending to My Love, Grace, and Goodness. {Lamentations 3:22-23}

The time of great testing has come upon My Churches, and all flesh is being tested.

All who remain in My presence shall be preserved in this hour of great tribulation. They shall be partakers of the end-time harvest, and they shall be victorious over all darkness.

There is never a war without casualties. Never stress over {what if}; keep moving forward with Sword in hand. Paul spoke the truth when he said: “It is no longer I that liveth, but Christ that liveth in me.

{see Galatians 2:20} Paul had no thought of what would happen to him; his eye was constantly on the prize, and he just went forth. {Philippians 3:14}

The same is true with you, little ones; keep your eyes on the prize and move forward, knowing that you suffer not in vain. 1 Corinthians 15:58 Therefore, my beloved brothers, be steadfast and immovable. Always excel in the work of the Lord because you know that your labor in the Lord is not in vain.



Who Can Not Enter The Kingdom of God?

Evangelist/Pastor Barbara

The Bible states that those who are unrighteous will not inherit the kingdom of God. None are admitted into heaven who work abominations. It is free from hypocrites, such as make lies. As nothing unclean can enter heaven.

1 Corinthians 6:9-20 (KJV) 9 Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, {homosexuals} 10 Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. 11 And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God. Now the body is not for fornication, but for the Lord; and the Lord for the body. 14 And God hath both raised up the Lord, and will also raise up us by his own power. 15 Know ye not that your bodies are the members of Christ? shall I then take the members of Christ, and make them the members of an harlot? God forbid. 16 What? know ye not that he which is joined to an harlot is one body? for two, saith he, shall be one flesh. 17 But he that is joined unto the Lord is one spirit. 18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. 19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

In Romans 1:26-27, Apostle Paul says that homosexuality is contrary to God's natural order and results from rejecting God. Romans 1:26-27 (KJV) For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature: 27 And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet.

Leviticus 18:20-23 (KJV) Moreover thou shalt not lie carnally with thy neighbor's wife, to defile thyself with her. 21 And thou shalt not let any of thy seed pass through the fire to Molech, neither shalt thou profane the name of thy God: I am the LORD. 22 Thou shalt not lie with mankind, as with womankind: it is an abomination. 23 Neither shalt thou lie with any beast to defile thyself therewith: neither shall any woman stand before a beast to lie down thereto: it is confusion. Leviticus 20:13 (KJV) If a man also lie with mankind, as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death; their blood shall be upon them.

Matthew 7:13-14 (KJV) Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in there at 14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

According to the Bible, the people who will not go to heaven are all those who have not repented of their sins and believed and trusted Jesus Christ as their personal Lord and Savior for their salvation and eternal life.

In short, all unrepentant sinners and unbelievers who reject Christ now will have no part in God's kingdom(**Revelations 21:8**),as it's only through Christ Jesus one can enter heaven as He's the door to heaven and the heavenly Father(**John 14:6**).

Hebrews 12:14 tells us that without holiness, no one will see God. Implying that if you want to go to heaven, you must be holy and righteous, living a holy life that's above sin, as sin can't be allowed there.

Sadly, many, due to their love of sin in their hearts, are unwilling to live a life of holiness and righteousness that God expects of them despite claiming to be Christians or believers in Christ Jesus.

These people come up with all manner of meaningless excuses like no person can be holy and that we are all sinners, which are true to some extent because all have sinned and fallen short of the Glory of God(**Romans 3:23**).

People who say you can't be holy forget that God's word in**Titus 2:11**tells us that God's grace that brings salvation and teaches one to deny all forms of ungodliness and worldly lusts has been made available to all. Not wanting to be holy and saying bye-bye to sin that most love is one of the reasons many will not enter the new heaven and new earth, which are only for holy people and not unsaved unrepentant sinners.

2 Peter 3:9 (KJV) The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.



**WE TRIED TO
WARN YOU!**

**BUT YOU SAID:
DON'T
JUDGE ME!**

**ISAIAH
30:10**

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"Whispers From My Heart"

Full of God's Love

Tianna Muiruri

God's love will never let go of you.

John 6:35-40 "Every person the Father gives me eventually comes running to me. And once that person is with me, I hold on and don't let go."

Jesus spoke this to the followers amongst His twelve disciples who left Him because they did not believe in him. Instead of running to Him, they ran in the other direction.

John 6:66 "After this, many of his disciples left. They no longer wanted to be associated with him. "

Before many of Jesus' followers left, Jesus was giving a teaching to them at Capernaum. They followed Him to Capernaum from Tiberias where Jesus had taken just five loaves of bread and two fish from a little boy to feed a crowd of five thousand by dividing the food into a literal miracle. The teaching at that moment was about the Bread of Life, and the teacher, Jesus, was and is the Bread of Life.

John 6:34-35 "The Bread of God came down out of heaven and is giving life to the world." They jumped at that: "Master, give us this bread, now and forever!" Jesus said, "I am the Bread of Life."

The scripture above was part of a conversation that Jesus had with those who followed Him to Capernaum before they walked away from Him because His claim about being the Bread of Life was too hard for them to believe. However, once I read the lines, "I am the Bread of Life", I was stopped dead in my tracks, and something in me just started running. Not away, but towards. My thoughts that were running in the direction of panic started running towards Him. My heart, which was running in the direction of heartache, started running towards Him. My tears that were running with overwhelmingness started running with lightheartedness towards Him. See, while I was reading the word, it felt as if I was right there with His disciples, yearning and yearning for that bread, yearning for that miracle, yearning for God to move again as He did in Tiberias, eagerly yearning for His next response after the followers jumped and said: "Master, give us this bread, now and forever." Furthermore, His next response was as a love that just held onto me because, in that moment, He had me when he said, "I am the Bread of Life".

Jesus was so much more than a man with a heart. He was a man who was the splitting image of God's heart, and knowing that He was willing to give His whole heart of life, eternal life, to the crowd of followers and disciples before Him should let you know that He will never leave you starved from His love. He will never withhold the fullness of life that He has for you. So, you can jump at that and ask of Him now and forever.

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Jesus Loves You

Perspective

By: Reverend Brett Connell

In Einstein's theory of special relativity, one of the foundations of today's laws of physics, it suggests that nothing can travel faster than light. The speed of light itself is (fasten your seatbelts) 186,000 miles per second. This means light can travel around the planet at the equator 7.5 times per second. Now the moon is 238,900 miles away from Earth. It takes light 1.3 seconds to reach the moon from here. It's fast, but let's up the scale a little bit.

The sun is just a hair under 91.6 million miles from Earth. As small as it appears in the sky, it's actually quite large – 1.3 million Earths could fit inside of it. Even at 186,000 miles per second, it takes light just a little over 8 minutes to reach us here from the sun. If anything happened to the sun, even if it instantly disappeared, we would still see it in the sky for 8 minutes as the light traveling from it catches up to us.

The closest star to our sun is Proxima Centauri. It is located 4.25 light-years away. A light-year is the distance it takes traveling the speed of light for 1 year. A light-year is 5.879×10^{12} miles (almost 6 trillion miles). Proxima Centauri is 25 trillion miles away, and it's our closest neighbor. When you look up at this star in the night sky, you're seeing it as it was 4 years ago. Let's increase the scale further.

All the stars you see in the night sky are from the Milky Way galaxy. Our galaxy is 100,000 light-years across. It would take you that many years traveling at 186,000 miles per second just to get across. The distances in between galaxies are exponentially larger. The closest galaxy to us is the Andromeda galaxy. Our neighbor is 2.5 million light-years away. It's larger than our galaxy, and it's on a collision course too, by the way.

These facts are for our local group only. There's billions of other galaxies, and we can see 13.8 billion light-years out with our telescopes, and there's still more. What they're seeing is challenging the physics and theories we use today. In order for the universe to make sense by the mathematics and physics we use, the observable universe is not possible as it is – there is a missing piece of about 80%. That missing piece is what they call dark matter and dark energy. These are mysteries that can't be seen, invisible forces that affect the shape and movement of the world around us. I said all that to say this: I believe God is the ultimate, all-powerful force that uses mysterious ways to guide each aspect of the universe He created. Can you wrap your mind around the scale and complexity of the universe? Billions of galaxies, countless Quadrillions of stars, impossible black hole singularities? It rains diamonds on Neptune for crying out loud. And who are we that He should be mindful of us? Don't you see that God would gladly give up this incomprehensible creation, just for you? You are loved. Oh, so very loved.

Access to Heaven

Reverend Aaron Betz

Let's iron out the what the bible tells us about our own unique access into the Heavenly Realm. At starts with the Cross. The work of the Cross allowed for man and God to be totally reconciled into a place of supreme intimacy. This was the joy that strengthened Jesus to endure his great trial. Jesus knew that through His sacrifice, He would lead us into the presence of God.

Hebrews 9:24,26b NKJV For Christ has not entered the holy places made with hands, which are copies of the true, but into heaven itself, now to appear in the presence of God for us. But now He has appeared once for all at the end of the ages to do away with sin by the sacrifice of Himself.

He appeared in the presence of God in order to restore the path back to God. He also assumed His role as our own high priest and intercessor.

Hebrews 7:25, BSB Therefore He is able to save completely those who draw near to God through Him, since He always lives to intercede for them.

Jesus made the way for us to come to the Father, and He continues to intercede for us so that we may continue to stand before God and live for Him. Jesus' own path put Him in his rightful place before the Throne of God, at God's right hand.

Hebrews 12:2 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.

Where is your rightful place before the Throne of God? As we are in Christ and seated with Him, we are able to occupy our place within God's Kingdom as the scripture reads:

Ephesians 2: 6. BSB And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus.

Let's look at the promise that God made with His servant and high priest Joshua in the Old Testament. This promise foreshadowed the qualification coming to God's people- a qualification only Christ could give us.

Zechariah 3:7-8, BSB This is what the LORD Almighty says: 'If you will walk in obedience to me and keep my requirements, then you will govern my house and have charge of my courts, and I will give you a place among these standing here.⁸ 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. ⁹See the stone I have set before Joshua; on that one stone are seven eyes. Behold, I will engrave on it an inscription, declares the LORD of Hosts, and I will remove the iniquity of this land in a single day.

The Branch is Christ, the one whom God will remove the iniquity of the land through. This removal of iniquity was the beginning in leading people to Christ and the beginning of us being able to inherit all of our promises. It is the fulfillment of this scripture that is the basis for the numerous promises we stand on written in the New Testament. This scripture foreshadowed us as Royal Priests. pg 7

The Strength of Humility: Completing Your Journey... Part 1

Reverend Christopher Gore

“Some never get started on their destiny because they cannot humble themselves to learn, grow, and change.” - Author Unknown

“Who among you is wise and intelligent? Let him by his good conduct show his [good] deeds with the gentleness and humility of true wisdom,” James 3: 13 {AMP}.

I have seen many people fall over the years. The principal reason for those falls has been the absence of humility. Without humility you cannot complete your journey in Christ. The enemy knows how to make anyone fall. He is good at it. He does his job very well. Our inability to stay in humility makes us all vulnerable to falling. Not one of those people who fell planned to fall. They had good intentions and best wishes but none of that kept them from falling.

We are in a time of great deception. This deception is giving birth to the “Great Falling Away” that was prophesied in the Bible. The “Great Falling Away” cannot be stopped. It must be fulfilled, or God would be a liar. God is not a liar and His Word remains true forever and ever. We must learn from Him. We must look at the many examples of those who fell in the Word of God and learn those lessons. This will enable us to stay on the path that God has for us.

We must come to see that humility is our greatest friend. Humility increases our hunger for God’s Word and opens our hearts to His Spirit. Humility leads to intimacy with God. “Who knows the proud from afar, but dwells with him “who is of a contrite and lowly spirit” (Isaiah 57: 15).

Humility imparts the aroma of Christ to all whom we encounter. Humility is a sign of greatness in the kingdom of God. Developing the identity, attitude, and conduct of a humble servant does not happen overnight. It takes years to develop the humility that is needed to go to the deeper places in God. The enemy loves to cause us to look at ourselves. Whether we look at ourselves to put ourselves down or whether we look at ourselves to lift ourselves above others the looking at ourselves is dangerous. Either extreme case can cause you to fall away from God. Humility is the key to keeping the proper balance in this area.

Humility is a process rather like peeling an onion: you cut away one layer only to find another beneath it. After all the layers are cut away, humility does happen. It has to be continuously practiced. We must constantly be on the alert so that we can be aware of where we are at. Next week we will look further into what happens when we look at ourselves. We are going to see what happened to Adam & Eve and then Elijah. For today know that humility is the key to completing your journey in God.

Share the
love of Christ



The hunger for love is much more difficult to remove than the hunger for bread.

Mother Teresa

We Must Not Forget

Evangelist Kathryn Gore

With so many leaders falling away and living for the devil, as true Believers of Christ, lets us remember the truth. Ephesians 2 explains where we once were and where we are today. The goodness of the Lord covers us. We must not forget...

By Grace Through Faith

2 And you were dead in the trespasses and sins 2 in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—3 among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. 4 But God, being rich in mercy, because of the great love with which he loved us, 5 even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus, 7 so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

One in Christ

11 Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands—12 remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. 13 But now in Christ Jesus you who once were far off have been brought nearby the blood of Christ. 14 For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility 15 by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, 16 and might reconcile us both to God in one body through the cross, thereby killing the hostility. 17 And he came and preached peace to you who were far off and peace to those who were near. 18 For through him we both have access in one Spirit to the Father. 19 So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, 20 built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, 21 in whom the whole structure, being joined together, grows into a holy temple in the Lord. 22 In him you also are being built together into a dwelling place for God by the Spirit.

Amen



TRUE GRATITUDE IS FAITH IN GOD'S LOVE,
TRUSTING THAT HIS PROMISES RUN DEEPER
THAN ANYTHING THIS WORLD CAN OFFER US.




GRATITUDE

Gratitude

is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there's always something we could be grateful for.

Berry Neil Kaufman



When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.

Kristin Armstrong



GOD
IS
LOVE

Humility and Dying to Self (continued)(Part 18)

By Theresa McGinnis

Many make the mistake of wanting to be humble, but are afraid of being too humble. They have so many qualifications and limitations, so many reasonings and questionings, as to what true humility is to be and to do, that they never unreservedly yield themselves to it.

To be truly humble you must die to self, it is in that that humility is perfected. Humility makes no reputation of itself, but empties out self and takes the form of a servant.

The Lamb of God is both meekness and death. We must seek to receive Him in both forms, in Him they are inseparable; they must be in us also. This would be a hopeless task if we had to do the work ourselves.

Nature can never overcome nature, not even with the help of grace. Self can never cast out self, even in the regenerate man. Thank God that the work has been done, finished and perfected forever. It is the death of Christ that is once and forever, our death to self. And when Jesus ascended, He entered into the Holiest, and that gave us the Holy Spirit to communicate with, with power, and the power of the death-life our very own.

As the soul seeks humility, and follows in the steps of Jesus, it realizes that it needs something more. It finds that its desire and hope is quickened and its faith is strengthened, and it will learn to look up to Christ and claim and receive the true fullness of the Spirit of Jesus Christ.

Romans 6:3 tells us, "Know ye not, that so many of us as were baptized to Jesus Christ were baptized in His death? Likewise reckon ye also to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Yield yourselves unto God, as alive from the dead."

The whole consciousness of the Christian is to be imbued and characterized by the Spirit that animated the death of Christ. He has to ever present himself to God as one who has died in Christ, and in Christ he is alive from the dead.

Believers need to claim in faith the death and the life of Jesus as thiers. We need to humble ourselves and daily descend into that perfect, helpless dependence upon God. God will raise you up and exalt you.

The souls that enter into His humiliation will find in Him the power to see and count self as dead, and, as those who have learned and received of Him, to walk with all lowliness and meekness, supporting one another in love. The death-life is seen in meekness and humility like that of Christ.



Blessings in Disguise

Sis Grace Crescenzo

Consider this: Our difficulties, trials, and pain, that were allowed and designed by God to strengthen us, and our build character, were blessings in disguise to give us success, and enable us to bring many to Him, especially in this present increasing dark world.

James 1:2-4, Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing.

2 Peter 1:5-7, For this very reason, try your hardest to furnish your faith with goodness, goodness with knowledge, knowledge with self-control, self-control with perseverance, perseverance with godliness, godliness with brotherly affection, and brotherly affection with love.

When judgement comes upon the earth, we will understand why we had to go through everything. We were being trained for these times to come, to trust Him & obey.

We might be soon walking in Isaiah 58:6, the "chosen fast": feed hungry, cover the naked, bring deliverance, healing, new life (salvation), re-build, repair, and restore.

Imperative to know the Lord more than ever, His love, His Heart, His Word, and hear His Holy Spirit. We need His direction and recognize the importance of our obedience. HE says, "Draw near to me and I will draw near to you."

We can do anything "through Christ Jesus, Who strengthens us", even in the hardest situations.

When we have a love relationship with HIM, everything becomes bearable because HE strengthens us through His love, power, and grace. We become testimonies of His mercy, grace and love to work in these last days. Our "first love" experience with the Lord was one of such obedience and fruitfulness by doing all that He showed us to do for people at that time... being His hands and feet to all we came in contact with.

He is drawing us back again to even a Greater First Love encounter with His Glory empowerment & His Agape love to go again in these dark times to the people and allow HIM to flow through us to bring many to Him once again.

So important to bring people to know Him, because time is short and they have no hope, no future, just forever torment in hell after this life because they will be victims of Satan's great deception. Deceptive pleasures here on earth bring death, hell and destruction.

Jesus is at the right hand of the father interceding for us all and HE said if we are in agreement with Him with anything on earth, He will do it. Let us pray that hearts in these last days will be softened to receive the revelation of Jesus Christ, and that we will reach many with His Love, affecting those whose hearts are open to receive Him, and bring them forth into Salvation and the Kingdom of God.

God's Divine Glory and His Light as Reflected in Oneself

Reverend Astrid Sherriff

The glory of God reflects the light we show when we are in his presence. By being in His presence, we can see how God speaks to us in our time of intimacy and communion with Him.

In **Isaiah 60:1-3**, "Arise, and shine, for your light has come!" The glory of the Lord shines upon you. 2 Behold, darkness covers the earth, and heavy darkness hangs over the peoples. But the dawn of the Lord will shine upon you; His glory will be revealed upon you. 3 The nations will be guided by your light, and kings by your bright dawn.

There is nothing like the glory of God, the light is reflected in us as when one takes the mirror in one's hand and you can see the reflection of how God sees you or how you see yourself. When we see God's glory reflected in our lives, we see God in us and how He lives in us. The glory of God causes a person to surrender to the King of glory. God is not something to be trifled with or taken seriously.

May the glory of God speak to us of creativity and its nature.

Psalm 19:1-4 The heavens declare the glory of God; the expanse proclaims the work of his hands. 2 One day he conveys the message the next; One night after the next, he shares wisdom. 3 Without words, without language, without a perceptible voice, 4 His echo echoes throughout the earth; his words reach to the ends of the earth. God has made a home for the sun in the heavens. The glory of God reveals the beauty of His Spirit.

James 1:10 illustrates the word "**glory**" when he calls the rich man "**the glory in his humiliation.**" Man glorifies God, because God sees all things in praise, worship, prayer, love, music, and mercy, according to the things that come in God.

Isaiah 43:7 Bring everyone who is called by my name, whom I have created for my glory, whom I have made and formed."

2 Corinthians 4:7 But we have this treasure in earthen vessels, so that it may be seen that such sublime power comes from God and not from us.

When God polishes a vessel, He turns it into pure gold, and we are ready for His glory, and we are passed through His fire. In His glory, we experience an impartation of the supernatural and are transformed into His image as He sees us. We are like the reflection of a mirror where he takes us by his hand, and we feel his love, his heart in our time with him.

The Lord teaches us that we should love ourselves, just as He loves us. We are to be a reflection in him, in other words, his light, so that we can see his reflection, and we can understand something clearly at last in Christ.

Acts 3:20 That times of rest may come from the Lord, sending you the Christ who had already been prepared for you, who is Jesus.



IS IT A SORE THROAT, STREP THROAT OR TONSILLITIS?

Reverend Naomi Nichols

SORE THROAT WITH A COLD – It is the first sign of a cold. It often gets better or goes away after a few days.

- * Runny nose
- * Cough / Sneezing / Red or watery eyes
- * Mild body aches / Fever

TREATMENT

- * Drink warm liquids
- * Gargle with warm salt water
- * Suck on ice chips
- * Over-the-counter medicine - Tylenol, Motrin, and Naproxen to relieve aches and pains of a cold and sore throat. **Do not** give Aspirin to children because of its link to Reye's syndrome, a disorder that can cause brain damage and death. Antibiotics will not work on sore throats associated with colds.



- * Sore throat sprays and lozenges soothe your throat and numb the throat temporarily.

- * Decongestant nasal sprays relieve a sore throat caused by postnasal drip. Use this only for 3 days

- * Get plenty of rest

STREP THROAT – an infection due to streptococcus bacteria. It is often more severe and persists. It spreads by having contact with an infected person's saliva and nasal secretions. To diagnose it, your doctor can take a throat swab to see if it is positive. It's important to get these results because strep can cause a more serious illness such as rheumatic fever, which can harm the heart valves.

- * Red tonsils with white spots / Painful swallowing
- * Swollen lymph nodes in the neck.
- * Fever

TREATMENT

- * Antibiotics must be taken – Penicillin or Amoxicillin. Make sure to take all of the medicine even if you feel better. If you have strep throat, stay home until 24 hours after starting the antibiotic.

TONSILLITIS – a painful inflammation or infection of the tonsils

- * Tonsils become swollen and may have telltale white or yellow spots causing bad breath.

- * Fever
- * Voice changes because of swelling
- * Painful swallowing
- * Swollen lymph glands in neck

TREATMENT

- * Antibiotics must be taken
- * Drink lots of fluids
- * Eat smooth, soothing foods like gelatin, ice cream, shakes, frozen desserts and soup

- * Avoid crunchy or spicy foods
- * Over-the-counter pain relievers – Tylenol, Naproxen and Motrin.

Children should not take aspirin.

- * If tonsillitis occur repeatedly or the tonsils are interfering with sleep or breathing, the doctor may recommend a tonsillectomy to surgically remove the tonsils.

The Courtroom – Bringing Your Own Blood – Part 1

Understanding Your Blood Has A Voice

Nancy Connell

Blood has a voice. When the very first bloodshed was done and an act of murder of an innocent man had taken place, where his blood cried out to God from the ground. It had testified against the sin that was committed. A sin that came from anger, jealousy, and an act of ignoring a warning from God not to get ahold of a sin that was knocking at the murder's door.

The punishment and judgment of the criminal was one of a very dear price. He lost the very thing he was good at, did as a living, and provided for his family. His gift would no longer produce. A gift that he had inherited from his father, he would no longer have. If you look at Genesis 4 you can find the entirety of the event and at the end you can read the ancestral line of Cain. Take note that not one is mentioned to be able to work the soil. The punishment, the curse had been passed down.

I bring this up because there are things in our blood line that speaks both good and bad. We carry both good and bad traits of our ancestral line. The question is are we doing anything to make sure we are cleaning our blood line or our children's blood line or our children's - children's bloodline so that they are not having to contend with things that is not theirs to have to deal with.

If you go to the doctor's one of the first things they ask for is your family's medical history and different medical sickness they had passed away from and WHO – mother, father and on what side. They also ask for you to get a blood routine done because it takes a lot of guess work and illuminates different things that could possibly be physically wrong with you.

When a person dies and if an autopsy has to be done on them, one of the things they will check to try to find out why a person died is their blood. It is also something that can and is used as evidence in court cases to testify about what has taken place, what has happened, etc.

The blood is also used to help identify a person. It can be used to identify a child's mother or father, their family – bloodline. The blood can tell so much, yet there is still so much to be learned about what it is really saying.

This goes for the spiritual side as well. The voice of Abel's blood was not the only blood that had a voice. The Blood of Jesus also has a voice far greater than the voice of Abel. And as we continue down this journey you will see how you can get to know that voice and just how much that voice speaks for you.

Next week however, there will be an article about an experience of revelation God has given about taking your blood to the courtroom and using its voice to testify and be a witness and help to cleanse you and your bloodline. Then following articles will also be about what Jesus' blood has to say about you in the courtroom and taking it to be a witness and testify for you and then continuing to tap into just what the blood of Jesus Christ says for each and every one of us. So stay tune and be blessed.

Rejoice always, pray continually,
give thanks in all circumstances;
for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18



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