

ekklesia

A Magazine Published by Christians for Everyone

Issue 14, Volume 2 October/November/December, 2015 \$4.95

**Segregated Churches
Remain The Norm In
The United States**

**The Seven
Spirits Of God**

**The Weapon
Of Confession**

**The Pruning
Season**

**New Dawn Missionary
Baptist Church
Appoints A Female
Senior Pastor**

Tamara Doss

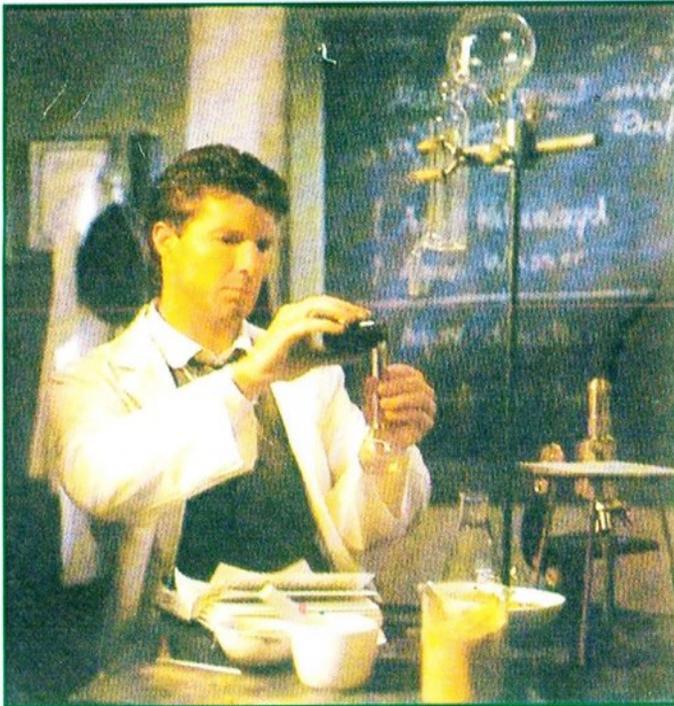
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Ekklesia

A magazine published by Christians for everyone

Published by Ekklesia Publications, Inc.

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WHO WE ARE

EKKLESIA PUBLICATIONS, publisher of Ekklesia magazine, is a none denominational publication, and an International publication that provides refreshing, scripturally based articles and stories for the United States and beyond. Our editors and columnists' works are Christ-centered and reflect the core beliefs of the body of Christ

OUR MISSION

Our mission at EKKLESIA PUBLICATIONS is to produce high-quality, biblically based publication that is inspirational, practical, and educational. More-over our endeavor is to introduce new ministries as a supporting vehicle, encouraging Christian writers to share their material for publication in Ekklesia to strengthen, support, and challenges our family of readers spiritually and academically

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As Christians, we have been blessed with God's Spiritual influence to teach us His Word. Hence we can understand parts of the Bible by looking to passages that have the same words or ideas, and meanings in them.

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As I reflect last night over the wonderful things that happened this year, a wave of sadness came over me. During this year several friendships have dissolved

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Editor's Notes: My family is poor and I am the least...



When it became clear to me that I should give more attention to my calling counseling, I came up with several reasons why it would be difficult or impossible for me to fulfill that assignment. I thought about how people especially friends and family would respond to me talk about saving children from sexual abuse and reaching out to women in abusive relationships. I thought about my own personal past struggles and if people would believe me. Although I saw in the scripture that His grace is sufficient for me to do whatever He commissions me to do but I just could not take the first step. It was just too big to even accept. I struggled with if I was good enough or not and it took me years to fully walk in that path. The peace of obedience can only be imaged. I have learnt that God doesn't need anyone to approve of you before He would use you. You are good enough for Him just the way you are.

This was how Gideon felt (not good enough) when God visited him and told him He was going to deliver the children of Israel from the Midianites through him.

And the Lord looked upon him, and said, Go in this thy might, and thou shalt save Israel from the hand of the Midianites: have not I sent thee? And he said unto him, Oh my Lord, wherewith shall I save Israel? behold, my family is poor in Manasseh, and I am the least in my father's house. Judges 6: 14-15

God had earlier addressed Gideon with a title that directly contracted his current situation, "Thou mighty man of valor." I like to guess that Gideon would have chuckled in disbelief and go "are you referring to me?" just like I did then. "Yes, you mighty man," the Spirit would have replied. The truth is, if we want to know who we really are then we have to look through the eyes of God, His word. Our circumstances and experiences do not define us.

Having heard the 'headline' of his assignment, you would notice that he didn't say he would not go but he quickly started to list all the reasons why that may not be possible (poverty and being the least). But you see God doesn't see how mistakes and our past when He chooses us for an assignment. Whatever we may have gone through our how people judges us because of how situation does not alter His plans for our lives.

This is how it was for Tamara Doss, a woman chosen by God for a special assignment. There were odds at the start of the journey but she didn't allow that deter her. God then blessed her with a husband who also supports her calling. Whatever God has called you to do be assured that He has made all the necessary provisions in place. Obey and Trust Him.

One article that is sure to bless you is, The Pruning Season by Mavo, no matter how good you are pruning is often necessary for us to grow well and bear fruits. I am also excited that you will be reading about how you can recreate your world by confessing the word of God. Muriel Gladney writes about how much God cares about our hearts and desires that we stay in turn with Him always.

Don't just read alone, pass it on to a friend and recommend it.

Shalom.

Emike Oyemade
Deputy Editor-in-Chief, and
Author of three books (emikeoyemade@gmail.com)

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Segregated Churches Remain The Norm

By Adam Parker and Jennifer Berry Hawes, *Post and Courier*

In a scene from the movie "Lincoln," a Democrat arguing against passage of the 13th Amendment derisively mentions the idea of interracial marriage to ridicule the legislation that would abolish slavery

A century-and-a-half later, as an African American president is inaugurated for a second term, interracial unions still are relatively rare.



And faith groups may be part of the reason Americans still find it so difficult to transcend race and ethnicity in matters of the heart, new research indicates.

Believers played a major role in the civil rights movement, but the voluntary segregation still found in houses of worship on Sunday mornings appears to limit the likelihood non-Hispanic white Americans will date, much less marry, a black, Hispanic or Asian partner.

In one national study of dating practices, researchers found those who attended church most often were far less likely to have dated someone from another race.

And in a separate study of more than 12,000 people who were or had been married, only Catholics were significantly more likely than people from other traditions to cross significant racial or ethnic boundaries.

"Segregated churches breed segregated lives," says researcher Samuel Perry of the University of Chicago.

Segregated Pews

Churches are still one of the least likely places white, black, Asian and Hispanic Americans will encounter one another.

Pew's 2007 American Religious Landscape Survey found non-Hispanic whites made up more than 9-in-10 members of mainline Protestant churches and more than 8-in-10 members of evangelical Protestant churches; while more than 9-in-10 members of historically black churches were non-Hispanic blacks. Nearly 3-in-10 Catholics

were Hispanic, compared with just 3 percent of mainline Protestants.

Research finds that being in a church with few or no members of another race makes a difference in choosing romantic partners.

About half of people who attend church once a year or never said they had dated interracially; just 27 percent of respondents who attend weekly or more reported dating a person of another race, according to a study using data from the 2007 Baylor Religion Survey.

Those who attended multiracial churches, however, were more likely to have dated a person of another race, Perry reported at the recent annual meeting of the Society for the Scientific Study of Religion.

He reports similar findings regarding attitudes toward marriages in a forthcoming article on "Religion and whites' attitudes toward interracial marriage with African-Americans, Asians and Latinos" in the *Journal for the Scientific Study of Religion*. (There are differences of opinion over whether Hispanics should be classified as a racial or ethnic group. The U.S. Census Bureau is considering reclassifying Hispanic as a race rather than an ethnicity.)

It is more than just a matter of churchgoers having less contact with people of other races, according to Perry.

"Just as important, however, is the fact that religious communities develop cultural boundaries that define who is and is not 'like us.' Due to less interaction with mixed-race couples, attendees of more segregated congregations will likely have a narrower vision of what constitutes an 'ideal' romantic match than persons in integrated faith communities," he writes.

Walking The Walk

It is not religion in itself that is to blame, the research indicates.

People with no religious affiliation were not statistically more likely to be in intermarriages than evangelical or mainline Protestants or people from other religions, researchers from Baylor University reported at the Society for the Scientific Study of Religion meeting. Joshua Tom and Brandon Martinez analyzed data from more than 12,000 ever-married persons in the 2002 National Survey of Family Growth.

The only exceptions were Catholics. Catholics were almost twice as likely to be in

intermarriage and Catholics who attend services more frequently were slightly more likely to be in intermarriage, the researchers found.

"The growing Hispanic population probably has a lot to do with it," Tom said. Researchers said Catholics also are more likely to attend the nearest parish than choose a congregation from a larger area to be in a more homogenous group.

In his research, Perry found that whites who more frequently engage in devotional practices such as prayer and reading sacred texts were more likely to interracially date and to be more supportive of interracial marriage.

The relative lack of interracial romance among churchgoers in racially homogenous congregations is "far more about racial segregation" than an inherent defect in faith traditions. "I don't find that at all. In fact, I find the reverse," he said. Perry's advice to pastors seeking to promote a society where love transcends race includes considering devoting a Sunday or a couple of Sundays to talk about the evils of prejudice. And to ask their flocks: "Are you walking the walk" of building bridges that cross boundaries.

Reflecting on prejudice in our time may be pretty good advice in general.

There is a tendency in watching movies such as "Lincoln" to look back at historical struggles against evil with a sense of moral superiority. In this awards season, as honors are heaped upon the movie depicting the politicking necessary in the 19th century to produce social change, it may be helpful to consider how far we still have to travel on the journey to equality.



Reach Adam Parker at 937-5902. .

The Holy Spirit Is Real!

By Major (Rtd) Paul Ordia



It is sad that many Christians are living and walking in the Christian faith without the consciousness of the Holy Spirit, yet the word of God is very clear in 2Cor5:17 “therefore if anyone be in Christ, he is a new creature; old things are past away, behold ALL THINGS HAVE BECOME NEW”!

This is the key to the door of eternal salvation for the child of God anywhere in the World and at the Spirit realm. This is one of the greatest mysteries for every Believer.

The Holy Spirit, who is the Chief Executive Officer of the God-Head, is at the center of this mysterious regenerated spirit of the Child of God. Therefore to be filled with the gift of the Holy Spirit is the greatest blessing a Child of God can ever experience throughout his sojourn on the earth as an Ambassador of Christ on the order of Deuteronomy 34:7

No true child of God must die before the age of Moses! 120 years should be the genetic age of every believer (Genesis 6:3).

The Holy Spirit is neither a dove, flame, falling nor a feeling. The Holy Spirit is a PERSON who came to dwell in your inner man at your NEW BIRTH 2cor5:17. If you move right now into the eastern corner of your bedroom, where your altar is located, raise your hands well above your head (Exodus17:11) and tell the Holy Spirit how much you love him.

“Sweet, sweet, sweet holy spirit (3ice) Fill me afresh (7times Eyes Closed)

Then with full concentration repeat the following: “I love Jesus, I love Jesus, I love Jesus” (3ice). From the bottom of my heart. All the days of my life, To my 7th generation, I see divine favor in my life today, I see it in my future, I have stepped Into my preordained destiny in Christ Jesus Abba father take all the glory in Jesus most holy. Name amen”

The Holy Spirit responds instantly and dwells in you!

Please note that as a child of God, you must consciously take the vow of chastity. In other words you must be inherently holy, sanctified and separated (Jer 1: 5). No earthen vessel can be used by the Holy Spirit if you live in the world ruled by Satan (2 Cor 4:7).

Satan is as old as the earth and he has his own kingdom populated by his own cohorts and millions of demonic spirits roaming the earth looking for whom to kill or steal into his kingdom and destroy but Christ has come that we might have life and that we might have it more abundantly, PRAISE GOD (John 10:10)!

The Holy Spirit is not only the will of God in action; he is also Jesus Christ! When you identify your roots in the Supernatural as my Father in the Faith Bishop (Dr) David Olaniyi Oyedepo teaches us at Word of Faith Bible Institute (WOFBI), you are Wind and A Joint Heir with our Lord and Savior Jesus Christ (John3;8, Galatian4:7).

See also John8:23, Galatian2:20 encapsulates who you are when the Word of God

says you are crucified with Christ, you died with Christ, was buried with Christ and you descended into hell with Christ, resurrected with Christ on the third day and you are now sitting with Christ in heavenly places far above all principalities and powers. The life you live is no longer yours but Christ lives in you, you live only by faith in flesh for the son of God who loved you so much to lay down his life for you. Glory!

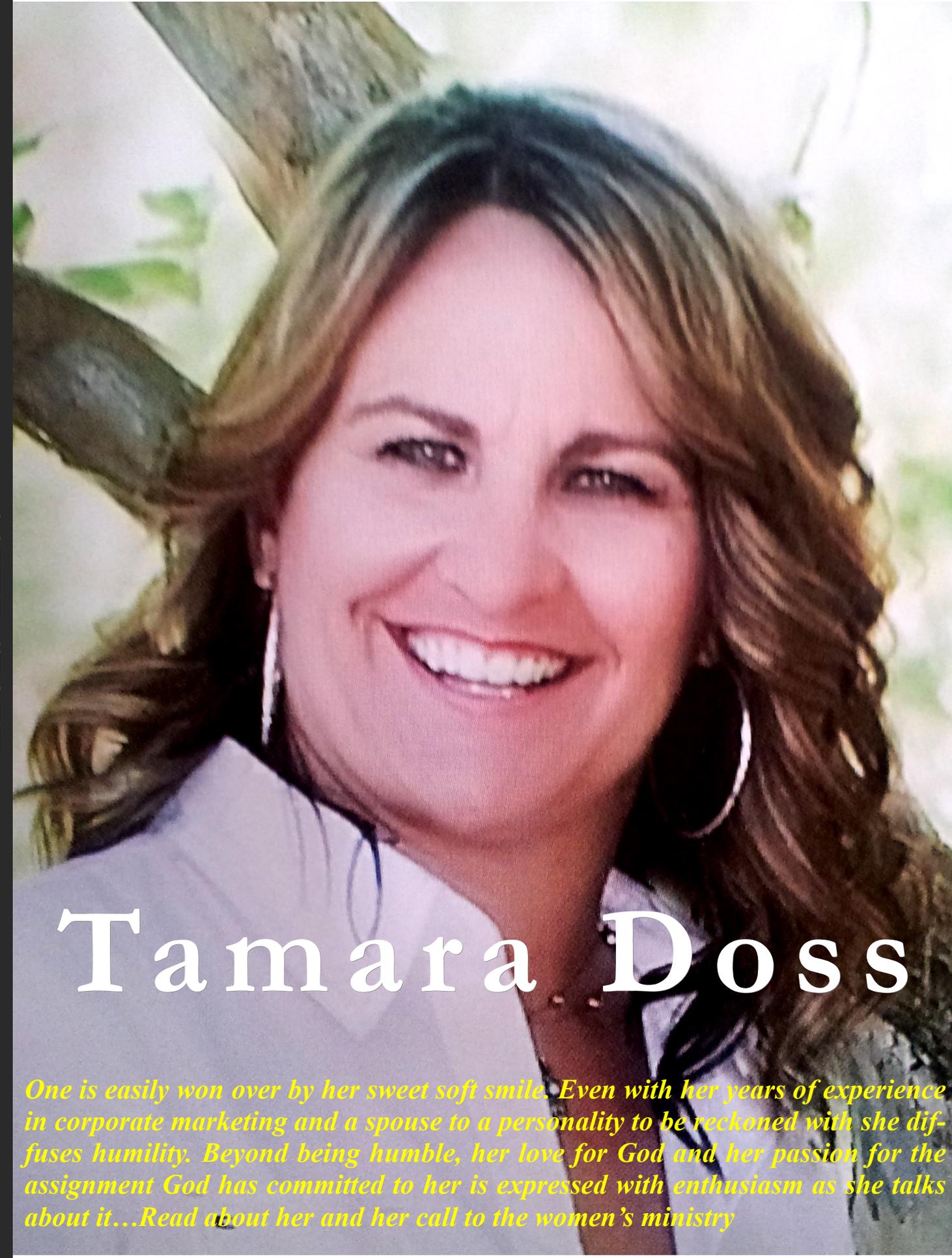
See also Romans 8;29-30.

When you study with revelation knowledge and meditate on these scriptures, you would discover the awesome power of the Holy Spirit in you that you are no longer a human being but a spirit being, that you are far more superior than ordinary human and you must take dominion on earth wherever you set your feet. Hallelujah! Then see 1John4;4, “Know you not little children that you are gods and GREATER is HE that is in you than he that is in the world?”---that is the holy spirit in your inner man, no matter how small you are, your frame of size! God packaged Himself in your earthen vessel (2Cor:4:7)!

Major Barrister (Evang) Paul Amen Ordia, Matol/Univera African Licensee

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Tamara Doss

One is easily won over by her sweet soft smile. Even with her years of experience in corporate marketing and a spouse to a personality to be reckoned with she diffuses humility. Beyond being humble, her love for God and her passion for the assignment God has committed to her is expressed with enthusiasm as she talks about it...Read about her and her call to the women's ministry

How would you describe yourself?

I am Tamara Doss, married to Reggie Doss Reggie, a former NFL football player with the Rams. Reggie is a blessing to me and our children, he's loving and very patient I couldn't have asked for more. We have three precious sons that make our life so beautiful. The oldest is 11 and the youngest is 8. I have been in sales and marketing for over 30 years and most recently God has placed me in ministry. My husband and I are currently into ministry, reaching out for Christ through the marriage ministry and myself in several women's ministries. I am very passionate about my calling. I am very enthusiastic and passionate about most things because I like to accomplish whatever I set my heart to do. My life is a journey and an interesting one for which I am grateful to God for all His blessings. And that is what forms the message with which we encourage other people. I am not a perfect human being, I have had my own down times in marriage, relationships, and life in general. There was even a time in my life that I went into severe depression but God came to my rescue. He didn't only save and heal me but He gave me a message to share with others.

What is your ministry about?

The Extraordinary Women Ministry was birthed because I saw the need to train more women into spiritual leadership in the church and into ministry in general. There was a time I asked a woman if she could lead someone to Christ, and she said she didn't know how to. I realized that there were women who would want to bring others to Jesus but they just didn't know what to do or have the right words. Then I thought that we could bring women together and spiritually equip them for Jesus. Extraordinary Women is a ministry of "women helping women become Extraordinary through Jesus Christ" We are striving to help women to recognize and become the women in Proverbs 3: 13-18. I believe that our primary mission is to bring women from all over the community together to worship, praise, pray, fellowship and hear testimony of other women will empower us to recognize and embrace God's amazing design and plan for their lives. For when we can accept and embrace God's good plans, we are can truly live, love and become Extraordinary Women!

What Has The Experience Been Like?

I have only been leading Extraordinary Women Ministry for two years and it has been an amazing experience with God because the truth is the more you allow God use you as a tool, the better you become by His Spirit when you are in His Will. What I love about God and the ministry is that when you are obedient He takes away your vulnerability and gives you the power of the Holy Spirit and He qualifies you. In the 21 years of our church's existence, we have never had a marriage ministry and when we started, we weren't doing it because the church didn't have this particular ministry but we were just obeying God's plans and instructions for our lives. It's been an exciting two years journey and we are hoping to see the great impact it is going to make in the church and in the marriages of God's people and the women of this community in the next five years.



What Is The Extraordinary Women Ministry Like?

Usually during our Extraordinary Women events, we bring women from outside our church in as guest speakers who come to share their personal testimony of their trials to triumph. For instance, in our forthcoming program we are having a guest speaker who is coming to share her story about her past abusive relationship, divorce, and how her trials and tribulations has brought out the glory of God in her. She suffered severe abuse from her past relationship, and she cried out to God, got a glimpse of God and redeemed by His love and grace. Now she is serving other women. The theme for this forthcoming program is called "Redeeming Love". There is a lot women can do to encourage others with their testimony. Redeeming Love is a story of taking an oyster similar to our lives and allowing the sand similar to the trials of our lives to make a beautiful pearl and create an Extraordinary Women with God's amazing

love for us and recognizing His plans for our lives. When we allow trials and issues not to destroy us we get to see the beauty in everything God created in us and for us.

What Would You Want To Say To Women Right Now?

I would say first that if they do not know who Jesus Christ is, they need to know. This is foremost, a relationship with Jesus Christ. A relationship with Jesus is the foundation of life and through that relationship learning to recognizing His voice so you can communicate with Him daily and allow Him to guide your life. Then get into fellowship with other women who are also following Christ and learn the word of God. We must commune with Him through prayer, reading His word, learning His truth and preparing ourselves for battle against the world of sin and temptation. Then learn about the purpose for which God created her because no matter what trials and tribulation she has faced and going to face, knowing Christ and serving Him is all that matters. We are just in a life that is in a transitional place and the pain without Christ is almost unbearable. It is Christ that brings the joy and peace in your life. You need to have a fellowship with sisters that are knowledgeable in the word. Women, who will not just plant the seed but encourage you to grow in the scripture, empower you with scriptural knowledge and help support you in a loving way to stay accountable to His word and biblical principles as a woman, mother, wife and sister in Christ.

Honestly, I don't know how anyone survives this life without knowing Christ. My husband and I just lost four immediate family members including 3 parents and an older brother in a two year span. It was a very sad time but at the same time, we had the joy of the Lord. When people pass and you see the overwhelming sadness in their lives, you feel for them because they probably don't know Christ. We praise God for His strength and love in our lives during those difficult years we experienced.

What other Ministry work are you doing?

Over the last couple of years I have begun the journey of writing a book, created a Facebook page and blog page to inspire, encourage and help women and men see glimpses of God in their lives

The Doss' Family



through my experiences and writing. My Facebook page and blog are called God's Amazing Plans which are the title for my first book. You can find my blog also at God's Amazing Plans on wordpress. I have been in the process of writing a book called God's Amazing Plans which details my walk with God through my life and how He promises us an amazing life, a plan to prosper us and to give us hope and a future. I share my journey of infertility, divorce, and hopelessness and my redemption story of God's grace and amazing plans for my life when I meet my husband and my three beautiful children. God is so good and His plans for us are good. I want to share and encourage people who struggle with recognizing His love and plans for them and help them to strengthen their relationship with Jesus Christ and to embrace His plans and live His plans for their lives. You can check me out and follow me at: God's Amazing Plans on our Facebook page and blog. EXTRAORDINARY WOMEN Ministry

also has a Facebook page and HOLY Matrimony Marriage Ministry, Corona Friends Church Facebook page.

What Has Been Your Biggest Challenge?

Our biggest challenge initially was leadership response. When we started we didn't get as many people that said yes to being a part of leadership to help build and support the ministry, but we were sure that we were doing what God asked us to do so we were not discouraged. When we had shared our concern with Pastor John Bos, we all agreed that we thought the original resistance was an indicator of just how much we really needed a marriage ministry in our church. All that is in the past now, because we have so many leaders and people are supporting and excited about the marriage ministry and the events have been very successful and impactful. I think another challenge is finding enough time to do everything we want to do. You know you want to do so much but there's not just not enough time. I want to write a book for instance and I can't just find the time to sit down and put my thoughts to paper. In the mist of all of these circumstances, God has been faithful.

How Would You Handle Gossip In A Ministry Like Yours?

That's a tough one because gossip is everywhere and can destroy a beautiful friendship very fast. It can hurt a person, life, and relationship very deeply in a moment. The tongue is as sharp as a sword and can cut so deeply without the people even realizing the damage that is being done. I think gossip is an issue that women more than men struggle with and think they are "sharing" or requesting "prayer" for, but it is a sin that is overlooked and the damage is underestimated. It is a betrayal and is something God frowns upon. If I find myself in a situation where I have to handle gossip related issues, I will call the people involved so they can speak their minds to one another instead of behind each other's back. If someone hurts you or does something you do not like, tell them directly with love instead of telling someone else and making gossip out of a small matter that would have been handled in a Christ like manner and hopefully resolved with little issue. Love and God can solve most issues. ■

LESSONS FROM GRIEF



Have you ever experienced a significant loss at any point in life? or loss of a job, property, contract, home, relationship, friend and loved one? Just like fear and anger, grief and loss are emotions. It is a natural human process and it's important a grieving person allows his or herself to grieve.

The degree of grieving varies and when the emotion is unresolved it often lingers and may eventually affect one's performance, attitude to life and **relationships**. This situation can also further provoke other emotions like anger (angry for the loss), shock, guilt, disbelief, denial, depression, anxiety, loneliness and despair. Holding on to anger or living in denial is not an appropriate way of dealing with grief and loss. Often the common mistake someone in this situation makes is recalling either the bitter ending of the relationship, loss of a loved one, the last heated argument that led to a divorce process or whatever unpleasant events that may have led to the situation.

Grief is a learned behavior and varied degrees of grief and loss are shaped by our environment, religion, parental influence and spiritual beliefs. What causes grief is more of a state of disconnection often leaving one with feelings of emptiness and loss. Therefore resolving the grief with reconnection techniques to what was good, memorable and wholesome about the relationship and event is empowering.

This associated state presents the patient with an image of the loss of what was most valued in the person, relationship

or object. Also by modifying self talk and beliefs about the deceased or event further help channel their energy in a worthwhile direction.

Some people hold on to their grief, thinking that letting go will be dishonoring or forgetting the situation or person. In a one-on-one session with a patient I would start by helping them reframe this belief in order to transport them to a more resourceful state. This way they realize that they are not forgetting the person, but simply reconnecting in a more enhancing and productive way.

I would help deal with any residual anger and resentment before going further and advise the person to remember all the good times they spent together as he or she moves on in life. Using sub-modalities mapping, helps dissociate them from those painful memories giving them the ability to connect to more positive experiences.

Here are some insights to empower you and others to deal with grief and loss.

1. Completion

Completion is an important part of the grieving process. It is therefore important that one is allowed the time and space to fully deal with the grief and loss. Expressing what is on their mind and thinking of the happiest **moments** spent with the loved one, on the project or relationship helps in dealing with the situation and replacing negative emotion with positive and more empowering ones.

2. Supporting others

Create a supporting environment for someone experiencing grief and loss. It's a much more comfortable journey for them when you show empathy and offer them an op-

portunity to share their thoughts and feelings with you and others.

3. Give.

The brain releases endorphins when we give to others. It releases feelings of pleasure, connection and trust and has a similar effect on those we give to. These positive emotions make us more resilient. Encourage someone in that situation to volunteer their time and resources towards enriching others.

4. Strive for Happiness.

Seek a connection to the people you love. Appreciate others more. Do something for someone you know or don't know. Happiness is a skill that can be learnt. Due to the neuroplasticity of our brains, happiness and compassion can be learned through training. Happy people also live longer. Try new experiences, exercise, deliberately seek fun and express gratitude. Show appreciation to yourself and others and have a sense of purpose.

5. Pray and Meditate.

What can you be grateful for? Where can you carve out five or ten minutes each day to think about something you are grateful for in your life? Gratitude in ourselves as parents is how we convey our values to our children and model them for the importance of being thankful even for the little gifts and kind gestures. Today I am grateful for my family and loved ones. I am grateful for the gift of life and salvation.

Action Plan:

Make a list of the things you are grateful to God for.

How can you choose to impact someone's life today?

In what ways can you show kindness?

Your Life Coach, Ify.

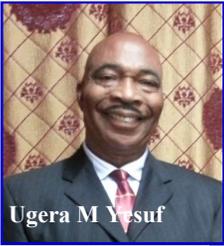
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The Seven Spirits of God

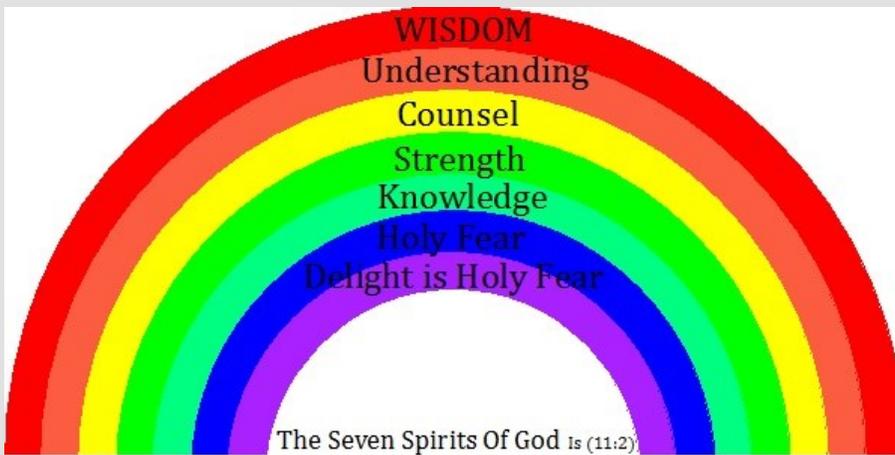
As Christians, we have been blessed with God's Spiritual influence to teach us His Word. Hence we can understand parts of the Bible by looking to passages that have the same words or ideas, and meanings in them. Therefore, we do not need to go beyond the boundaries of the scriptures to understand the Bible.

It will be the thrust of this article to argue the case that the phrase "seven spirits," as employed in the final book of the New Testament, is a symbolic reference to the Holy Spirit.

With the help of Internet, search engines allow us to search for words and find all of its uses in the Bible. Search engines allow a search of several words at once. This is an excellent way to find companion verses in the Bible and gain an understanding of what a passage or phrase means. By taking each verse from different books, we now have better understanding of the consistent theme or message God is passing on to us.

The "Seven Spirits of God" are mentioned four times in the book Revelation. Revelation 1:4, "John to the seven churches which are in Asia: Grace be unto you, and peace, from him which is, and which was, and which is to come; and from the seven Spirits which are before his throne", Revelation 3:1, "And unto the angel of the church in Sardis write; These things saith he that hath the seven Spirits of God, and the seven stars; I know thy works, that thou hast a name that thou livest, and art dead", Revelation 4:5, "And out of the

throne proceeded lightings and thundering and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God", Revelation 5:6 "And I beheld, and, lo, in the midst of the throne and of the four beasts, and in



the midst of the elders, stood a Lamb as it had been slain, having seven horns and seven eyes, which are the seven Spirits of God sent forth into all the earth." The seven spirits of God are not specifically identified, so it's impossible to be flexible when we discuss them. Revelation 1:4 says that the seven spirits are before God's throne. When you read Revelation 3:1, you find that Jesus Christ "holds" the seven spirits of God. Revelation 4:5 ties all of the seven spirits of God with seven burning lamps that are before God's throne. And in Revelation 5:6, the Bible identifies them (the seven spirits) with the "seven eyes" of the Lamb and states that they are "sent out into all the earth." Bible scholar have tried to give at least three possible interpretations of the seven spirits of God.

These Bible scholars say that first, the seven spirits of God are symbolic of the Holy Spirit. And that the Bible, and especially the book of Revelation, uses the number 7 to refer to perfection and completion. If that is the meaning of the "seven" in the "seven spirits of God," then

it is not referring to seven different spirits of God, but rather the perfect and complete Holy Spirit. The second interpretation they say is that the seven spirits of God refer to seven angelic beings, possibly the seraphim or the cherubim. This would fit with the numerous others

angelic beings that are described in the book of Revelation.

The "Sevenfold Ministry of the Spirit" interpretation holds that the seven Spirits refer to Book of Isaiah 11:2. In this interpretation, "The "seven Spirits" represent the sevenfold ministry of the Spirit as depicted in Isaiah 11:2." As it is written in the Holy Bible in the Book of Isaiah, 2 And

the Spirit of the LORD shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and of the fear of the LORD; Isaiah 11:2 (KJV). Including the Spirit of the Lord, and the Spirits of wisdom, of understanding, of counsel, of might, of knowledge and of fear of the LORD, here are represented the seven Spirits, which are before the throne of God. The reference to the lamb in Revelation 5:6 relates it to the Seven Spirits which first appear in Revelation 1:4 and are associated with Jesus who holds them along with seven stars.

(1) Spirit of the LORD, (2) Spirit of wisdom, (3) Spirit of understanding, (4) Spirit of counsel, (5) Spirit of power, (6) Spirit of knowledge, (7) Spirit of the fear of the Lord. The Bible doesn't tell us specifically who/what the seven spirits are, but the first interpretation, that they are the Holy Spirit, seems the most likely.

The Pruning Season

By Marva Karo



As I reflect last night over the wonderful things that happened this year, a wave of sadness came over me. During this year several friendships have dissolved. In speaking with my mentor she stated pruning season is upon me. That these seasonal people are being pruned away, allowing new seasonal and lifetime people to come into my life.

In John 15:2 the scripture says, "Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit."

The act of pruning is the process of removing parts of the plants, such as branches, buds, or roots. There are many reasons behind pruning like removing deadwood, shaping (directing the growth pattern), improving or maintaining

health, reducing risk from falling apart or out of place, even to preparing and increasing a harvest. Since we are not plants, we are pruned differently. Our pruning is spiritually.

What does it mean to be spiritually pruned by God?

God's desire is to see us grow, not physical but spiritually in His word. When we become stagnant in our growth the gardener (Our Holy Father) must prune us. God removes the guilt and condemnation of our sins; he cuts away the bad habits that prevent us from walking in His purpose. Even if it means ending a friendship, or relationship of over ten,

twenty, or thirty years, Thy Will Be Done! What we see as pain and tragedy is actually a blessing in disguise. God directs our pruning through the Holy Spirit, guiding us into all truth, helping us to study what we need. It also helps us see what God is working out in our lives. The Holy Spirit encourages us and directs our minds.



Source: Henrystreet.co.uk

Pruning must be done at the proper time. Most gardeners recommend pruning during the dormant season, so that there will be more time to seal the wounds before the next growing season. God knows when it is time to prune us. It is very difficult to realize that God's timing is divine. God knows what we can become when properly pruned. As we are pruned in our spiritual lives we must surrender ourselves to God. During my dormant season I had to learn how to surrender. Surrendering is preparing you for the pruning season with minimal pain.

How are we pruned? In John 15: 5-10

we are pruned by God's love and commandments: I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. 9 "As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. God uses the circumstances in our lives to help us grow in His character. The pruning process doesn't last a day, a week, even a year. It doesn't happen all at once but over a course of a lifetime. During this season you must trust God. Any branch that does not sure the purpose to help you bloom must be cut off. If it does not have the life of the vine flowing through it, it will bear no fruit. No matter how painful be thankful for the pruning. The pruning season can be painful but what comes after that season is the growth and beauty that has been touched by God. Embrace this season with an open heart. The pruning season is necessary to help us grow. This pain is your growth. Honor Your Harvest.

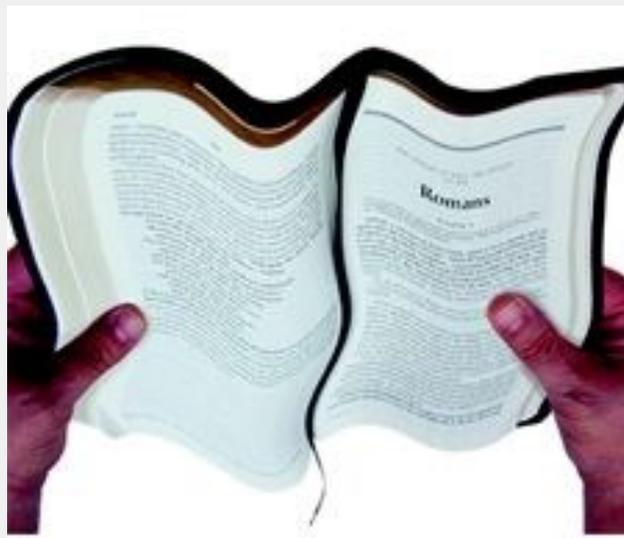
God's desire is to see us grow, not physical but spiritually in His



Dr. Tonya Lewis

Don't Get It Twisted!

Confused, mixed-up, misunderstood and mistaken are some of the words which define twisted. Thus, our subject is implying, whatever the nature of our conversation is "Don't Get It" confused, mistaken, etc. We say: My life is troubled-free and I can expect that to continue. I know that I overly-indulged in what I eat and drink and probably should be more mindful about my health. But, it's not negatively impacting my life. Besides, I don't feel like it and I know regardless, God will help me anyway. However, "Don't Get it Twisted". Reality will eventually be experienced, even as it conflicts with one's desired fantasy. I will always have employment and be able to pay my bills each month. I will never be homeless, and will always make sure I live in a comfortable home. My children are well because I have raised them to be successful and to accomplish wholesome goals in life. My spouse loves me and would never walk out on me. Everybody thinks I am such an awesome person, which I am, because I don't do "bad" things. I sacrifice an hour and definitely no more than two hours and go to church as I should. But, I don't try to convert other people for they have a right to believe WHATEVER they want to believe. I hear those fanatical church-goers talking about there is a difference between going to church and having some type of "personal relationship" with the Lord. But, it doesn't take all of that. I tell "little lies" and when necessary, I sneak and do certain things. But, I know how to control myself and not go overboard.



Plus, the Lord understands. Others say I should not be spending so much time with that married person. But, he/she needs me to talk to and I don't mind lending a listening ear. Besides, I give real good advice. I also know how to set people straight when they offend me and especially if I am angry. God understands because He knows my heart. If I feel bad afterwards, all I just need to do is pray and God will make me feel better. The list can go on and on... However, "Don't Get It Twisted" and believed that whatever we believe is right, setting ourselves up to be enslaved by well-meaning efforts. We can't get it twisted that we can have certain behaviors which are contrary to God's desire and yet be blessed. We can't believe that we will get away with unhealthy and unholy choices when there is over-whelming proof and examples of others who did not get away with it. There are correct and incorrect thoughts which we can get twisted. However, as we fellowship with God and get to know His heart, we will learn the difference. "Don't Get It Twisted". Yes, we will experience trouble, pain, disappointments and changes in life. But, neither should we get it twisted that our prayers won't ever be answered, even though we have been in that same state for so very long. Please "Don't Get It Twisted" when Daddy God gives us a stern Word to aid us in walking in the truth and light. We cannot interpret it as not being good enough for God to love us, for we will never be "good" enough to deserve His love. However, we have His love because of His choice to love us. "Don't Get It Twisted"! Yes, you are somebody in God and He is "soooo" in love with you! God Bless you! God Bless you! God Bless you!

true and acceptable. Because it is not! We can't get it twisted! We will have to invest in our minds, bodies and souls to experience the blessings which Daddy-God has for us. Yes, we must yield to the voice of God's Spirit which corrects us and steer us away from where we want to go or do. Yes, there is a difference between attending church, having one's name on the roll and being in a "personal relationship" with the Lord. To be pleasing with the Lord, we must be in a "personal relationship" with yielded hearts, spirits and the willingness to obey. "Don't Get It Twisted!" No, we can't spend inappropriate time with persons whom we should not, for we are only

setting ourselves up to be enslaved by well-meaning efforts. We can't get it twisted that we can have certain behaviors which are contrary to God's desire and yet be blessed. We can't believe that we will get away with unhealthy and unholy choices when there is over-whelming proof and examples of others who did not get away with it. There are correct and incorrect thoughts which we can get twisted. However, as we fellowship with God and get to know His heart, we will learn the difference. "Don't Get It Twisted". Yes, we will experience trouble, pain, disappointments and changes in life. But, neither should we get it twisted that our prayers won't ever be answered, even though we have been in that same state for so very long. Please "Don't Get It Twisted" when Daddy God gives us a stern Word to aid us in walking in the truth and light. We cannot interpret it as not being good enough for God to love us, for we will never be "good" enough to deserve His love. However, we have His love because of His choice to love us. "Don't Get It Twisted"! Yes, you are somebody in God and He is "soooo" in love with you! God Bless you! God Bless you! God Bless you!

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11 Proven Health Benefits of Ginger

By Joe Leech, Dietitian

Ginger is among the healthiest (and most delicious) spices on the planet.

It is loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain.

Here are 11 health benefits of ginger that are supported by scientific research.

1. Ginger Contains Gingerol, a Substance With Powerful Medicinal Properties

Ginger is a flowering plant that originated from China.

It belongs to the Zingiberaceae family, and is closely related to turmeric, cardamom and galangal.

The rhizome (underground part of the stem) is the part commonly used as a spice. It is often called ginger root, or simply ginger.

Ginger has a very long history of use in various forms of traditional/alternative medicine. It has been used to help digestion, reduce nausea and help fight the flu and common cold, to name a few.

Ginger can be used fresh, dried, powdered, or as an oil or juice, and is sometimes added to processed foods and cosmetics. It is a very common ingredient in recipes.

The unique fragrance and flavor of ginger come from its natural oils, the most important of which is gingerol.

Gingerol is the main bioactive compound in ginger, responsible for much of



its medicinal properties. It has powerful anti-inflammatory and antioxidant effects.

Bottom Line: Ginger is a popular spice. It is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

2. Ginger Can Treat Many Forms of Nausea, Especially Morning Sickness

Ginger appears to be highly effective against nausea.

For example, it has a long history of use as a sea sickness remedy, and there is some evidence that it may be as effective as prescription medication.

Ginger may also relieve nausea and vomiting after surgery, and in cancer patients undergoing chemotherapy.

But it may be the most effective when it comes to pregnancy-related nausea, such as morning sickness.

According to a review of 12 studies that included a total of 1,278 pregnant women,



1.1-1.5 grams of ginger can significantly reduce symptoms of nausea.

However, ginger had no effect on vomiting episodes in this study.

Although ginger is considered safe, talk to your doctor before taking large amounts if you are pregnant. Some believe that large amounts can raise the risk of miscarriage, but there are currently no studies to support this.

Bottom Line: 1-1.5 grams of ginger can help prevent various types of nausea. This applies to sea sickness, chemotherapy-related nausea, nausea after surgery and morning sickness.

3. Ginger May Reduce Muscle Pain and Soreness

Ginger has been shown to be effective against exercise-induced muscle pain.

In one study, consuming 2 grams of ginger per day, for 11 days, significantly reduced muscle pain in people performing elbow exercises.

Ginger does not have an immediate impact, but may be effective at reducing the day-to-day progression of muscle pain (8).

These effects are believed to be mediated



by the anti-inflammatory properties.

Bottom Line: Ginger appears to be effective at reducing the day-to-day progression of muscle pain, and may reduce exercise-induced muscle soreness.

4. The Anti-Inflammatory Effects Can Help With Osteoarthritis

Osteoarthritis is a common health problem.

It involves degeneration of the joints in the body, leading to symptoms like joint pain and stiffness.

In a controlled trial of 247 people with osteoarthritis of the knee, those who took ginger extract had less pain and required less pain medication.

Another study found that a combination of ginger, mastic, cinnamon and sesame oil, can reduce pain and stiffness in osteoarthritis patients when applied topically (10). **Bottom Line:** There are some studies showing ginger to be effective at reducing symptoms of osteoarthritis, which is a very common health problem.

5. Ginger May Drastically Lower Blood Sugars and Improve Heart Disease Risk Factors

This area of research is relatively new, but ginger may have powerful anti-diabetic properties.

In a recent 2015 study of 41 participants with type 2 diabetes, 2 grams of ginger powder per day lowered fasting blood sugar by 12% (11).

It also dramatically improved HbA1c (a marker for long-term blood sugar levels), leading to a 10% reduction over a period of 12 weeks.

There was also a 28% reduction in the ApoB/ApoA-I ratio, and a 23% reduction in markers for oxidized lipoproteins. These are both major risk factors for heart disease.

This graph shows what happened:

Photo Source: Suppversity.

However, keep in mind that this was just one small study. The results are incredibly impressive, but they need to be confirmed in larger studies before any recommendations can be made.

Bottom Line: Ginger has been shown to lower blood sugar levels and improve various heart disease risk factors in patients with type 2 diabetes.

6. Ginger Can Help Treat Chronic Indigestion

Chronic indigestion (dyspepsia) is characterized by recurrent pain and discomfort in the upper part of the stomach.

It is believed that delayed emptying of the stomach is a major driver of indigestion.

In-



terestingly, ginger has been shown to speed up emptying of the stomach in people with this condition.

After eating soup, ginger reduced the time it took for the stomach to empty from 16 to 12 minutes (12).

In a study of 24 healthy individuals, 1.2 grams of ginger powder before a meal accelerated emptying of the stomach by 50% (13).

Bottom Line: Ginger appears to speed up emptying of the stomach, which can be beneficial for people with indigestion and related stomach discomfort.

7. Ginger Powder May Significantly Reduce Menstrual Pain

Menstrual pain (dysmenorrhea) refers to pain felt during a woman's menstrual cycle.

One of the traditional uses of ginger is for pain relief, including menstrual pain.

In one study, 150 women were instructed to take 1 gram of ginger powder per day, for the first 3 days of the menstrual period (14).

Ginger managed to reduce pain as effectively as the drugs mefenamic acid and ibuprofen.

Bottom Line: Ginger appears to be very effective against menstrual pain when taken at the beginning of the menstrual period.

8. Ginger May Lower Cholesterol Levels High levels of LDL lipoproteins (the "bad" chole-

sterol) are linked to an increased risk of heart disease.

The foods you eat can have a strong influence on LDL levels.

In a 45-day study of 85 individuals with high cholesterol, 3 grams of ginger powder caused significant reductions in most cholesterol markers (15).

This is supported by a study in hypothyroid rats, where ginger extract lowered LDL cholesterol to a similar extent as the cholesterol-lowering drug atorvastatin (16).

Both studies also showed reductions in total cholesterol and blood triglycerides.

Bottom Line: There is some evidence, in both animals and humans, that ginger can lead to significant reductions in LDL cholesterol and blood triglyceride levels.

9. Ginger Contains a Substance That May Help Prevent Cancer

Cancer is a very serious disease that is characterized by uncontrolled growth of abnormal cells.

Ginger extract has been studied as an alternative treatment for several forms of cancer.

The anti-cancer properties are attributed to 6-gingerol, a substance that is found in large amounts in raw ginger (17, 18).

In a study of 30 individuals, 2 grams of



ginger extract per day significantly reduced pro-inflammatory signaling molecules in the colon (19).

However, a follow-up study in individuals at a high risk of colon cancer did not confirm these findings (20).

There is some, albeit limited, evidence that ginger may be effective against pancreatic cancer, breast cancer and ovarian cancer. More research is needed (21,22, 23).

Bottom Line: Ginger contains a substance called 6-gingerol, which may have protective effects against cancer. However, this needs to be studied a lot more.

10. Ginger May Improve Brain Function and Protect Against Alzheimer's

Disease Oxidative stress and chronic inflammation can accelerate the aging process.

They are believed to be among the key drivers of Alzheimer's disease and age-related cognitive decline.

Some studies in animals suggest that the antioxidants and bioactive compounds in ginger can inhibit inflammatory responses that occur in the brain (24).

There is also some evidence that ginger can enhance brain function directly. In a study of 60 middle-aged women, ginger extract was shown to improve reaction time and working memory (25).

There are also numerous studies in animals showing that ginger can protect against age-related decline in brain function (26, 27, 28).

Bottom Line: Studies suggest that ginger can protect against age-related damage to the brain. It can also improve brain function in elderly women.

11. The Active Ingredient in Ginger Can Help Fight Infections

Gingerol, the bioactive substance in fresh ginger, can help lower the risk of infections.

In fact, ginger extract can inhibit the growth of many different types of bacteria (29, 30).

It is very effective against the oral bacteria linked to inflammatory diseases in the gums, such as gingivitis and periodontitis (31).

Fresh ginger may also be effective against the RSV virus, a common cause of respiratory infections (32).

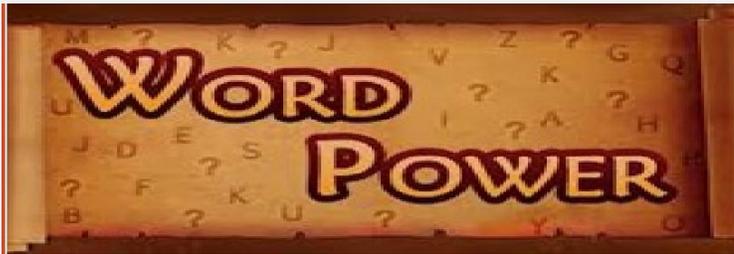
12. Anything Else?

Ginger is one of the very few "superfoods" that are actually worthy of that term.

Please visit Joe Leech's website for evidenced-based information on nutrition at www.authoritynutrition.com

Please write us to let us know what you think, and if you have an article you would like to publish, send it with pictures to:

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Emike Oyemade

THE WEAPON OF CONFESSION

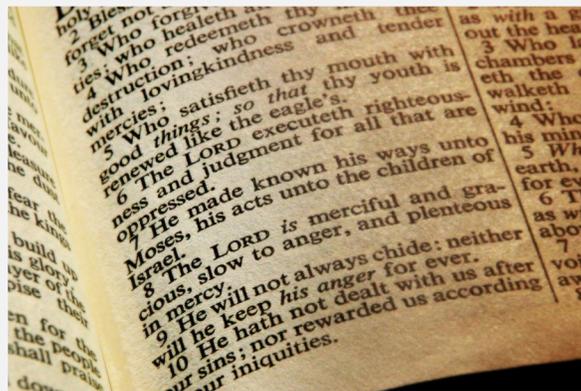
Apart from the mind (heart), the mouth (words) is the second most powerful weapon God has given to you and it is up to you to put it to good use. These words are spirit and life; capable of killing and making alive. There is a common saying, **“if you don’t say anything, nothing, will happen.”** This also applies to our walk with God and in spiritual warfare. If you don’t use the weapon, it goes blunt and Satan comes to have his full course. In overcoming sexual abuse hurts and enjoying your healing journey you must make use of your mouth. You must speak the word of God back to Satan anytime he tries to raise his ugly head or try to remind you of what God is delivering you from. Satan knows this truth; he knows the power in the spoken word of God so he tries to discourage you from speaking it or make you feel embarrassed when you say it aloud. He knows you are winning as long as you are saying God’s word; this was how Jesus defeated him.

Confessing God’s word builds your faith. Every time you confess the word of God, you activate spiritual forces to act on what you are saying. If a person believes right or wrong, you would know by the words they speak. And you cannot confess right except you are meditating right.

“They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.” Revelation 12:11

Words are very powerful and by them God made the heaven, earth and everything in it as it is accounted in Genesis. Words can kill just as it can be used to make alive and build. It is with the same words the devil uses in sowing seeds of deceit, lies and condemnation in the minds of the children of God. Do not give him a chance. The bible describes him as the accuser of the brethren and he does so using words. If you do not know your right as a child of

God the devil will deceive you until you will believe that life is not worth living. Do you know who you are in Christ? If you are born again then you have the authority to say, **“Get behind me Satan, I am now a new creature!”** He will obey and flee because you are now a joint heir with Christ and those words that you speak are no longer mere words. The words are back with power and authority. You have to wake up each day and declare from the scripture who you are in Christ, **“Say I am the righteousness of God in Christ Jesus sin has no power over me.**



My life is hid in Christ, devil you will have to defeat Christ to get to me.” The more you do this the more it stays in your mind and shapes out the image of the person God intends for you to be. If the devil suggest to you that it was your fault that you were raped and abused, remind him of 1 Cor 5:17, **“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”** **YOU ARE A NEW PERSON!**

What Confession Can Do For You

- Speaking God’s word boost your faith.
- Confession increases your boldness to declare your love for God and share your testimony to encourage others.
- Declaring the word removes fear. “The greater One lives inside of me, I

fear not what man can do to me.”

- Confessing the scriptures takes care of doubts and lies of Satan about if God has truly forgiven you or not.
- Confession strengthens your walk with God. When you are weak and tempted to give up confessing what His word say about you can put you back again.
- Speaking the word of God renews your mind and the way you respond to things.
- Confession aligns your actions to God’s. You become what you confess.
- Confession is a strong weapon to fight Satan. **“Take the helmet of salvation and the sword of the Spirit, which is the word of God.”** Eph 6:17
- It reaffirms the promise of God

Watch What You Confess

Be deliberate not to confess something and do something else. “Faith without works is dead...” If you confess, “I am the righteousness of God in Christ Jesus...” you have to be discipline to avoid sin. Don’t do the opposite.

Don’t make contradictory confessions. You cannot say, “I am a child of God but I am going through hell right now.” Your mouth should not bless and curse especially doing so to yourself. “Out of the same mouth come praise and cursing. My brothers, this should not be” James 3:10

Don’t make confession mix with doubt. “But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind.” James 1:6

....Excerpts from my Book,
OPEN THE HEALING DOOR: HOW TO OVERCOME SEXUAL ABUSE AND LIVE A HAPPY LIFE



Comparison Kills Confidence

By Julie Pearson, Founder of Gap Gals Ministry

Comparison is a trap – it can kill your confidence

Last Thanksgiving, we took a family vacation to Florida to visit our cousins. We spent some time in the Keys, land of big palm trees and white sandy beaches. A glimpse of heaven!

I was fascinated by how many iguanas live in South Florida. Our first day, we journeyed to the pool. I was ready to bask in the Florida sun, relax, read my books, and work on my golden graham tan. Ten minutes into my tanning, my kids scurried over to me, excited to share all the iguanas they just scouted. As a huge, thorny, green iguana passed by my lounge chair, we suddenly realized these friendly creatures hiding in the lush green bushes surrounded us.

I grabbed my camera not wanting to miss out on this Kodak moment. As I walked around the pool area with my son, we looked intently in the bushes and saw more iguanas camouflaged on bright green tree branches. They looked so peaceful, relaxing and taking it easy. Gazing closely at these creatures, I realized their beauty. From a distance, they all looked the same, blending in with their habitat, but upon closer inspection, they were quite different. Each had its own unique spots, texture, and colors.

Iguanas use their camouflage trait to “blend in” with their environment. This is their defense mechanism against their predators. They are afraid to stand out, as this poses a threat to their safety. I can be just like an iguana. It’s easier and safer to blend in. Blending in often

causes me to compare myself to those around me. I want the gifts, talents, and things possessed by other women. I don’t want to be different because what I have doesn’t seem to be as valuable as what they have. I am too afraid of showcasing my true colors...I compare my colors to other women, afraid my colors don’t seem as beautiful. In addition, if I reveal my true colors, I may get rejected, and this just hurts too badly.

A continual habit of comparison becomes a trap and ultimately kills confidence. We

eye, I do not belong to the body,” it would not for that reason stop being part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.

Our bodies have different organs with different functions. All are important and have to work together to function properly. Likewise, we can’t all be the same. God created each person with unique abilities so the human race could function properly.

Is comparison ruining your confidence? If so, can you take a step back and acknowledge the colorful spots that make you special, unique and different? Celebrate your natural bent instead of “blending in” with your neighbor. Then, ask God how you can use your unique traits – your colorful spots – to make a difference in the world around you. He will show you!

Julie Pearson is the founder of “The GapGal Ministry” Visit Julie’s blog site for other inspirational messages of finding purpose, value and self-worth as women.



get stuck in life and never live up to our full potential.

Imagine how rewarding life could be if we as women learned not to be trapped by comparison. I think we would see more of us living a confident and contented life.

1 Corinthians 12:14-20 (NIV) **Even so the body is not made up of one part but of many. Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. And if the ear should say, “Because I am not an**

GOD'S AMAZING PLANS



Tamara Doss

BELIEVE + FAITH + HOPE = DREAM

Faith and fear cannot exist together. Faith is described in Hebrews 11:1 as being “certain of what we do not see.” It is an absolute belief that God is constantly working behind the scenes in every area of our lives, even when there is no tangible evidence to support that fact. On the other hand, fear, simply stated, is unbelief or weak belief. As unbelief gains the upper hand in our thoughts, fear takes hold of our emotions. Our deliverance from fear and worry is based on faith, which is the very opposite of unbelief. We need to understand that faith is not something that we can produce in ourselves. Faith is a gift in Ephesians 2:8-9 and is described as a fruit (or characteristic) which is produced in our lives by the Holy Spirit in Galatians 5:22. The Christian’s faith is a confident assurance in a God who loves us, who knows our thoughts and cares about our deepest needs. That faith continues to grow as we study the Bible and learn the attributes of His amazing character. The more we learn about God, the more we can see Him working in our lives and the stronger our faith grows. Fear, and the lack of FAITH, can separate us from God and His will for our lives.

It’s scary when God calls us out to walk upon the waters in FAITH just like Peter in Mathew 14:25-31. It reads: shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear. But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.” “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.” “Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!” Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

God is so good the way he shows up to

confirm and reaffirm that you are in His will and on track with His teachings. Let me show you how He spoke to me again this week in the most subtle and yet most obvious way. This week, I had the privilege of speaking to a group of women from a local church and we discussed and celebrated being a “OVERCOMER”. I had prepared and prayed over my message for weeks, but that morning moments before I was leaving, I was packing up and gathering all my materials when God spoke to me. God directed my attention to something in my office that has been there for years. He shifted my eyes up to one of my picture boards where I have four word figurines...they sit there from left to right...BELIEVE, FAITH, HOPE and DREAM. I was amazed when I saw them because my message I had prepared of Overcomer is based on the difference of BELIEVING in Him and BELIEVING Him. The message was based on FAITH, real FAITH, 100% FAITH like David showed against Goliath kind of FAITH...no shadow of a doubt FAITH. The message was based on the teaching that through BELIEVING, requiring 100% FAITH, is the only place where we can fully embrace real HOPE. I immediately praised God for His amazing faithfulness to me, knew the message was His will, grabbed those word figurines for the lesson, packed them up and off I went to teach. As I was driving away I praised Him for the tools he had just given to me to teach these sisters in Christ the lesson He had put on my heart! Thank you Lord for your faithfulness!

The next morning I went to unpack my briefcase and when I went to put them back on my photo board where they had lived for the past ten years...God showed up again! As I look up to put them back in their place, the photo board is off-center, leaning to the right with DREAM sitting there all by itself...just about ready to fall off the shelf, land on the floor and probably break. God clearly said to me and

literally “showed” me A DREAM cannot stand alone without BELIEVE, FAITH and HOPE. He was so subtle I could have missed it. And yet He is so obvious if we are aware of His presence and pay attention when He calls us to look and listen! If we are not ready to receive Him, we will miss Him. For HE IS WITH US! In Mathew 1:23 the Bible tells us The virgin will conceive and give birth to a son, and they will call him Immanuel” (which means God with us).

The DREAM was off balanced! How many times in our life are we off balanced because we pray, HOPE, DREAM and desire but we don’t hold steadfast to the first three Godly principles that are the most important ...BELIEVE, FAITH AND HOPE. How many times in our lives do we cry out to Jesus “HELP ME”, “SAVE ME” just like Peter on the water? We don’t balance our cries with BELIEVE, FAITH and HOPE.

Do you want to walk upon the waters? Do you want to transform your life? Do you want to change the lives of your children’s children? Then let’s take a lesson from Peter...Jesus told him and He is telling us...“You of little faith,” he said, “why did you doubt?” Don’t doubt. Instead remember this...BELIEVE + FAITH + HOPE = DREAM!

What is God’s plan for you? Do you desire to overcome and live life on earth as it is in Heaven? Do you want to take a step out upon the waters and DREAM today? Do you want to BELIEVE fully and have unwavering FAITH of his power and abundance...Do you want to have unconditional HOPE in His good plans of HOPE and a future for your life as He promises in Jeremiah 29:11? Seek Him, pray and commune with Him and read His word!

Whose House Is It?



Muriel Gladney

Given the media coverage of religious missteps, some may ask, “Who owns this house. Others pray, “Will the rightful owner please step forward?” Answer: He already did because even on a spiritual basis, God knew that the location of one’s place of residence is still the name of the game.

One of my favorite television shows involve the remodeling of older and often dilapidated homes. Sometimes, the house looks so bad that a dump seems to be the only solution. From the outside looking in, the condition of this home makes the entire neighborhood look undesirable. The owner is ready to give up on the house. However, a contractor shows them a new future for the ramshackle building.

Prior to beginning the repair, the contractor presents the owner with the building specifications along with a slide show presentation of the restored house. Regardless, homeowners are unsure about tackling what seems to be an impossible task.

Their reluctance is understandable. Their personal awareness of the sunken floors, broken pipes, sagging and leaking roofs, and worse, make it doubtful in their minds that the residence can ever be made beautiful again. However, during the reveal of the finished project, the stunned homeowners are often speechless at the renewed beauty of what was once considered a disaster. Time and a lot of work made it possible.

On a spiritual basis, that is exactly what God does with us—utilizing the *same* body but installing a *new heart and spirit*, as He promised in the *new covenant*, *Ezekiel 36:26-27*. But also, as with the natural contractor, God has to deal with mankind’s reluctance in trusting in His vision for the *new* house that is resurrected from the *old* one. Why? Like the owners of the *old* house, we know our unseen inner brokenness which came about as a result of living life outside of God’s will. Sometimes our doubts and foot-dragging go so far to the extreme that rather than submit to God’s

vision of regeneration, many accept Satan’s claims that *total rejuvenation* is impossible. Some have broadcast their disobedience on national live television.

Regardless, Yahovah said that under the *new covenant*, this new heart and spirit will make it possible for us to walk in His statutes. Jesus said that no one can come to Him except the father call them, [the rebirth], *John 6: 44, 65*. In other words, God is the master builder of His spiritual house. Those reborn are the temple, the house, *1 Corinthians 6:19*. Jesus is the cornerstone. He is the eternal on-site superintendent [if you will] who is in charge



of the spiritual house, *Matthew 28:20*. Jesus also identifies the Holy Spirit as our guide, comforter, and corrector, *John 14, 15, and 16*. If He were to be given a title, I imagine it would be *Change Manager*. The end result is that what started out as ugly and used up by life—us—will become a *new* spiritual building without spot or wrinkle by the work of the Holy Spirit, *Ephesians 5:27*. Personally, I call Him the *divine renovator*.

On the other hand, God’s enemy is also at work. Today, more so than ever, all of the *old man* ungodly habits including moral depravity [that God said are not permitted in His house, *Colossians 3:1-6*] are promoted as okay within Christian communities under the enemy’s influence. This lie from below flies in the face of God who said *His* Spirit will help us to *obey* His statutes and commands. This promise is

repeated in *Jeremiah 31:31, 33; Jeremiah 32: 39-40; Hebrews 8:8-12*, and many others.

Christian believers have God’s divine inspired building specs for His house. We call it the Bible. In it, God shows that He alone has the authority to add to the spiritual body of Christ through the work of His Holy Spirit as He sees fit. Sometimes it is by the thousands as in *Acts 2:41*. Sometimes it is one at a time as with the Ethiopian eunuch in *Acts 8:26-39*, Apostle Paul, the Samaritan woman, and with me in 1995. And, in each instance, the *new* heart and spirit started a chain reaction of change that extended to our thoughts and behavior. Better yet, no one can remove a reborn person out of His hand, *John 10:28-29*.

God said it. That settles it. I am a 20th century witness that His word is eternal.

Along with the study of His word, the passage of years since I received the *new heart and spirit*, has given me understanding that God knew exactly when I should be brought into the body of Christ. This journey is recorded in my book *Mine: An everlasting promise*

of love, deliverance, and wholeness. Believers in Jesus’ time were encouraged to be like-minded and of one accord, *Philippians 2:2*. God is Unchanged thus it is still so today. Therefore, Christian believers must carefully choose their place of residence—God’s *new covenant* house or Satan’s shack of lies?

In short, *Mine* is a synopsis of the greatest love story ever told in that God Unchanged still seeks and saves the lost. It is currently available on Amazon’s website as well as that of WestBow Publishing, Barnes and Noble, and through my website: www.murielgladney.com. My email is: murielg.writer@yahoo.com. I will gratefully accept questions about God’s faithfulness to the lost.

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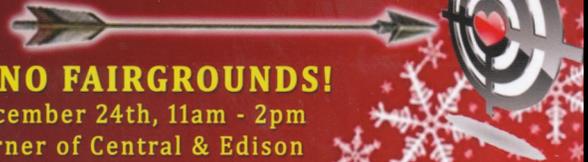
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New Dawn Missionary Baptist Church of Pasadena appoints Female Senior Pastor

Being part of a team - sharing experiences together - being in a community and together creating the future are some of the most powerful attributes and qualities of Pastor Henry Johnson, the outgoing senior pastor of New Dawn Baptist Church in Pasadena California.



Before pastor Henry Johnson was licensed to preach the Gospel of Jesus Christ on October 13, 1992, and before his Ordination by the Friendship Baptist Church of Yorba Linda, California, on the 17th day of October, 1999, he was the Special Promotions Director for KCOP -TV, Channel 13 in the Greater Los Angeles area, and started his own Production Company —Gold Coast TV Production. Gold Coast TV created and produced television commercials and infomercials for businesses large and small. Large firms such as the San Diego Gas and Electric Company, Pella Products, (the Window Store), Shea Homes, Anthony Robbins, just to name a few. Over 800 TV commercials were produced by Gold Coast TV and over 30 half-hour shows produced and placed to air on local TV and nationwide as well.

Pastor Henry A. Johnson successfully completed his study at Bethel Seminary, San Diego, and received a Master of Divinity in May of 1999. Soon after he graduated from the Seminary, Pastor Johnson planted his first church, New Dawn Missionary Baptist Church in

Pasadena, California with the support of Friendship Baptist Church of Yorba Linda, California, under the leadership of Bishop James D. Carrington, August 31, 1999. Other support came from the American Baptist USA, and the American Baptist of the Pacific Southwest. Starting at the Hilton Hotel in public worship on Easter Sunday, April 23, 2000. The service was titled: —Worship and Brunch with about 86 attending. Some of the people who attended that historical event are still with us today. Four ministries from New Dawn have grown since its foundation in 1999. New Dawn Ministries have embraced five outreaches in the Pasadena community. A social network (New Dawn Missionary Baptist Church) works with other pastors to serve the Pasadena community. The outreach programs include: Adopt-a-School, BOSS (Building On Spiritual Substance) B.O.S.S. Board members of Food-N-Things, Easter Sunrise Service, Interdenominational Ministerial Alliance (IMA) of Greater Pasadena, and Legionnaires for Jesus.

In Acts 14:23, “Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.” (NIV) Paul's strategy for church planting included the eventual selection of leaders from among the converts to oversee the ministry and spiritual growth of the community (compare Acts 14:23). In this way the missionaries could

move on freely to expand the work in new and unreached areas. Following and abiding by the dictate of Acts 14:23, New Dawn Baptist Church appointed Carmen Jhaye as its senior pastor.

Carmen began her journey with the Lord at the tender age of sixteen years old. She immediately joined the praise and worship team at the Christian Fellowship Center (the late Bishop Bill McKinney & Bishop Shirley McKinney) in Cleveland, Ohio and wrote many of the anointed praise and worship songs. God used Carmen's voice to help bring the congregation into higher worship and exhort his people to always praise the Lord when they feel like it and when they don't. While singing with the musical group “Praise,” Carmen was blessed to share the stage with many gospel artist and groups including Commissioned, Vickie Winans, Gary Oliver, Yolanda Adams, Shirley Miller, Walter Hawkins, Daryl Coley, Phil Driscoll, and Beau Williams. As a young adult, Carmen went on to pursue a degree in business and music



Carmen Jhaye, Senior Pastor
New Dawn Missionary Baptist Church, Pasadena



Stephanie Cunningham

Director, Media Relations
New Dawn Baptist Church, Pasadena

composition at the Binghamton University in upstate New York. While attending school, she was asked to direct the Binghamton University Gospel Choir and graciously served as musician and director of music for five consecutive years. Through the local ministry, Faith Evangelistic Church, (the late Benjamin I. Thomas Sr., Pastor), Carmen received intensive Bible training which led to certificates in Christian discipleship, and mentoring. Carmen was also recognized by the Binghamton University for her outstanding leadership in school, music and ministry.

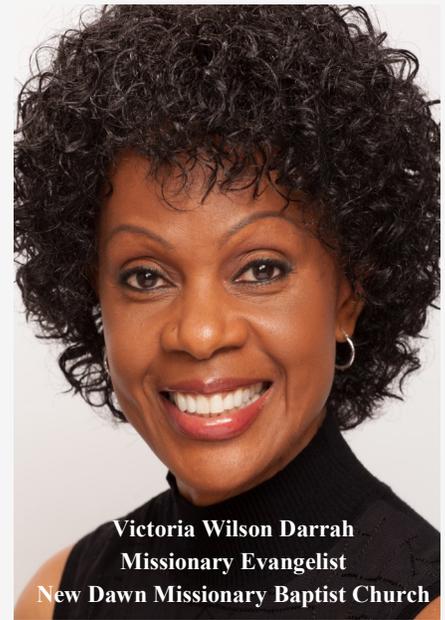
Having proven her divine gift and calling to the ministry of the Gospel of Christ, Carmen was ordained as a minister at the

House of Jubilee Ministries (Apostle Willie Trotter & Pastor Michelle Trotter) on June 25, 2006 in her hometown of Cleveland. She was used by God to teach and preach His Word with humor, transparency and conviction, and often ministered prophetically to the entire congregation while the mighty anointing of God filled the house. Her ministry brought healing, deliverance and freedom through God's Holy Spirit as many were challenged and encouraged to live a lifestyle of Victory through all and in spite of all opposition and adversity.

Pastor Carmen moved to the Los Angeles area in 2011 to continue her journey in Jesus, and is currently the assistant Pastor of New Dawn Missionary Baptist Church (Pastor Henry A. Johnson- Senior Pastor). She is a third year student at the Ohio Christian University seeking to strengthen her knowledge in leadership and ministry. She currently works for Axis Insurance in the heart of downtown Los Angeles, and is the proud mother of a beautiful daughter named Zoé, and grandmother to the third power of one lovely girl, RaMiah, and two handsome boys, Terrin and DeVin.



Pastor Tony Davis
New Dawn Missionary Baptist Church



Victoria Wilson Darrah
Missionary Evangelist
New Dawn Missionary Baptist Church

A woman of many gifts and talents, Carmen is the creator of Vaparo (Victory) clothing and watches, the Lady Ego personal protection device, and along with teaching and preaching the gospel, is on her way to becoming a successful business woman who plans to humbly rely on the Holy Spirit within her to live a lifestyle of victory and give glory to the Father and her Lord and Savior Jesus Christ!

As a new pastor, Carmen's goal is to help build a strong body of believers for Christ, who will embrace the entire Word of God; living a victorious lifestyle while drawing others to Jesus Christ by and through the power of God's Holy Spirit manifested here on earth.

"My desire is to invest in the people of God. To help build them up in Christ-like character whereby they can reach out and help build others. I've been saved for thirty-six years now, and I've seen a lot and heard a lot in the body of Christ. God has been gracious and sovereign through all my ups and downs. Now, I've been mandated by God to preach and teach the gospel of Jesus Christ with boldness. God told the Prophet Jeremiah in the Book of Jeremiah 1:8 "Be not afraid of their faces: for I am with thee to deliver thee, saith the Lord." Stepping out in boldness for the Lord is like going against the grain. There are so many clubs and clicks within the body of Christ that it's like pulling teeth to penetrate through the resistance to get the power of the Holy Spirit to the church. Anyone daring to preach with boldness must be confident in Christ that God is with them and has called them to such a place. There is an enemy out there who would like to keep the people of God wondering in the wilderness and keep the veil of darkness over their eyes. The healing must begin at the house of the Lord. We cannot go out into the world and claim victory to the lost when there is constant defeat in the lives of those who are saved. It's time for the church to be hands-on and bring deliverance to the body of Christ, so that we can have and experience the victorious lifestyle that Christ originally created us to live."...

Pastor Carmen Jhaye

IS IT SPIRITUALLY RIGHT TO HAVE SEX DURING A FAST?

Since I got married last year, my husband and I are always arguing about if it is right to have sex when I am fasting or not. I have a habit of fasting twice a week even before I got married and I don't want to stop it not because I got married. He doesn't believe much in fasting.

Now That You Are Married

Some people expect their lives to be the same in marriage as it were when they were unmarried. They crave the 'freedom' of singlehood and sometimes some even see marriage as bondage. Your marriage is whatever you make of it. If you are going to have a happy relationship with your spouse, you will often consider him or her in all you do even if it seem like the issue is trivial. You are in a new partnership and each of your opinion counts. Gone are the days when you take decisions on your own and act on them regardless of whether they please or offend anyone. In this case, you are not just considering your spouse but will also make sure that your actions are mutually consented to before they are carried out.

"Do not deprive one another except with consent for a time that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control. But I say this as a concession, not as a commandment" 1 Corinthians 7:5-6

Your Spouse Has A 'Right' To Your Body

If you read this entire passage of 1 Corinthians, Paul explains that neither the man nor the woman has authority over his or her body but the spouse. In other words, in marriage, you submit the authority of your body to your spouse. Your spouse has a 'right' to request the company and pleasure of your body just as you have same right to do so. The wedding vows usually contains the oath swearing the 'ownership' of your body to your spouse but in the euphoria of the wedding, not many consider the seriousness of what they are saying. It is merely recited just as part of a ceremony. It is not meant to be so.

There Must Be Consent

This is why a woman or man must obtain the **consent** of the spouse before proceeding on a fast. After all, you don't just wake up one morning and decide you are fasting for that day. As part of the planning for the fast, you should talk to your spouse how long you would be fast so both of you can mutually agree on how long you are staying apart sexually. Which should not be a long time. Where this consent is given, there is no problem. However, where the consent is withheld, a woman will do better to abstain from the fast or if she goes ahead with it, be ready to give to her husband's sexual demands while fasting.

Don't Neglect Your Assignment

Just to digress, there's also the issue of 'separation' where a spouse wants to take some time to be alone to seek the face of God. This is usually more than 24 hours. While it is good to seek the face of face, you must be careful not to offend God in the process. You cannot claim to be pleasing God while neglecting your first assignment, your marriage. If you are going to a camp meeting be sure that your spouse approves of it before leaving. Even if your spouse is an unbeliever, disrespecting him will not get him converted. The God at the camp is still same God in your bedroom.

Don't 'Punish' Your Spouse

Ideally, couples are not expected to deprive themselves of sexual obligations except in situation where one of the spouses is sick or traveled. However, since it a cherish habit, you will also need to ask yourself if you are just being religious at the detriment of your marriage or if your motive is truly to seek or please God. If you want to take a three days or a week fast and you know that your spouse is going to make sexual demands, then it would be good to prepare to meet that demand when you break your fast. Remember that while it may be easy for you to abstain from sex in bid to seek God, it will not be so for him, so why 'punish' him?

Establish Healthy Emotional Communication

According to Apostle Paul, if you keep depriving your spouse sex so you want to fast and pray, you open him up for temptation. If he gives in to that temptation he's likely going to blame you for pushing him out. The bible say wisdom is profitable to direct. Since you are not fasting and praying round the clock, it will be a good ideal that to satisfy him in 'advance' when you are not fasting. Again when a couple has healthy emotional communication, this becomes easy, so you may also want to put some emphasis on building a healthy emotional communication with him.

What's Your Motive For Fasting?

Spiritually, it is the **heart** and **motive** of a fast that God rewards and not necessarily the act itself. Besides, fasting is not really for God, as it does not change Him. Rather fasting humbles us and helps us to fine-tune our spirits so we can communicate better with God and receive from Him. When you cannot fast, pray. It will also be good to encourage him sometimes to join you in the fasting and prayer. It was YOUR habit, now you can make it a family habit so that both of you are abstaining from sex at the same time.

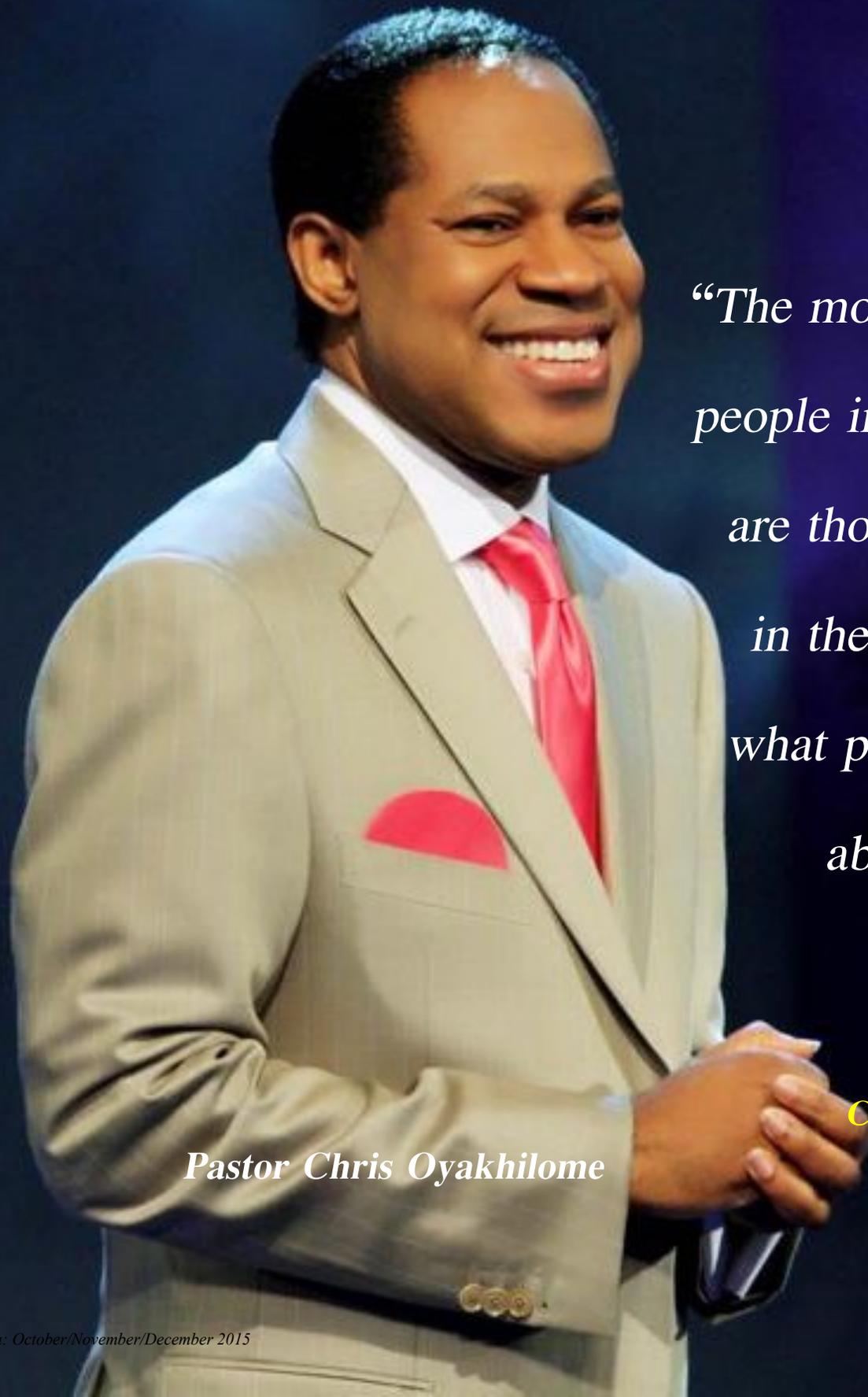
Sex is a beautiful gift of marriage. Besides the fun, the pleasure, it bonds the couple. Be careful to nurture yours.

Shalom!

....Excerpts from my Book,
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“The most unhappy people in the world are those that live in the shadow of what people think about them.”

Pastor Chris Oyakhilome

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