

PRAY WITHOUT CEASING

January 9, 2024

Evangelist/Pastor Barbara

I am submitting this for your discernment.

Father, what is going to happen to President Donald J Trump?

Things are going downhill fast, so the natural eye believes, but not so. I am working behind the scenes and bringing everything up to Heaven's standard for this disposition of time in America.

My son grew weary a while back, but as the saints have been holding his arms up in prayer, I have been strengthening the inner core of his being. He shall once again stand tall and erect and command the throes of darkness to bow their knees for the final time in his life.

This battle has brought much scarring and pain to their family structure. My people must pray and strengthen the inner family structure. No weapon formed against My children will prosper (Isaiah 54:17), but they must hold onto and believe My Word.

Yes, My son has acquired quite a few battle scars, but just as My Son Jesus took His blows, so has My son, President Donald J Trump received his.

Just as I did not spare My Son Jesus from the pains of life, but I kept him during those cruel dark days, I am doing the same with President Donald J Trump.

The elections have not been held, and all things are not over, no matter what the darkness portrays.

I have been cleaning up the remaining debris lingering in the Whitehouse. When I am finished, the swamp will be totally and completely drained.

Children pray without ceasing for the upcoming New Leadership I am bringing to the forefront. Pray that the enemy has no loopholes he can enter through to destroy the inner structure that I am building within the Whitehouse.

We all know the reason for the swamp in the Whitehouse. My people went into lethargy and allowed the darkness to overtake the light within them. Children, America must get back to prayer. Without prayer, you will never survive the onslaughts coming your way.

Rejoice always, pray without ceasing, and give thanks in all circumstances, for this is the will of God in Christ Jesus for you.

(1 Thessalonians 5:16-17)

To "pray without ceasing" means to have our minds constantly on the things of God and to be in constant communication with him so that every moment may be as fruitful as possible.

IN GOD WE TRUST

pg 2



BROKEN

Evangelist/Pastor Barbara

MY BODY IS A BROKEN PEOPLE, WORKING OUT OF BROKENNESS, AND THEY MUST BE HEALED.

Broken definition: Having been fractured or damaged and no longer in one piece or in working order.

What causes Brokenness? Past traumas cause Broken people. What causes Trauma? Trauma is the result of a negative event. It occurs when you feel emotionally or mentally hurt by something that has happened, and it may lead to post-traumatic stress disorder—PTSD.

It's a sad reality that people who have been hurt in the past may end up hurting others, either intentionally or unintentionally. This is because they may not have fully healed from their own pain and trauma and may be carrying around unresolved issues that they take out on others.

Signs that a person is broken include:

Feelings of overwhelming sadness, constant frustration, stress, and altered diet and sleeping patterns.

Physical symptoms such as severe body aches and digestive problems.

Lack of confidence. Self-doubt and low self-esteem

Inability to handle rejection.

Pushing people away.

Insecurity.

Rarely opening up.

Being quiet during arguments.

Sensitivity.

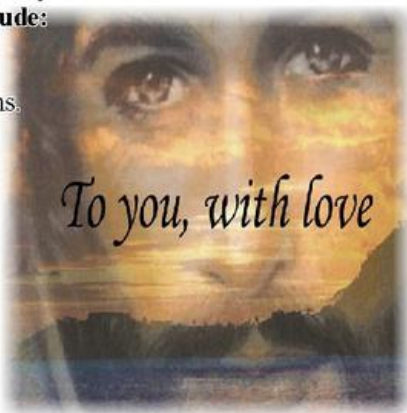
Drastic mood swings.

“Broken people break people” is a phrase that is often used to describe how people who are hurt or damaged themselves can end up hurting others. It's important to remember that everyone has their own struggles and challenges, and it's not always easy to see what someone else is going through. When you are coping with trauma, you may feel powerless or helpless, which can be both overwhelming and frightening. One way to combat this is to focus your attention on what you can control.

Work with your feelings: Feeling your feelings and accepting them is key to healing from trauma. You may have some difficult feelings along the way, like anger, and that is OK. It is natural to have a wide variety of emotions, and there is nothing wrong if some of them are new for you!

Examples of traumatic events include the death of someone you love, experiencing abuse, a plane or automobile crash, an extremely difficult relationship or breakup, or a natural disaster like an earthquake or hurricane.

If you feel shocked, saddened, anxious, or otherwise overwhelmed by an occurrence like one of the above, you are probably experiencing trauma. The trauma isn't the event or experience itself but rather your body and mind's response to it. Traumatic stress affects the brain, which makes it crucial to take steps toward recovery and mitigate its negative effects and impacts as much as possible.



Prophetic Word from Wednesday Night Teaching - Shifting

Evangelist/Pastor Barbara

I am removing that lens of loss, and I am repositioning you in

EXPECTANCY. *****

Where many of you have suffered so much torment in your minds and in discerning My voice—the spinning of confusion in discerning what I am saying—that is now breaking, and I am bringing clarity in hearing My voice again. ***

"I am **INCREASING** your expectancy as I am breathing upon you. *****

I am calling you up higher. *****

Come up higher by going deeper in pursuing Me in intimacy, and go deeper in My Word to receive the revelation and panoramic view that I am releasing to you.

"Not only am I removing the lens of loss, but I am also increasing your vision to **SEE** as I **SEE**.

Consecrate yourselves deeper in this time to listen to what I am saying, and continue to cry out for the higher perspective—My perspective—that I am ushering you into. For in your crying out—in your desperation for Me—I am stretching you and making room for the **MORE** that I am releasing to you now as I remove this lens of loss. ***



Don't look at things the way you see them, but how God sees them.

"Many of you have felt like the traumas you have endured almost killed you, and the confusion and torment it brought has kept you stuck and contained.

NO MORE.


Today is a new day where I am delivering you into greater **EXPECTANCY.** ***

"Sevenfold restoration, sevenfold repayment, and double recompense are upon you. ***

I am delivering you and bringing you into a place of seeing what I am doing and hearing what I am saying like never before. ***

I am working deeply on that place of perspective and expectancy. ***

Make room by partnering with Me in what I am doing in your perspective and expectancy, as great expanse and increase are upon you. *****



GOD IS OPENING DOORS AROUND YOU

EXPECTANCY IS KEY!

"Whispers From My Heart"

There is Power in Listening

Tianna Muiruri

Normally when someone speaks or makes any verbal noise, silence has diminished. But when God speaks to our heart, specifically in moments of deep agony, sorrow, and bewilderment, a heartbeat booming with fear ceases, thoughts that deafen the peace of mind fade, and overall the chaos within is silenced.

When God speaks to us, when the world around us is just so loud, and when the internal mind is swamped with confusion, the power of His voice has the ability to quiet all of that. However, He doesn't just silence the raging war that sneaks up on us and backs us into a corner. He engraves the words that He spoke into our hearts so that when our loved ones or even strangers are overwhelmed and ambushed by the darkness, we can speak words that cloak them in armor and a heavenly refuge. But only if we listen first.

Proverbs 4:20-23 "My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh. Keep your heart with all vigilance, for from it flow the springs of life. "

The cries that echo around the world are becoming louder and louder, and many are seeking healing and deliverance in all sorts of circumstances that some could never imagine and that some are all too familiar with. We don't have to fly across the world to get within earshot, but we can walk into our own jobs, homes, and even streets and hear the hopelessness, sadness, rage, and emptiness in our coworkers, neighbors, and family's voices. We don't have to allow our voice or words to mirror or echo back that same hopelessness, sadness, rage, and emptiness because we have treasured words that are stowed within our hearts, words that can heal, words that are of the Healer(God).

But there is a difference between turning a deaf ear to God and opening our ears to Him. Ignoring God does not bring the same comforting quietness or stillness present in his voice when we listen to Him. Ignoring the lost and hurt souls does not convey a comforting quietude or stillness either.

Listening doesn't make you powerless.

Luke 8:18 " Therefore consider carefully how you listen."

While you are still on earth, yearn for God to speak to your heart, and do not miss His yearning in your heart for when He wants you to speak those words to another's heart. He may want you to say it through a song, painting, book, sermon, podcast, seminar, post, or clothing brand.

God is listening to every moment that the delicate voice of a soul on earth drops into a mortifying scream in hell, but while we are still on earth, share His heart through your words so that the tumultuous echoing cries redeem into even louder rejoiceful shouts around the world.

Stash the Cash

By: Reverend Brett Connell

Last year, God had told me that we (personally) should not keep the majority of our wealth in the bank – the reason being that in the days ahead, the banks would not be stable. As a matter of fact, the banks already operate on a very unstable foundation. Nowadays they leverage the money that you deposit with them. When you deposit your check or otherwise put money in your account, the bank has the right to do whatever they want with your money because it becomes their ‘property’ at that point. They have an obligation to provide you with your requested dollar amount when you make a withdrawal, provided it’s within the scope of their terms and conditions – but in the meantime, they are loaning your money out to others with interest and even investing it in various stocks.

What happens to your money if they make some bad investment decisions, or if no one pays back their loans? The process is that your money is gone with their claim of bankruptcy, but then the FDIC (a federal agency known as the Federal Deposit Insurance Corporation) can step in and provide you with your total deposit balance up to \$250,000. This sounds all well and good, but it’s a process that takes time and lots of proof of documentation, and during the entire process you’re out of all your money.

Our grandparents used to hide their money under their mattress for a good reason. The banks had a major problem during the great depression and many people were locked out of their money, and their wealth was drastically reduced overnight. I’m not suggesting you stuff your cash in your pillow case or within a sock under your mattress – but it may be advisable, if your household environment reasonably permits it, to stash some hidden cash for emergencies.

In an emergency of various kinds, whether a nation-wide financial crisis or simply a power outage – many places will not be able to accept credit/debit cards. This includes online-based pre-paid card services like Cashapp, Paypal, Venmo, etc. I’ve seen it myself during power outages; the cashiers and tellers inform everyone that they can only take cash transactions. The majority of people leave frustrated, because so few people carry cash nowadays.

If you do choose to stash some cash in a safe and secure place, might I also suggest that you keep smaller denominations. Very few people will be capable of breaking your \$100 bill during an emergency. Rather, you may want to keep 1’s, 5’s, 10’s and a few 20’s. Having as close to the exact amount as possible is preferable during any transaction. Prayerfully consider if it’s in your best interest to have a portion or percentage of your total wealth outside the bank for access during emergencies.



Keep
Moving
Forward

Court of Contrition

Reverend Aaron Betz

God has been wooing His people into the Secret Place with Him. This place of intimacy contains all that we will ever need. There are courts or rooms in Heaven that reflect God's heart towards us in a special way. These places allow for special Secret Place encounters.

One of these places is the Court of Contrition. This is a place that God welcomes each of His children into in order to bring about inner breakthrough. In this place, our hearts are searched and exposed. Note that Romans 8:27 tells us that the Holy Spirit searches the minds and hearts. In this Court this search becomes one that God partners with you in. In this court, the Holy Spirit sends out His search light and brings you on a tour of your heart and mind.

The Court of Contrition is meant to allow you to move beyond certain strongholds in your life: to move beyond past hurts, blames and misunderstandings. There are Books of Remembrance that are active here. This place leads you into a greater surety of who you are in Christ and where you stand in Him.

Before we get to this surety, we need to identify if there are deep seated things in us that need to be removed. Some of us carry deep roots of darkness. Sometimes before this deep root can be plucked out, the ground around the root needs to be softened and the axe needs to be laid in different areas.

Hebrews 4: 12 For the word of God is living and active. Sharper than any double-edged sword, it pierces even to dividing soul and spirit, joints and marrow. It judges the thoughts and intentions of the heart.

As true with any Secret Place encounter, each person will have a different experience with God. We all need different touches from Him and different things revealed. These experiences often include special ministry, surgery, realignment, mending, and restoration. This restoration includes freeing yourself from any split off part of you that is not able to function in the plan that God has for your life. We can develop certain issues within our personality that we need to overcome.

We can also develop parts of ourself that are caught up in the all the wrong things. This causes us to be double-minded. In order to be healed from this we need to be freed to the point of seeing how God sees. This place goes a long way in allowing this to come to pass.

Ephesians 1:18-19 I ask that the eyes of your heart may be enlightened, so that you may know the hope of His calling, the riches of His glorious inheritance in the saints, 19and the surpassing greatness of His power to us who believe. These are in accordance with the working of His mighty strength



JESUS
NAME
ABOVE ALL
NAMES

Trauma: Understanding Negative Memories
Reverend Christopher Gore

There is nothing that God has created in our human bodies that is without reason and purpose. We think that having a repeated bad memory about an event that took place in our life is an attack from the devil. Is it really God kicking in our emergency maintenance system that will heal us when a trauma has taken place? Consider this.

If you observe that you are obsessed with negative, anxiety provoking memories from your past you should consider the truth that you may be emotionally stuck in the past. What this means is you did not heal emotionally from this event that took place in your life.

What we fail to realize is that there are parts of our brain that are alarm systems, anxiety systems, and instead of listening to those systems. We ignore them. We avoid them. Not realizing that God put these systems in place to protect us and cause us to seek Him for healing from our trauma. We need to process these traumas through the Holy Spirit and prayer.

When we have been sinned against by others it affects us on many different levels. On these levels can be found holes. Holes that get created in the way we look at the world. We can fall in those holes and get locked into negative mindsets. We often cannot see where the holes are, and we don't know how to fill the holes in. We don't know how to walk around the holes so our mind will not let us forget that there are holes. It's at this point you start having recurring memories. These are just our memories kicking in saying that there is a problem that we need to evaluate and get to the root of before we get stuck.

If you have had memories like this, you remember the trauma and your body in its effort to protect you causes you to feel anxious and negative. You can become triggered by anything. You're stuck back there in the moment these things happened. Your body is still reacting as if there's an emergency that could happen again because the hole has not been fixed. It doesn't matter if it was your fault the hole is there. That's irrelevant because the alarm system doesn't care. Like, when your smoke detector goes off, it isn't relevant whether it was your fault. The smoke detector just says that your house is on fire.

Our anxiety systems are like this. If they are tagging old memories with anxiety, then you have to do something about it or you will be tortured by those memories forever. You need to go back there and clean things up. You need to figure out, how did this happen? What sort of role did I play? Even if it's a minor role, that doesn't matter because the point is that you don't want to be stuck in the same position again. Anything you can do to strengthen yourself and heal emotionally is good. Our God is good. He thought of and placed everything that we need to survive in our being. We just have to listen.



Signs of Trouble in Your Walk with God pt. 3

Evangelist Kathryn Gore

4. Leaning on your own understanding - Proverbs 28:26 "Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered." If you are a person who leans toward your own understanding, this is a sign of trouble in your walk with God. Why? Isaiah 55:8-9 says, "For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts." Many of us fall short in this area. We lean towards what we think or feel instead of seeking the wisdom of God. I've gotten myself into trouble plenty of times behind doing this and bottom line, it brings confusion. If you really want the will of God, God is not going to allow for you to lean towards your own understanding 100% of the time. He is going to allow for certain things to come into your life that would make you question what you feel and hear in your spirit. It then becomes a tug-a-war, causing you to give up, to let go and let God. When God comes to make things right, you realize it was not what you thought at all. You receive wisdom on why God didn't want to go the way you thought. You start to learn to live by the proverbs 3:5-6 scripture that says, "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

5. Leaning on others to help you instead of God - As Christians, we fall into the trap of having someone else lead us along the way instead of God Almighty Himself. This is a trap from the enemy that would keep us from putting God first, allowing room for us to make a person(s) an idol. We need one another for encouragement and support. We need fellowship with one another, but we also need fellowship with the Lord. Walking with God is a tough road but God desires for us to have an individual relationship with Him. He desires intimacy. For years this was an issue in my life. God's grace and mercy stayed upon my life, but I could've had a deeper walk with God if I would've put the effort towards seeking Him and knowing His heart for things pertaining to my life as well as for the body of Christ. It is true to say God is longsuffering. He will wait as you develop what you need to develop along the road, but God considers this to be worshipping Him from afar. He's calling us to be to be like David, a man after God's heart. Other people mean well but they can't give you the answers, nor the understanding that you would need like the Father would. When the Father shares His heart with you privately, no one can take that away from you. You grow and desire the deepness of God. You become strong in the Lord.



**THE NAME OF
JESUS**



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Advocate

Bread of Life

Deliverer

Great High Priest

King of Kings

Messiah

Rock

The Word

Almighty One

Bridegroom

Everlasting

Holy Servant

Lamb of God

Prophet

Sacrifice

True Vine

Alpha and Omega

Chief Cornerstone

Faithful and True

Immanuel

Light of the World

Redeemer

Savior

Truth

Author

Christ

Gift

Jesus

Lion

Resurrection

Son of Man

Beloved Son of God

Counselor

Good Shepherd

Judge

Mediator

Risen Lord

The Way

Humility and Faith (Part 15)

By Theresa McGinnis

“How can ye believe, which rather honor one of another, and seek not the honor that cometh from God only?” -John 5:44

There are many times that we find ourselves feeling that we are looking through a store window at the blessings and promises of God; no matter how clearly we can see them, if we reach out our hand to take hold of them- we are separated from them by the pane of glass. We feel like we have something in between us hindering the true possession of His promises, this thing is sin, and sometimes that sin is pride.

God's promises are free and sure, the only thing that can hinder the blessings from being ours is something that hinders faith. John 5:44 tells us that it is indeed pride that makes faith impossible. Pride and faith can not abide together, but faith and humility are the same at the root. It is impossible to have more true faith than we have of true humility. We need to know that when we keep pride in the heart, it makes living in faith an impossibility.

When you think of faith, it is not of the confession of nothingness and helplessness. It is the acceptance of dependence on Christ, the knowing that we are incapable of doing anything unless grace allows us.

Humility is simply the disposition which prepares the soul for living on trust. And every, even the most secret breathing of pride- in self-seeking, self-will, self-confidence, or self-exaltation- is just the strengthening of that self which can not enter into the Kingdom or possess the things of the Kingdom, because it refuses to allow God to be what He is and must be- the all in all.

Faith will seek the glory that comes from God- that only comes from where God is all. As long as we are more interested in how “man” sees us and what “man” thinks of us instead of how God sees us and thinks about us, we can not receive the glory that comes from God. Pride renders faith impossible. Is it any wonder that our faith is so feeble when pride still reigns so much and we have hardly learned to long or pray for humility as the most needful and blessed part of Salvation?

Humility and faith are more nearly allied in scripture than many know. We can see it in the life of Christ. In Matthew 8:8,10 it tells us of a great faith. There was a Centurion who said, “I am not worthy that Thou shouldst come under my roof.” Jesus marveled at his humility and replied, “I have not found so great faith, no, not in Israel.” Another time a mother said to Him, “Truth Lord, yet the dogs eat of the crumbs.” And the Lord answered her saying, “O woman, great is thy faith!” -Matthew 15:27-28. It is humility that brings a soul to be nothing before God that also removes every hindrance to faith. Humility makes the soul fear that it would dishonor God by not trusting Him completely. We need to get rid of our selfishness and pride in what **we** did (instead of God through us), recognize that we can do nothing without Him and learn to give Him the glory for all that He has done!

Greater Works

Sis Grace Crescenzo

We all need to know that we are needed individually by God to accomplish what He has given us each to do down here on earth. And we all need confirmation, accountability, and encouragement at times to be sure that we are doing what HE wants in all areas of our lives.

However, we must not lose sight of what our main purpose is in these assignments.

To love God with all our hearts and minds and to love each other as ourselves. And in doing that, we will be modeling Jesus, as He was here on earth.

He came, suffered, died, resurrected, and sent His Holy Spirit to live in us so that we could do the works He did and more. He healed, delivered, taught, gave of Himself, and loved unconditionally. He made disciples of a few and trained them to do the same. They spread His Gospel, bringing the kingdom of God to many. His way resulted in multiplication. Not to gain a position.

Our highest calling is to do as Jesus did, the Father's will by way of His commandment above. We are here to bring others to Jesus, to share about Him, His Word, and make disciples, wherever we are, and whatever our position or place might be, with the gifts and callings He graciously imparts to us.

Each one of us will be different in the way we do the Lord's work, but we all need to have the mindset of duplication, like Jesus did!!! He needs to use each of us just the way He made us, doing our part!

As we all do our part that He ordained for us individually, there will be unity in the spirit.

As the Lord puts people in our path to teach, or train, they deserve our full encouragement and attention for them to be brought forth in His ways, so they can receive and become, and do even greater! This is the heart of God This should also be our hearts too!

He has created each of us differently. Therefore, we need to be who we are, and not like anyone else. Through our individuality we impart His love, teach of His Faithfulness, give His Hope to the hopeless, and His victory to the discouraged. In whatever we are called to do, we need to share Jesus in our lives with them and encourage them in their assignments and callings to do even more than they can imagine, because His Holy Spirit will be leading them!

Duplication to make "many sons" is the heart of the Father and needs to be our heart. Everything else is not important.

As we give our all to show those we are privileged to serve, Jesus' way of doing things, He will empower them to do "greater things"!

John 14:12-13, "Truly, Truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father."

The Meaning of Psalm 34

Reverend Astrid Sherriff

The book of Psalms is a collection of sacred poems that are praises and prayers to God.

Psalm 34 I will bless the Lord at all times; my lips will always praise him.² My soul rejoices in the Lord; the humble will hear it and rejoice. ³ Exalt the LORD with me; let us exalt his name together.

⁴ I sought the LORD, and he answered me, and he delivered me from all my fears.⁵ Those who look at him are radiant; His face is never covered with shame.⁶ This poor man cried out, and the Lord heard him and delivered him from all his troubles.⁷ The angel of the LORD is encamped around those who fear him, and he is there to deliver them.

⁸ Taste and see that the Lord is good; blessed are those who take refuge in him.⁹ Fear the Lord, you saints, for those who fear him lack nothing.¹⁰ The young lions are weak and hungry, but those who seek the Lord lack nothing.

¹¹ Come, my children, and listen to me, for I will teach you the fear of the Lord. ¹² He who loves life and desires to see many happy days, ¹³ let him restrain his tongue from speaking evil, and his lips from uttering deceit; ¹⁴ Let him turn away from evil and do good; let him seek peace and pursue it.

¹⁵ The eyes of the LORD are upon the righteous, and his ears are attentive to their cries; ¹⁷ The righteous cry out, and the LORD hears them, and delivers them from all their troubles. ¹⁸ The LORD is near to the brokenhearted and saves the faint-hearted.

¹⁹ The anguish of the righteous is great, but the Lord will deliver him from them all. ²⁰ He will protect all his bones, and not one of them will break. ²¹ Wickedness destroys the wicked; the enemies of the righteous will be condemned. ²² The LORD delivers his servants; those who take refuge in him will not be condemned.

Psalm 34 speaks to us of divine protection.

From verses 1-3 David was going through difficult times, he begins the psalm by declaring that God is worthy of our praise. We must never stop praising God, but it must be continually in our mouths. Praise is not based on our present circumstance, but on who He is. Praise him because he is good.

From verses 4-7, David was afraid, as believers we can also feel the same. We are limited and fragile beings, exposed to the afflictions of life. In the day of affliction, the best refuge is God.

In verses 8-10, God is good and those who trust in Him will never be ashamed. The source of our strength and joy is Jesus. God is good to those who trust in Him.

Verses 11-14 summarize how David teaches the fear of God.

From verses 15-18, David tells his men about God's justice to his own.

From verses 19-22 David tells us how God cares for His own.

FLU SYMPTOMS VS. COLD SYMPTOMS

Reverend Naomi Nichols

Here's how to tell which one is making you sick:

FEVER – Lasts 3 or 4 days with the flu and it's rare with a cold.

ACHES – Could be severe with the flu and mild with a cold.

CHILLS – You have them with the flu but rarely with a cold.

FATIGUE – Common with the flu and happens sometimes with a cold.

SNEEZING – Rare with the flu but more likely with a cold.

COUGH AND CHEST DISCOMFORT – Common with both but more severe with the flu.

STUFFY NOSE – Happens with the flu but more common with a cold.

HEADACHE – Common with the flu but rare with a cold.

SORE THROAT – Common with the flu but more likely with a cold.

TREATMENT OF THE FLU

* Rest at home.

* Drink plenty of fluids.

* These medicines work best when you take them 48 hours or less after your symptoms start: Tamiflu, Rapivab and Relenza. They can decrease the severity and duration of illness and may prevent serious complications related to the flu.

FLU COMPLICATIONS

- * Pneumonia
- * Sinusitis – Sinus infection
- * Ear infection
- * Bronchitis – inflamed bronchial tubes
- * Asthma flare-ups
- * Myocarditis - heart inflammation
- * Encephalitis - brain inflammation
- * Organ failure

WHEN TO GET MEDICAL HELP

- * Trouble breathing or shortness of breath
- * Pain or pressure in your chest or belly
- * Sudden dizziness or confusion
- * Severe vomiting

**Expectancy is the
atmosphere for miracles.**

Edwin Louis Cole

Juniper Berry Essential Oil

Nancy Connell

A couple weeks ago, there were a couple articles about swollen feet and ankles, and how you can help them and decrease the swelling. The last article was a couple recipes you could use for a foot soak and a messaging oil. In both recipes there was an oil called Juniper Berry.

It is a pretty neat oil because like other medicines, it can be used for so many different things. It may be something you will want to add to your collection.

When it comes to the swelling of feet and ankles, it is added into the recipe because it has properties as an antiseptic, anti-spasmodic, and anti-inflammatory.

It has been thought of a natural pain reliever. Which all is very useful for something such as swelling feet or ankles, even a back or legs, etc. But it also has been thought of as an astringent and has been used to stimulate warmth and boost circulation. So what better thing to use in a messaging oil that would help with the circulation and help reduce the swelling. Others have also used it for cold hands and feet. That might be something that would be handy to keep in your purse during those very cold winter days.

Along with stimulating circulation, it also reduces skin inflammation. So years ago, because of the antiseptic properties of juniper the berries were used as a disinfectant. So this made it beneficial to brighten dull skin and help with certain skin conditions, including acne, rashes, foot fungus, dandruff and cellulite, especially when used as an essential oil.

As an essential oil the Juniper berry has a woody, spicy, and resinous aroma. It can be used with a carrier oil and used for massages, in lotions, or in a diffused for an uplifting fragrance.

It is a lot like lavender in the sense that it can help you relax, but it also can help you focus. This is because the smell of juniper berries offers emotional support and reduce physical and emotional signs of stress. Juniper may have positive effects on relaxation responses in the brain when inhaled.

Here's how you can start to use juniper berry essential oil at home:

Aromatically: Juniper berry oil can be diffused throughout your home using a diffuser.

Topically: You should always first dilute juniper oil with a carrier oil like coconut oil in a 1:1 ratio before applying it directly to your skin. Mix several drops of essential oil mixed with 1 to 2 teaspoons of coconut or jojoba oil. Then massage it into any affected area. The oil penetrates your skin and passes into the bloodstream. Then it makes its way into different areas of the body for pain reduction and other therapeutic benefits.

WONDERFUL Son
Living Counselor
Water God
SAVIOR ADVOCATE
MIGHTY GOD
Almighty Lamb Redeemer
LORD of God HOLY
FATHER ONE
Jesus Christ



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