

March 10, 2024 thru March 16, 2024

INSPECTION



DAY OF VISITATION

New Thing

Evangelist/Pastor Barbara

Do you not feel the urgency of the hour? Do you not understand the fullness of time? There is no longer a sideline to stand on. It is either all in or not at all. The battle will rage, but My Glory is greater than the battle. Do not look at the circumstances; look to Me, the author and finisher of your life.

Every promise I have ever spoken is yes and amen. Those promises are coming to pass even as I speak. The windows of heaven have been opened, and I have been pouring out blessings you cannot contain. No weapon that has ever been formed against you prospered—those weapons built the character and integrity in you that was needed for such a time as this. {Isaiah 54:17} {II Corinthians 1:20}

We are in the end-time dispensation, and all things are being brought into fruition. My Son and all the Holy angels have been prepared for the great harvest and then the second coming. Ephesians 1:10 (ESV) is a plan for the fullness of time to unite all things in him, things in heaven, and things on earth.

Eye has not seen nor ear heard what I am doing in this era of church history.

I Corinthians 2:9 NKJV But as it is written: “Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which God has prepared for those who love Him.”

Let go of all those frustrations. Throw them into the abyss where they belong. I am not a God of frustration. Do not wade in the muddy waters one second longer, but come up hither, where you will sit at my feet, and I will shower the greatness of My Glory upon you.

I Chronicles 29:11 (ESV) Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all.

Hindsight is good, but do not look to the past. I am doing a new thing. Isaiah 43:17-19 (ESV) 17 who brings forth chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: 18 “Remember not the former things, nor consider the things of old. 19 Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.



God makes
all things new.

Acts 3:21

INSPECTION

Evangelist/Pastor Barbara

The Lord spoke and gave me the word Inspection. While studying this word, I discovered it means Day of Visitation of the Lord to each of His children.

Jeremiah 17:9-10 (KJV) 9 The heart is deceitful above all things and desperately wicked: who can know it? 10 I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

1 Chronicles 29:17 (KJV) 17 I know also, my God, that thou triest the heart, and hast pleasure in uprightness:

1 Peter 2:11-12 (KJV) 11 Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul; 12 Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may **by your good works**, which they shall behold, glorify God in the day of Visitation. {Inspection—Their Inspection by God.}

God tests hearts and minds. He creates circumstances and puts people to the test. If we pass the test, we go on to better things. If we fail the test, we must repent, learn, and face it until we pass it.

God tested the people of Israel in the wilderness after they left Egypt. Because most of them FAILED the tests repeatedly, they did not enter the promised land. Only Joshua and Caleb from that generation entered.

Hebrews 11:17-18 (ESV) 17 By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises was in the act of offering up his only son, 18 of whom it was said, "Through Isaac shall your offspring be named."

Whether you enter your destiny depends on whether you can pass these tests in time.

If you keep failing them until there is not enough time left to fulfill God's plan, you will never do what God intended for your life.

Sometimes, God tells us we will go through a test; sometimes, he doesn't. We must be determined to overcome every test, no matter what comes our way. God told us we were going through a Job experience. Most of us were unprepared for the intense tests along this journey, but we persevered and are ready for our day of Visitation.

God has been testing His children for a decade. Now, is the day of Inspection/Visitation, and God has come to inspect the hearts {did you pass or fail the tests?}



“ THEN I WILL BRING THE REMAINING
THIRD INTO THE FIRE;

I WILL REFINE THEM LIKE SILVER IS
REFINED
AND WILL TEST THEM LIKE GOLD IS TESTED.

They will call on my name and

I will answer;

I will say,

“THESE ARE
MY PEOPLE,”

and they will say,

'The Lord is my God.'"

ZECHARIAH 13:9

Jesus Christ said, 'I pray your
faith will not fail.' This means
your faith will be tested. What is
testing your faith right now?

So, I Got On My
Bathroom Scale
This Morning And
Let Me Tell You,
The Full Armor Of
God Is Heavy!
Hallelujah!

"Whispers From My Heart"
Title: His ways change our ways
Tianna Muiruri

Proverbs 20:30 " Sometimes it takes a painful experience to make us change our ways."

Sometimes that painful experience is when we finally face the reality that our ways are painful. What are these ways? You may be thinking. Well, one of them is exactly that- the way we think!

For example, let's say that the preceding statement makes someone feel insulted, offended, hostile, and skeptical. Then they take that feeling and use it as a measurement for their judgment and reasoning. Eventually, that judgment and reasoning influence their thoughts to oppose and not accept the truth in the statement. Taking it a step further, let's say that reliance on their understanding (thoughts) and not God's becomes a habit, and after some time, you start to give control to your thoughts, specifically sinful ones.

Once you give control to your thoughts, your thoughts will take control of you, and lead you down a painful path of your own making. In that moment, you can accept the fact that your way is painful or not. Accepting it will hurt for a season, but not accepting it will hurt forever.

Malachi 3:6 " I am the lord, and I don't change."

God doesn't need a painful experience to change His ways because His ways do not change. His ways are perfect. So when you do end up going through that painful experience, He is not going to go back in time to reverse it, and He is not going to let you go back in time to change what you have done while failing in your ways. However, He will be there with you to take that step towards change, transformation, and renewal. But, sadly, the world will also be there to tell you to take a step away from Him. Too often, when a nation, city, or town goes through a painful experience so that they can turn back around, repent, and cry out to God, they sometimes do the opposite, and then other cities and nations follow them. They end up stuck in the reality that God's ways are painful instead of facing the reality that it was their ways leading them into destruction.

Think of it this way: what is one painful experience towards change compared to countless painful experiences down the wrong path? We are so quick to curse God for that one painful experience, yet Christ was even quicker to become a curse for us to redeem us.

When you allow that painful experience to change your ways, when you finally start to walk the right path instead of the wrong path, you'll get to a point where you'll start to thank God. You'll thank Him that you never found peace in your old path, because if you did, then you would have probably not wanted to seek His better way. You'll start to thank God for the painful experience because, without it, you wouldn't have changed.

Gold's All-Time High

By: Reverend Brett Connell

If you've been following along with our informative posture on precious metals and the many ways in which we can preserve our wealth in the existing and soon-to-be financial storms, this week may have been a surreal wake-up call to you. Just the other day, gold hit a new all-time high. It peaked at \$2,171 per ounce, and this wasn't a one-time situation, either. Gold has gone up 6% in the past month, and 16% in the past year. We've been following this from the beginning and we advised that this was going to happen.

The price of gold is tied into your everyday affairs, and affects the cost of your grocery shopping and the price of services and goods. It's tied right into the costs of the bills you pay each month. What the value of gold does, whether it goes up or down, forecasts what is coming. When the price goes up its because people are losing faith in the financial system and they are flocking to the safe haven that is gold.

The purchasing power of your dollar is diminishing, and it takes more dollars to purchase the same goods. Yet the quality of our goods is suffering, because as it becomes more expensive to manufacture and ship products, the companies aren't willing to shrink their profit margins. They end up charging more money and using cheaper parts/labor so they don't take any losses in profit, and that lack of quality and higher expense is passed right onto us – the consumer.

If you had set aside old gold jewelry or converted some of your wealth into gold coins and bullion, you've just made a wise investment. When you can buy it low (earlier this year, gold was in the \$1,900 range) you've just watched your wealth not only be preserved, but increased. You just made an estimated \$250 for doing nothing.

The day may come when you can sell it for a very significant profit and then use those monies to take care of yourself and your loved ones during a crisis or event similar to the Great Depression.



**IF GOD PUTS A
GOLIATH IN FRONT
OF YOU, HE MUST
BELIEVE THAT THERE'S
A DAVID INSIDE OF
YOU.**

Aiding with Inspection

Reverend Aaron Betz

God has let us know that we are in a season of {Inspection}. The results of our testing are soon to be revealed. Now more than ever, we must step up to the plate and prepare ourselves for the truth: The truth of where we are at, what we have (or have not done), and what may still be in us. There is a court in Heaven that is set up to allow us to see things as they are: to see what is really in our hearts. This place is called the Court of Contrition. In his place, the Holy Spirit partners with you and allows you to take a tour of your heart.

1 Samuel 16: 7b ESV For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.”

This court is meant to bring you to a place to move beyond certain strongholds in your life; to move beyond past hurts, blames, and misunderstandings. Each person will have a different experience within this place. This experience does often include special ministry, surgery, and works of restoration. This place is set up to allow us to move beyond any darkness, compromise, and doublemindedness.

God is trying to get us to the place of knowing who we are in Him- this can only happen if we have all deceit and deception removed from us. In the Court of Contrition, there is an anointing to soften our hearts. Prepare to gain a deeper understanding as to why certain things remain in your life. Pinpoint certain things in your life, answer questions such as: are you dealing with a godly burden, consequence, or an ungodly burden?

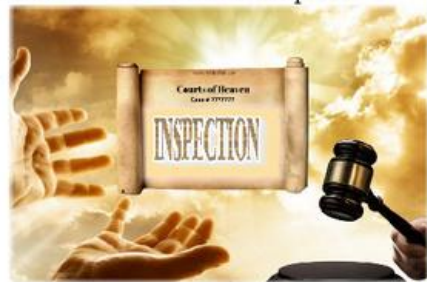
Psalms 51: 16- 17 For You do not delight in sacrifice, or I would bring it; You take no pleasure in burnt offerings. 17The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, You will not despise.

Note that Romans 8:27 tells us that the Holy Spirit searches the minds and hearts. Well, in this Court this search becomes one that God welcomes you into. This place acts as a tour of your heart and mind.

Some of us are still carrying 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. What blocks are remaining in you? Is pride getting in the way from seeing the truth? Is condemnation keeping you in a state of stalemate? Rely on the Holy Spirit to host your experience in this place and work with God in this place.

Allow Him to put scriptures on your heart so that you can defeat the lies and misunderstandings with the truth.

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.



Keepers of the Stuff –Unwanted Gifts in the Body of Christ... Part 2

Reverend Christopher Gore

In further discussing Jesus and His operating in the manifestation of the “gift of helps” and the “gift of administrations” we see that God took these giftings very seriously. Our view point and perspective in the Body of Christ possibly can come from a misunderstanding of the story of Mary and Martha. Let’s look at this story.

“40 But Martha was very busy and distracted with all of her serving responsibilities; and she approached Him and said, “Lord, is it of no concern to You that my sister has left me to do the serving alone? Tell her to help me and do her part.” 41 But the Lord replied to her, “Martha, Martha, you are worried and bothered and anxious about so many things; 42 but only one thing is necessary, for Mary has chosen the good part [that which is to her advantage], which will not be taken away from her.”” Luke 10: 40 – 42 [AMP].

As we break this story down between Martha and Mary it is easy to see where the “Body of Christ” does not fully comprehend what Jesus is saying to Martha. At times the “Body of Christ” uses this passage of scripture to skirt their responsibilities. I do not believe Jesus was saying to not serve and not help. I believe that Jesus knew of the importance of serving and helping. He was not downplaying this. He was emphasizing serving and helping but the need to do it without the worry, the bother, and the anxiousness that Martha displayed.

Martha did not understand that while Jesus knew these things needed to be done and taken care of, the attitude in which they were done was equally as important. Jesus gave Mary credit for seeking to sit at His feet and gain the knowledge and insight she needed and for which Mary was hungry. Jesus commended Mary for choosing to not be worried, bothered, and anxious but nowhere in this story does Jesus say that serving was not to be done. Here comes the error of the “Body of Christ”. The “Body of Christ” glorifies the front-line ministry of preaching, teaching, prophesying, laying on of hands, etc and does not promote the importance of cleaning the bathrooms, sweeping the outside of the Church, doing maintenance work etc. in God’s house. When you look at the Old Testament there were people in the priesthood who did everything.

“2 Also bring with you your brethren of the tribe of Levi, the tribe of your father, that they may be joined with you and serve you while you and your sons are with you before the tabernacle of [b]witness. 3 They shall attend to your [c]needs and all the needs of the tabernacle; but they shall not come near the articles of the sanctuary and the altar, lest they die—they and you also. 4 They shall be joined with you and attend to the needs of the tabernacle of meeting, for all the work of the tabernacle; but an outsider shall not come near you.” Numbers 18: 2 – 4 [NKJV].

Come back next for more on Keepers of the Stuff – Unwanted Gifts in the Body of Christ.

Great Is Your Faithfulness

Evangelist Kathryn Gore

Earlier this week while stuck in traffic, I had the song "Freedom Reigns" by Jesus Culture blasting through my speakers! Towards the end of the song, Kim Walker sang a hook repeatedly that just pounded within my soul. As she sang what appeared to be simple words, I literally felt the lyrics fall deep within my soul to the point I had to pause and say, God I don't think we understand what this means.

What did she sing that made me have a moment of awe? These simple words, "Great is your faithfulness". It was as if the spotlight was on those words for the moment that made me think, wow. I really believe we take the faithfulness of God for granted.

As she sang, the spirit of God had me focus in on one word, "great", and suddenly, I understood God to be bigger than what He was the days before. The word great was pounding into my soul in such a way that I can only describe to be similar to one taking a shovel, digging up the hard ground, making room for a deeper truth.

The word "great" is explained as 'of an extent, amount, or intensity considerably above the normal or average'. Do you understand what this means? The faithfulness of God is upon our lives in a very large capacity. In other words, God's faithfulness is considered to be "gigantic, expansive, monstrous, a significant amount" the rest upon our lives. WOW!

Faithfulness is a characteristic of God's ethical nature that denotes His firmness or constancy in His relations with men, especially with His people. Faithfulness is also a relation between God and Israel, based on the covenant and the commandments. Faithfulness is a derivative of the Greek noun meaning "faith", which implies trust and loyalty.

There's a loyalty to God that we too take for granted. God carries a true, honest, pure commitment to those who belong to Him. Ask the Israelite children who dishonored and mistreated God. But what did God do? He chose to love them and remained faithful through it all. He honored the Covenant even when they did not.

Though faithfulness and loyalty fall under the same umbrella, there could be a difference between the two.

In research, I found the following:

- Loyalty refers to a sense of commitment or devotion to someone or something. It involves staying true to your word and standing by someone's side even when times get tough.
- Faithfulness is more about being true to your values and beliefs. It involves being honest and trustworthy, and not betraying someone's trust.
- Loyalty is based on past experiences and actions, while faithfulness is anchored in the belief of consistent behavior in the future.
- Loyalty is a strong sense of allegiance or support, often demonstrated through actions and commitment, while faithfulness is the quality of being consistently reliable, trustworthy, and dedicated in one's relationships or obligations.

Lamentations 3:22-23 The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

There's a loyalty to God that we too take for granted. God carries a true, honest, pure commitment to those who belong to Him. Ask the Israelite children who dishonored and mistreated God. But what did God do? He chose to love them. He remained faithful through it all.

WHAT I KEEP IN HOME Part 2

The old-time common sense.
Reverend Elizabeth Cassutto

Other Tips

PC - I don't open online attachments or PDFs if I don't recognize the sender's address, know them, or do business with them. Millions are hacked this way.

I don't respond to unsolicited phone calls unless I know the caller and recognize the ministry, number, or service. If they're legit, they leave a voicemail or an email or send something in the mail.

Never give out personal info - if you don't know the caller. Legitimate business and government agencies (Medicare, Doctor's offices, banks, schools, credit card comp.) will send info in writing, or they have your email address already, and you've received correspondence before. Even email saying "there is something wrong with your account -contact us". Don't fall for scams.

This is why voicemail is good. You can scan the calls and check where the call is coming from. No need to talk to telemarketers or scammers. All they want you to say is, "Why yes, this is Mrs. Smith".

If they get your name and birthday, that's it. They got your social, your account, and your address. 21 million illegals have entered the country, and social security numbers, bank info, and addresses are a hot money market now. Be wise. If you have questions, hang up, go to the bank yourself, or dial their number from your statements.

Dollar Store Finds

At the Dollar Stores, buy a few bottles of Hydrogen peroxide, a few boxes of baking soda, jars of lemon juice, a box of Borax, clear vinegar, and Witch Hazel...to name a few. You'll spend a lot less money getting these items here than in grocery stores, and it is safer for you and the home. Go online and see the hundreds of uses.

Most of my generation grew up watching their mothers wash laundry with vinegar and borax, castile soap. It took out every stain known to man with no harsh chemicals for the body or for the washing machine, or for the pipes. YouTube has many uses for all of these products. Safe and effective.

Before teeth whiteners were on the market - know what grandmothers used? They mixed a little bit of baking soda with hydrogen peroxide. Just a few drops for a white smile, fresh breath.

Do you know if you gargle with a drop or two of hydrogen peroxide - it's much more effective than anything else? It's a natural antibiotic that kills all germs. (Just don't swallow it. I put 1 cupful to 2 parts H₂O. Swish it around, gargle, spit). There's MD evidence many people get rid of colds and sore throats more quickly or can even ward them off this way.

Manufacturers want you to buy their products - more expensive with lots of ingredients (labels), vs. the \$1.00 stuff your grandmother used.

Stay tune next week for part 3 for the conclusion

Problems of the Tongue

By Theresa McGinnis

Every one of us has 7 openings in our head, the number in scripture which often denotes completeness. We have three pairs of openings: two ears, two eyes, and two nostrils. The seventh opening was restricted to one- the mouth. God was so wise in doing this because one is hard enough to control. This one opening causes us more problems than all the other six together. Psalm 34:11-13 tells us, "Come, my children, listen to me; I will teach you the fear of the Lord. Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from speaking lies." The inspired Word of God offers to teach us, as God's children, the fear of the Lord. When the scripture offers to teach us the fear of the Lord, it is offering something of infinite value and worth. The psalmist tells us here that "life" and "many good days" go along with having the fear of the Lord.

Life in its fullness and the fear of the Lord are always associated together. It is the measure in which we have the fear of the Lord, that is the measure in which we enjoy true life. You might ask where the fear of the Lord begins? The psalmist says, "Keep your tongue from evil and your lips from speaking lies." This is one of the first things that we need to gain control over. The fear of the Lord, life, good days and the proper use and control of our tongues and our lips are all bound together. We cannot really have good lives if we do not control our tongues and our lips. Proverbs 13:3 says, "He who guards his lips guards his soul, but he who speaks rashly will come to ruin." Your soul is your whole personality. Your soul is the real you. This is the area where weakness will be manifested first and where the enemy will gain access first. If you want to guard your soul, you must first guard your lips. The Word tells us that if we speak rashly, we will come to ruin. All through the book of Proverbs it is full of these principles. Let's look at Proverbs 21:23, "He who guards his mouth and his tongue keeps himself from calamity." Once again you must protect your mouth and your tongue. Now look at Proverbs 15:4, "a wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit." This indicates that the tongue could need healing. The tongue is one area in which every sinner offends, and therefore must be healed. The perverse or improper use of the tongue is a breach or a leak in the spirit. You must keep a tight reign on your tongue if your hope to be able to contain the blessing of the Lord. It is one thing to be blessed, it is a totally different thing to contain that blessing. The healing of the tongue is a tree of life that brings life to us and to others. It works inwardly and outwardly. Proverbs 18:21 says, "Death and life are in the power of the tongue, and those who love it will eat its fruit." Life and death are both in the power of the tongue. Used properly, it is like a tree of life. Used improperly then we bring death unto ourselves. The fruit of the tongue is either bitter or sweet, what type of fruit will you eat? The tongue is the decisive member, and death and life are in the power of the tongue.

Why We Should Glory in Tribulation

Sis Grace Crescenzo

God, in all His wisdom, knew that there sometimes have to be a means to a certain end. To develop something, there is usually a process. It could be a long-drawn-out process or a quick process, or somewhere in between. There must be a beginning to be able to have an end here on earth.

Negative and positive create energy. Without this a battery does not work, motors would not run, most things are energized by and through this process.

Without problems/trials, there are no solutions. Without pain of some kind, there is no healing.

Without difficulties, there is no growth or understanding. Without confusion, there is no searching for truth. Without chaos, peace would not be pursued or valued.

Without questions there are no answers to be obtained or revealed. Without heartache or sorrow, there is no compassion or development of love. Without sadness there is no joy to be found or embraced. Without the existence of hatred or anger or rejection, there would be no love to be sought, found, and obtained/sealed in the heart.

Without the hatred, anger or rejection of many, that caused Jesus' suffering, torture, and death, there is would have been no cross, no forgiveness or resurrection for us/mankind!

Without a cost/price there is no gift or item purchased. Without the cost/price that the Father paid by sending HIS ONLY Begotten son and the price/cost that Jesus willingly paid on the cross, there would be no salvation purchased for us to be saved, healed, and delivered. No abundant living life of holiness, joy and love to be had.

Without Jesus going away, leaving this earth and ascending into heaven (Ascension), there would be no Holy Spirit of God sent to us, to live in and through us, guiding us, comforting us, pouring His anointing and fullness in us, enabling us to complete our destiny which is written in the books of Heaven.

If you follow line by line, we can match everything written above with our life as it unfolds on earth. And apply it to each situation we will face in this life. No one escapes the walk, but because of the finished work of the Cross of Jesus, we get to choose our outcome in every situation, thereby choosing which road we take at every turn. We can choose the way... satan's way, our way, or choose the Father's way by accepting and embracing His son, Jesus Christ in our hearts/life, (forgiveness, healing, and deliverance), and the help He provides ongoing in HIS Word, (the roadmap that He graciously gave us), and HIS HOLY Spirit sent to us, to live in and through us, guiding our way through all this muck and mire life brings... And IF we allow HIM, HE shows us the way and guides us into His Kingdom on earth as it already is in Heaven!

What HE has done... All the Glory and the Honor to HIM!!! Read Psalm 96, and 1 Chronicles 16:23-33. Let us Praise His Name Forever! pg12

God Has Given Us Victory

Reverend Astrid Sherriff

In Matthew 7:7-8, "Ask, and it will be given to you; seek and you will find; knock and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it is opened.

When we cry out to God, He hears our prayers but does not give Victory in our times of trial. Sometimes, everything becomes difficult for us when the enemy attacks us, but God is always with us. He tells us Hebrews 13:5: Keep yourselves free from the love of money and be content with what you have, for God has said, "I will never leave you, I will never abandon you."

1 John 5:4-5 For everyone who is born of God overcomes the world. This is the Victory that overcomes the world: our faith.5 Who is it that overcomes the world but he who believes that Jesus is the Son of God?

Victory is the superiority demonstrated in a fight by defeating an opponent. Christians are called to "fight the good fight," which has Victory assured in advance.

In Christ, we are "more than conquerors." Christians face daily struggles as people and as children of God.

We must demonstrate superiority in every situation, but the most crucial Victory we must achieve is spiritual Victory. We have three categories of Victory: the Natural victories that lead to Victory over natural life situations.

Proverbs 24:10 He who yields to trouble shows neither strength nor character.

Proverbs 24:6 So do not go to war without wise counsel; Victory depends on having many counselors.

In Spiritual Victory, we have Victory over the world and sin.

1 John 5:4 For all that is born of God overcomes the world: and this is the Victory that has overcome the world, our faith. Victory is the successful end of a struggle.

Our Trust in the gospel gives us Victory over sin and the world. That is, to trust in the Lord Jesus as contained in the gospel. It is the ultimate Victory over sin and Death; it is the day of the transformation of our body to live forever.

1 Corinthians 15:53-57 For our mortal bodies must be transformed into bodies that will never die; our mortal bodies must be transformed into immortal bodies. 54 Then, when our mortal bodies have been transformed into bodies that will never die, the following Scripture will be fulfilled: "Death is devoured in Victory. 55 O death, where is thy Victory? O death, where is thy sting?" 56 For sin is the thorn that ends in Death, and the law gives sin its power. 57 But thank God! He gives us Victory over sin and Death through our Lord Jesus Christ. The most significant Victory is against the enemy.

WHAT TO KNOW ABOUT CHARLEY HORSES

Reverend Naomi Nichols

A charley horse is a muscle spasm that suddenly tightens up on its own and can't relax. It's common in your legs and feet and can last from seconds to minutes and easily happen when you're sitting still or sleeping.

CAUSES

- * Working your muscles too much or not stretching enough before exercising
- * Being active in high temperatures resulting in dehydration
- * Lack of magnesium and/or potassium in your diet
- * Kidney disease
- * Diabetes, thyroid, liver or nerve disorders
- * Certain medications
 - * water pills such as Lasix and hydrochlorothiazide tend to lower sodium and potassium
 - * meds for myasthenia gravis such as Prostigmine
 - * meds for angina and high blood pressure (Procardia)
 - * osteoporosis treatment (Evista)
 - * asthma meds such as albuterol (Proventil, Ventolin) and terbutaline (Brethine)
 - * Parkinson's disease treatment (Tasmar)
 - * statin meds for cholesterol (Lipitor), (Lescol), (Zocor)

TREATMENT

- * Calf or back of your thigh (hamstring) - Put your weight on the affected leg and bend your knee slightly. Or sit or lie down with your leg out straight and pull the top of your foot toward your head.
- * Front of your thigh (quadriceps) - Hold on to a chair and bend the knee of the affected leg and pull your foot up toward your buttock.
- * Foot pain - If you're sitting or lying down, stand up and put weight on your cramping foot. Hold onto something so you don't lose your balance. Flex your foot and toes, lifting them upward toward your nose. If you are standing, walk on your heels. Stretch the muscles by grabbing your foot with your hand or wrapping a towel, necktie or belt around the ball of your foot and toes, pulling the foot further up toward your nose.
- * Over-the-counter pain reliever like ibuprofen can help ease any remaining aches.

**I CALLED YOU
TO WIN SOULS
NOT
ARGUMENTS**



The Blood of Jesus Takes the Witness Stand in the Courts of Heaven – Part 1 Jesus Blood Speaks

Nancy Connell

After God had me take my blood to the Courtroom, then He said to me, "Call My Son's Blood to the Witness stand." At that time, I had no idea what amazing change would take place in my life, and it was still taking place. It was not until after all this had happened that as I sit at His feet or keep my eyes open to things He continues to show me throughout the day, it is clear how much we do not understand the LOVE, the power, the authority, the gifts that God has given us, new doors opened, the superior tool and so much more, that is given to us with the Blood of Jesus.

It is not that we haven't been taught because, believe me, if you are a part of The Lighthouse Inc. Church, God has taught you about His Son's blood, and you have sung about His Son's blood. In the next few articles, I would love to share different things pointed out to me through this time with God and dealing with things in the courtroom pertaining to the blood and the blood of Jesus. I hope this may be a reminder to you or even a new nugget of revelation that will spark more.

What does the blood of Christ speak to God? First, you must understand that the Blood of Jesus has a voice and speaks volumes. In the Courtroom of Heaven – Hebrews 12:24 says: "And to Jesus, the Mediator of a new covenant; and to **the blood of sprinkling**, which **speaks** something better than that of Abel."

Abel's blood speaks to God for accusation and vengeance (Gen. 4:10-15), whereas **Christ's blood speaks to God for forgiveness, justification, reconciliation, and redemption.**"

The blood of Christ powerfully speaks to God of forgiveness, justification, reconciliation, and redemption for us, and that's not all; the blood - the new and eternal covenant, has been enacted, and in this new covenant, **God must give Himself and all His blessings to the believers in Christ** who receive this covenant out of faith.

Just before Jesus went to the cross to die, He told the disciples in Matthew 26:28, "For this is **My blood of the covenant**, which is being poured out for **MANY for forgiveness of sins.**"

In the articles ahead, we will look at the Blood of Jesus and what it speaks, not necessarily in this order: Forgiveness, Removal of the burden of sin and Washing sin away, Salvation, Power and Authority, Adoption back into the Kingdom, Covers you so that you can enter into the most Holy Place with Confidence – before God – in Heavenly places, Protection, Healing, Wholeness, Peace, Freedom, Victory, Washing of the Mind/Conscience, Gifts from God through the Blood – AGAPE UNCONDITIONAL TRUE LOVE, Biblical Rights as Children of God, Your value, The Seven Place Where Jesus Bleed for you and what it speaks for you, and so much more.

The Red Letters... The Life of Jesus Christ - the journey of the Blood of Jesus Christ when its voice spoke the greatest story of all – LOVE – Where Love Ran Red... at the Cross ... love won our victory, and we received forgiveness of sin so that we may live again for eternity in Heaven, but you must have FAITH to BELIEVE... THAT BLOOD WAS SHED FOR YOU because God LOVES you! pg 15

THESE TRIALS ARE ONLY TO
TEST YOUR FAITH,
TO SHOW THAT IT IS
STRONG AND PURE.
IT IS BEING TESTED AS
FIRE TESTS
AND PURIFIES GOLD,
AND YOUR FAITH IS
FAR MORE PRECIOUS
TO HIM THAN MERE GOLD.
SO IF YOUR FAITH REMAINS STRONG
AFTER BEING TRIED BY FIERY TRIALS,
THEN IT WILL BRING YOU MUCH
PRAISE AND
GLORY AND
HONOR ON THE DAY
WHEN
JESUS CHRIST IS REVEALED **1 PETER 1:7**
TO THE WHOLE WORLD.



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