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JUNE 2024

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TESTIFY MAGAZINE

JUNE 2024 EDITION



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Editor-In-Chief : Mark Page

Contributing Editor :

Editor-At-Large :

Proof Reading : Ntebo Motloutsi

Monthly Contributors : Bishop Matthew Daniels, Bishop O T Whittaker ,
Pastor Mike Gobel, Apostle Mattie Hamm, Hybre Kivedo, Pastor Nomsa and
Pastor Riaan Engelbrecht

Additional Contributors :
Pastor O Oyebanji, Tina Mujera.

mark@gobigpublications.com

+27 603520652

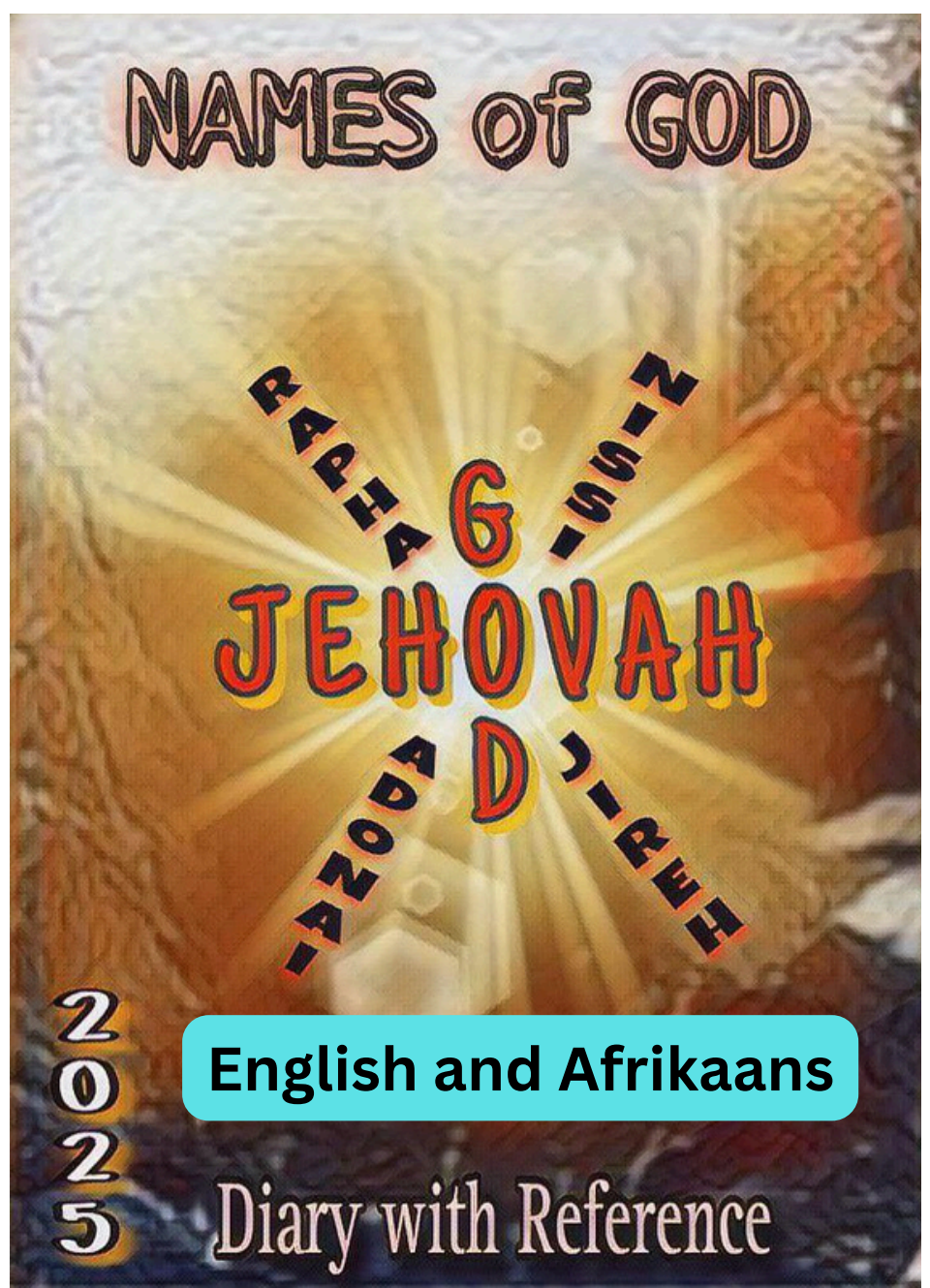
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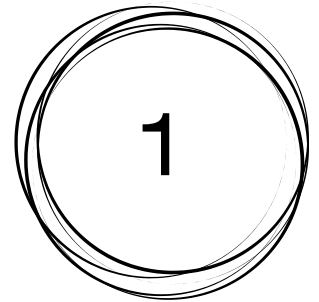
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A TIME OF GIVING!



We are living in times whereby so many people are going through such hardships, many without even food in their bellies as they go to sleep at night. I would like to urge all readers to PLEASE do something in the month of June to help others and then make it a habit of doing so every month

Our cover story this month is all about Flowbins SA (PTY) Ltd and how they rely on God in their business. I would like to thank Dirk Van Heerden and his staff, especially Lizanne for making this happen.

Please get onboard and assist us in whatever way you can, we cannot do this on our own.

1. Advertisers: We are seeking constant and regular advertisers for each and every edition of the magazine. Our goal is 8 advertisers per edition plus the usual promotions. Please assist us in this regard.

Then our next challenge that we would like to overcome is:

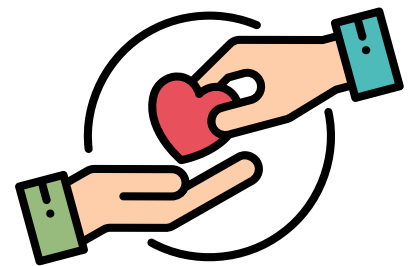
2. Our Children's Section.

We are looking for somebody to take ownership of this section and write for us every month in order to better our magazine and bless our children readers.

If you can help in these regards please contact me asap!

Blessings

Mark



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2

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Flow Bins SA trading as Flowbins is a successful business situated in Capital Park, Pretoria. We stock a wide range of products including 1000L Flowbins, Water Bowsers, Diesel Bowsers, Aquaponics and rain harvest units, to name just a few.

Flow Bins SA started out of necessity with one 1000L Flowbin sold out of a residential residence and became the successful company it is today by the grace of God.

The steps we took to be where we are today is: We recognized the Lord as Owner of our business – God is the original entrepreneur. If anyone knows what it is like to create and build something completely new, it is the Lord. We can see that from the very beginning. He has created us to share in His entrepreneurial process. We ask the Lord daily for direction in our business – As we stay connected to God's word and speak with Him daily, we can trust the direction He provides. Everyone in our company come together every morning to spend time in the Word and pray together. Proverbs 3:5-6 reminds us to trust in the Lord with all your heart, do not depend on your own understanding. Seek His will in all you do, and He will direct your steps. We follow the pattern the Lord provides – If it is not in the alignment with God's word, we do not do it. **Our**

motto in our business is - Jesus said it, I believe it, that settles it!

We trust Him for inventions – God is able to use us in amazing ways, we trust Him to guide us in amazing ways to be unique and to stand out in the marketplace. We seek God's wisdom in every product and decision.

We Follow the Lord's plan for our business – We might have plans but the Lord's plan for our life and business always work out better. Proverbs 19:21 says There are many plans in a man's heart, nevertheless the Lord's counsel – that will stand.

Following the Lord's plan, our business has grown at such an astounding rate, our mere human brains could never even dream of. We strive for excellence – being stewards of the Lord's business we simply cannot provide products that is of substandard quality and strive for the best service, because in that we can show others the Love of Christ.

Give Generously – We love to sow into faith-based initiatives and in so doing spreading the Word and love of Christ to people that needs it. We like to keep Luke 6:38 in the back of our minds that states Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same

measure that you use, it will be measured back to you.

Following the above principles, we have experienced God's grace in amazing ways. The business has grown from a garage with no employees to operating out of a retail premises, with more than 20 employees working under the 4 directors Dirk, Jako, Phia and Tersia van Heerden.

In the covid pandemic, while so many businesses had to sadly close their doors, the Lord provided contracts that meant we had a license to trade in level 5 and we had no positive covid case in our company. Also, in this time the Lord used us to bless others that needed the word of God and also much needed nutrition. The Lord just sent his provision and protection throughout.

Where your treasure is, there your heart will also be (Matthew 6:21), and when you give to God's work, you invest in his Kingdom. It is also not always an easy road, there was temptation along the road but holding on to the Lord, made the temptation go away. When the Lord is your business owner and you adhere to His instructions, your efforts are crowned with great successes. He will cause men to

favour you and bring helpers your way who will help you fulfil your dream or assignment. The Lord will so manifest Himself in your business such that what would normally take you 50 years to accomplish will be accomplished in 5 years. He is God Almighty!

Therefore, with all your heart trust in Jesus, don't try to depend on your own understanding. In all your activities acknowledge Him and He will always direct your path (Proverbs 3:5-6). Make God your business partner or business owner today and you will enjoy rest always.

All glory be to Jesus Christ for the work that He has already done in our business as well as the work He will still do in future.

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From Gangster to Family Man by God's Grace

My name is Thapelo James Plaatjies, I was born in Kopanong Hospital, Vereeniging in 1992. My mother and I went to live with my grandparents in Rus-ter-Vaal. My father served 3 years in the army, after which he got a job in Vereeniging and we moved back there as a family.

Growing up there was a lot of conflict between my parents and by age 17 I was already smoking weed, mandrax and drinking alcohol. I was 18 when my father passed away and shortly afterwards my 'friends' introduced me to crystal meth. I was living with my mother and two sisters as my addiction started developing. There was constant conflict between my mother and I as I started stealing from the house to support my addiction. Eventually my mother found a partner and decided to move the family away, leaving me to live alone in my father's house.

In 2013, my girlfriend and I were using together. She then fell pregnant. I still had my inheritance money but we misused it on drugs and alcohol and inevitably the

money ran out. I had to come up with some way of providing for my family and supporting our addiction. This is when I turned to crime.



I had to come up with some way of providing for my family and supporting our addiction. This is when I turned to crime.

It started off as petty crime - mugging people, stealing phones, laptops and any other valuables. There was an incident when I was caught stealing children's cell phones and beaten by the security guards as a warning. The warning never stuck. I got more and more involved with crime, gangs and other bad people - the crimes also escalated to housing breaking and eventually armed robbery. I was using a lot of drugs at the time and my girlfriend took my child and left due to fighting. We separated and whilst separated I continued with crime; my house also became associated with crime.

One day community members dragged me out of my house and beat me - mob justice - for crimes my associates committed. I survived this incident but it did not stop me, I started associating with more dangerous criminals and the crimes became more



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organised. The community became fed up and ultimately burnt my house down to the ground. The only thing left was a small back room.

My girlfriend and child eventually moved back and we continued to live in the small room for 7 years. She gave birth to my second child in the back room with only a small torch, I couldn't afford an ambulance and the community wanted nothing to do with me. With the financial pressure mounting, I started collecting scrap – even resorting to stripping from our only room.

Soon after this I was arrested again and whilst in the holding cells my girlfriend decided to up and leave with my children. I did not see or have contact with her or my children for 4 years. My family moved away and nobody wanted anything to do with me as I was in active addiction. My children did not even know who I was.

I was incarcerated briefly for 2 weeks and in that time, I joined the numbers gang. I was committing increasing



**While
volunteering and
helping others, I
learnt valuable life
skills, establishing
my new life and
identity in Christ.**



violent crime, doing things that I did not want to do. By then it was too late, I was trapped – blood in, blood out. When told my associates I wanted to stop and leave the gang, they held me hostage in my room and beat me almost to death. I eventually managed to go away for 6 weeks and upon returning home, there was nothing – my room had been completely demolished. My once house, was now truly gone. It was then and there that I realised that I had to make drastic changes in my life.

That is when I came to Freedom Recovery Centre (FRC). Whilst there I received extensive counselling and got to know myself, learning to apply my strengths in a positive way. While volunteering and helping others, I learnt valuable life skills, establishing my new life and identity in Christ. FRC has helped me rebuild a healthy relationship with my family and ultimately reunited me with my children.

To God all the glory!
Amen!



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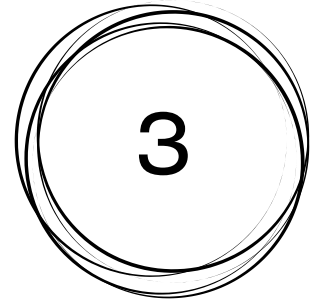
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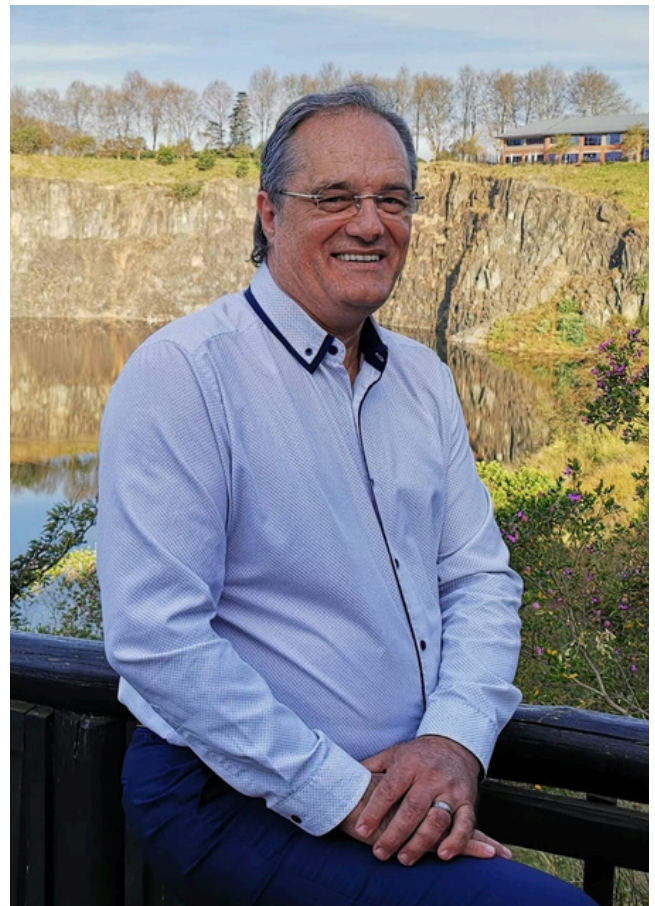
THE DISCIPLINE OF *DISCIPLESHIP*



Discipline #4: The Discipline of Studying God's Word

2 Timothy 3:16-17 “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”

The goal of this series on “The Discipline of Discipleship” and more specifically on applying biblical disciplines to our daily walk with God is to enable and empower new and old followers of Christ to create a lifestyle of spiritual and biblical principles and routines that will over time become a way of life to all within the kingdom of God. The Word of God says in Philippians 2:5-8 “Have this mind among yourselves, which is yours in



Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.”

In this single passage of Scripture, we can already see that Jesus performed three different disciplines in order that He may have been able to walk in the will of His Father. We read that He “emptied himself,” he “humbled himself,” and He practised “obedience” (discipline) even to the point of death.

If we as believers wish to find the path to holiness and righteousness in and through Christ Jesus, then it is essential that we pattern our very own existence on this earth in accordance with the likeness of Christ – this includes both the ‘corporate’ body of Christ and as ‘individual’ children of God.

We can only do that if we are committed in seeking guidance, knowledge, wisdom, and revelation (understanding) from God’s Word. What precisely does this mean to

the individual and/or corporate body of Christ– *“to seek guidance from God’s Word?”*

Often, we want to think and believe that the ‘church’ is a separate entity to the individual believer that makes up the entire congregation (universal church) and as a result we have this perception that the church should operate under a different set of religious rules than that of the individual believer. In reality, this is far from the truth.

The ‘church’ is indeed made up of individual part that form the entire body of Christ. We are the ‘body of Christ’ and therefore we are the Church. This means that every individual has a role and a purpose to play within the overall functioning of the church.

There is not one set of rules and principles for the leadership and another set of principles for the rest of the body of Christ. In addition, as much as the church and its leadership have a responsibility to uphold the principles and virtues of the doctrines and laws of God and to teach and preach those to the body of Christ, so too, does the individual members of the ‘body of Christ’ have an equal responsibility to get to know, understanding and embrace

these principles and laws of God by following and applying these principles to their daily lives.

We should never see ourselves – whether as individuals or as the ‘corporate’ body – as more or less important to the overall functioning or *unity* of the church, whether in purpose (mandate), function (role in the community), position (office of ministry or leadership) and/or calling (doing what God wants you to do) within the five-fold ministry.

On this note I wish to highlight, these roles, positions, or callings are there for the orderly functioning of the five-fold ministry and those that are appointed to any of these ministerial functions are and should not be doing it out of wanting to take the glory for themselves but for the soul purpose of wanting to assist the Holy Spirit by become a vessel through which we are able to draw people to the kingdom of God.

This is the fundamental purpose of the church – to teach, preach, share and spread the message of Christ unto the world. The minute we begin to make up our own rules and policies that takes the focus of God’s Word we are indirectly moving away from that which God wants of

the church. The church must make the Word of God it’s *principle* Reference Book from where we are led to all Truth.

When we have a ‘body of Christ’ that is not operating in accordance with a singular set of rules and laws as given to us by God through His Word, which is – one set of doctrines as prescribed by the unified Word of God (Old and New Testament), one set of principles and virtues which is governed by the life and ministry of Christ, then naturally the *outcomes* to what should be a unified body of Christ will be different.

It’s no different from placing a football team or any team for that matter on a playing field but you train half the team under one set of rules and the other half you train under an entirely different set of rules. I’m sure we would all agree that the outcome of these two ‘groups’ within one team will be different and besides, I don’t believe the TEAM would be able to function as a single unit (body) – working and functioning as a unified force to overcome their opponent (adversary) and in our case as believers to overcome the enemy. When I got led by the Holy Spirit to write this series, I knew God wanted me to focus on “*disciplines*” as a

primary source of inspiration and guidance because these disciplines place us at the foot of the Cross, they help us remain steadfast in Christ, they reveal His nature and character in our behaviour and daily lives, and they empower us to avoid the temptations of the devil and make us aware of God's presence by helping us exercise obedience and discipline in our daily walk with God.

In this month's article I wish to touch on the discipline of studying the Word of God and not merely using God's Word as just another book for Sunday services or Bible Study. In my earlier demonstration I highlighted how dysfunctional a simple football team can be when they are not operating under one set of rules, principles, and laws of the game. In the same vein, the *power* of God's Word lies in the understanding and divine revelation of His Word, but this cannot simply jump out of the pages or be revealed or be revealed to you and me without making the Bible (the Word of God) a critical part of our daily routine. The Word of God says in Luke 4:4 But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, [a]but by every word of God.'" As Christians we are so conditioned to receive a message from the Word of God through a preacher or teacher

and often that preaching is accompanied by "*communion*" on a Sunday which brings us to the table of repentance and allows us to partake of the emblems, (in the form of the cup representing the blood of Christ and the bread representing His body) symbolising the sacrifice Jesus Christ made for us on the Cross and the blessing we have through His mercy and grace for the forgiveness of sin and the gift of eternal life.

But how often do believers prepare their hearts for the receiving of God's Word or the partaking of the Holy Communion? How often does the body of Christ ask God to speak directly to them through His Word (the Message on a Sunday) into a specific area or problem you might have in that season of your life? In all honesty, I don't believe this is even considered by 10% of the body of Christ, yet we expect the Lord to miraculously intercede and deliver a Message through His servant (the Pastor or preacher) from the throne room of God on a Sunday that is not only accurate by also relevant to our every need. In many instances the non-believer will do the same, they will either try to find peace, comfort and prosperity through so many worldly things – obsessions, addictions, greed, lust, earthly possessions, etc. They will even

try to find God in other forms of religions or ideological beliefs, but the truth is that GOD is not someone or something that wants to be found in some 'man-made' discovery God will find those for whom He seeks in His own time and in accordance with His own will. In many cases God is found in the need for forgiveness. The tragedy is that so many people never discover that they need this forgiveness—

Hence, they have never seen the need for Christ and the acceptance of embracing God's Word. Only the true Christian realizes he has "sin within him"—and that his very nature is twisted and perverted because of the Fall of man. The more we as believers and followers of Christ begin to read God's Word the more our spiritual eyes will begin to open. The Word begins to stir our hearts and alumnate the truth to us as we begin to recognise the 'power of sin' over our lives. We also begin to realize how "helpless" we are, and how utterly defenceless we are against the attacks of the devil when we try to take on Satan on his terms. This leads me to one of the most important questions that we should have asked ourselves and that we as believers should be asking of those in the world. Before I touch on this question, let me say that the ultimate

secret of every godly Christian, is that he or she has come at last to realize that the "most priceless thing in life" is his SOUL—that thing within us that goes on for all eternity.

It is that *thing* that God has put within us, which God breathed into us—"man became a living soul" (Gen 2:7). It is that thing that stamps men and women as being made in the "image of God." Our SOUL is the most precious thing we have. Therefore, Paul says, "I have committed my soul to God and Christ for safe-keeping, and I know whatever may happen to me, God will keep that which I have committed unto Him until that great Day of Judgment. It is eternally safe" (2 Tim 1:12). Jesus said, "Do not waste your time worrying about what you are going to eat, drink or wear...rather, seek first the kingdom of God and His righteousness, and all these things shall be provided for you" (Matthew 6:25-33).

"What shall it profit a man if he gains the whole world, and loses his own soul?" "What shall a man give in exchange for his soul?"

(Mark 8:36). The most priceless possession we have is our SOUL! Where can I put it that I may know it is "safe" for all eternity? We are

going to live on and on and on and on – there is no end to our existence. The ultimate question is this, “Have you become concerned about the future of your soul?” The Lord Jesus, using another analogy, compares us to sheep and Himself to the Good Shepherd. He says, “They shall never perish, neither shall any man pluck them out of My hand” (John 10:28). Paul writes, “I am persuaded that neither death, nor life, nor anything in all the universe, can separate us from the love of God which is in Christ Jesus (Romans 8:38–39).

Blessed is the man who trusts in Thee. Reflect on the words of a hymn written by Fanny Crosby—All the way, my Saviour leads me, What have I to ask beside? Can I doubt His tender mercy, Who through life has been my guide? Heavenly peace, divinest comfort, Here by faith in Him to dwell, For I know what befall me, Jesus doeth all things well. The essence of being a true follower of Christ is to “know God”—It is not simply knowing things about God, but truly knowing God and have engraved His Word in your heart, it is by having communion with His daily by reading His Word and by praying over His Word that God might reveal to you the revelations of His Word. Conversely, true Christianity is not just a matter of morality. David’s

secret was that “his strength was in God (not himself) – meaning in His Word, in whose heart are the highways of God!” (Psalms 84:5). Blessed therefore is the man who has “made roads in his heart.”

The heart of the unbeliever is like a “pathless uncharted wilderness;” there are no paths or highways mapped out; everything is tangled and mixed up—that is a description of what we all are by nature. So, people who are not Christians really have no godly worldview on life, they might have some foreign or construed ideology, philosophy, or religious belief that they follow but beyond that there is no order or system that carries with it a historical reference such as the Bible (Word of God) does.

They have no clear ideas; there is no plan in it and no purpose. Life is entirely aimless. They just exist. They are like a great uncharted territory. They do not sit down and ask the big questions: “What is man?” “What is life all about?” “What am I meant to do with my life?” “What are these strange intimations that I feel from time to time that I am meant for something bigger and greater?” The thoughts may come, but they dismiss them. They just become victims of what may happen to them.

If a bit of good fortune comes their way, they are happy...if it is bad they become miserable and disconsolate. If you read the biographies of unbelievers, you will find that this undoubtedly is the case; other than some temporary view, the vast majority just wander aimlessly. There is no goal. There is no 'game plan.' There is no road map to a life filled with hope, joy, happiness and prosperity.

When they find themselves in a crisis or an emergency, there is nowhere they can go for help and sustenance—there is no path. But the Word of God tells us as believers that “Blessed is the man whose strength is in Thee, in whose heart are the highways of God!” (Psalms 84:5).

That is the great message of the Christian faith. Christianity is Truth, and truth comes from the Word of God. The very first thing that happens to people who become Christians is that they begin to “think straighter”—the highway of the mind is laid open and they begin to see life as they have never seen it before – why? Because they have a road map in the Word of God. It gives them a new understanding and a whole view of life. All of the New Testament epistles are, in a sense, just a “map of life”—in it they see themselves as under God and in relationship to Him.

The Believer can confidently say, “I understand life; I understand myself; and I am not one bit surprised that the world is as it is.” For the unbeliever, the whole world is upside down and in a state of chaos—not so for the believer.

The gospel shows us that life is a pilgrimage, and that we are merely travellers and sojourners in this world—we simply follow the “light” on the road to holiness and righteousness when we travel. This is the key in understanding godliness – we are not holy nor are we righteous, but the holiness and righteousness are in the Light which we continue to follow in Christ on a daily basis when we submerge ourselves in the Word and when we pray and fellowship with one another as believers.

Though there are times of testing and trials and tribulations and a valley of tears, we are still not victims of our circumstances—we are more than conquerors (Romans 8:37), because “God is with us, and He comforts us” (Psalms 23:4). The fact is our troubles make us think all the more about God and Christ. This is the secret of the Christian life—the more things go against us the more they drive us to Christ, and the more we are with Christ the happier we are. So, our valleys of tears turn into springs of

rejoicing, and we realize this life is just a temporary journey. Do you know where you are going? Face it honestly, and if you have to admit it scares you, go and admit it to God. Plead with Him and ask Him to send His Holy Spirit to bulldoze a “highway” in your soul that will bring you to that place of being fully content in knowing who you are in Christ and knowing where you are headed.

May God bless you and keep you. May God make His face to shine upon you and give you peace. Amen

***Accreditation given to the Commentary and Study Notes from The Wiersbe Study Bible (NKJV)**



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LIFE COACH | AUTHOR | SPEAKER | ENTREPRENEUR

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I offer a range of transformative services to help individuals unlock their full potential and create a life they love. With a unique blend of coaching, writing, speaking, and entrepreneurial expertise, I empower my clients to achieve personal and professional success. My services provided include:

One-on-One Coaching: Personalized coaching sessions to support clients in setting and achieving your goals, overcoming obstacles, and cultivating a positive mindset.

Engaging Speaking Engagements: Captivating presentations and keynote speeches that inspire audiences with their authentic storytelling and motivational messaging.

Online Courses and Programs: Innovative and results-oriented online courses and programs designed to equip individuals with the tools and resources they need to thrive in various aspects of life.

Through my multi-faceted approach, I create a supportive and transformative environment for individuals to discover their inner strength, overcome limitations, and make positive changes in their lives.

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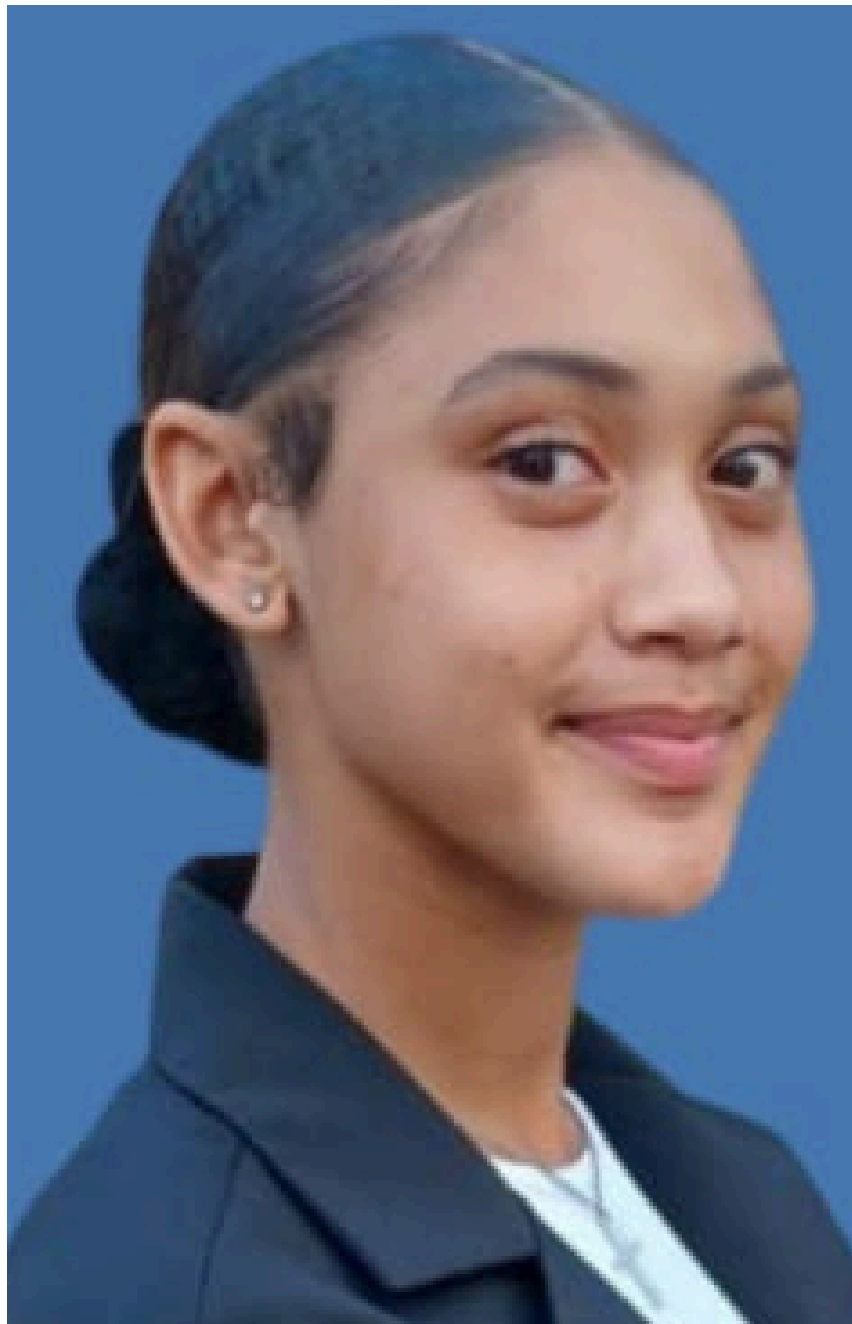
BY YOLAN TIANA VAN BELLING

A MOTHER'S *LOVE*

My name is Yolán Tiana Van Belling and I am 15 years old. I am born in a small town called Nigel. The poem is dedicated to all mothers around the world, know that you are special and you are loved.

A Mother's Love

A Mother's love is something
that no one can explain,
It is made of deep devotion
and of sacrifice and pain,
It is endless and unselfish
and enduring come what may
For nothing can destroy it
or take that love away...
It is patient and forgiving
when all others are forsaking,
And it never fails or falters
even though the heart is breaking ...
It believes beyond believing
when the world around condemns,
And it glows with all the beauty
of the rarest, brightest gems ...
It is far beyond defining,
it defies all explanation,
And it still remains a secret
like the mysteries of creation ...
A many splendored miracle
man cannot understand
And another wondrous evidence
of God's tender guiding hand.



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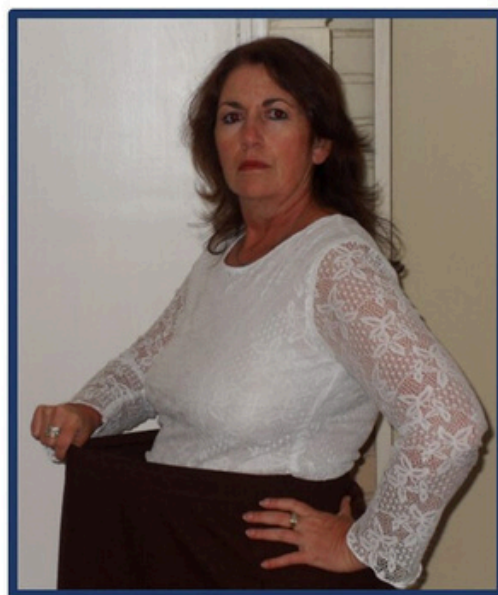


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THE GOSPEL MESSAGE

SHARE IT WITH ALL PLEASE

HAVE YOU ACCEPTED JESUS
CHRIST?

THE GOSPEL MESSAGE

Romans 3:23 ESV

"For all have sinned and fall short of the glory of God,"

The abovementioned verse is an extremely well used verse and many people know it and can even quote it off by heart, but the significance of it is the reality that every single person needs to contemplate.

If you have not accepted Jesus as your Personal Saviour yet or are thin king about it, you have to start here. The reality of your sin problem cancels and disqualifies you from the very presence of God and this bars you from eternal Life. Your choices are simple here, either an eternity with God or an Eternity without God. I would think that the logical answer would be an Eternity with God. Why? Well let's look at this:

2 Thessalonians 1:9

"They will be punished with everlasting destruction and shut out from the presence of the Lord and from the glory of his might"

NASB

This is the reality of a choice that omits Jesus as your Personal Saviour -

= Everlasting Punishment

= Destruction

= Shut Out

= No Godly Presence

= And no Glory at all

This is not something to take lightly and by the way this is not scaring you into making a false decision, God is love, thus we as His followers are love, this means if I say I have the love of God, it is my duty to tell you the truth and point you into the right direction.

So in looking at the sin problem and the reality of this, what is the answer then? Let's look at this:

John 14:6

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

NASB

What a wonderful solution to an immense problem, Go gas made a way and in making the way He has also made it very clear that this is the only answer to the problem. You have to accept Jesus His Son in order to obtain Eternal Life and ward off all the destruction and other bad things spoken about in the previous Bible verse.

It also makes it very clear that this can only be done through JESUS CHRIST His Son, there is no other way to salvation or Eternal life other than through Jesus, NONE!

Let's look at this too:

John 1:12-13

"But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God."

NASB

Wow! Just look at this, not only do we get Eternal Life but we become Children of God. The impact of this is massive as it speaks to the fact that we now belong to the family of God and receive the benefits of being part of a family, and not just any family but a royal family (1 Peter 2 vs 9).

So in looking and understanding all of this, How do you accept Jesus as your Personal Saviour?

Romans 10 vs 9-10

"that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; 10 for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation."

NASB

Let me just make one point very clear before we look at the above verses, your salvation cannot be obtained by good works, you cannot go to Heaven or be part of God's family because you are a good person, or you do good deeds, No! The Bible makes it clear, if you want to accept Jesus as your Personal Saviour then it gets done on the basis of two things. These two things are critical because it will also help you on your work with the Lord and attain righteousness and a life pleasing to God.



Firstly, you have to confess with your mouth that Jesus is your Lord, this is very important because by your confession God will know and people in the world will know. This is significant because one does not hide a light under a bowl. Everyone must see and hear that you are a child of God.



And secondly you must believe in your heart, with your whole being and understanding that Jesus was raised from the dead and is alive and is your only Saviour.

So if you have read all of this and the Holy Spirit is directing you to accept Jesus as your Personal Saviour please pray the prayer on the next page, God loves you so much.



ACCEPTING JESUS IS EVERYTHING!

PRAYER FOR SALVATION

Dear Lord Jesus,

I understand that I am a sinner and in need of desperate saving, The Bible tells me clearly that the only answer is for me to confess with my mouth and believe in my heart. I am now confessing with my mouth that I am accepting You as my Personal Saviour and believing in my heart that you are alive and well and dwelling within me. Thank you for the gift of the Holy Spirit and the fellowship of other Believers and allow me please to follow in your footsteps. Amen!

Wow! Congratulations if you have just prayed this prayer, and know that you are now part of the family of the Kingdom of God. Please tell someone about your decision, pray all the time and read and study your Bible. Find a Holy Ghost, Bible preaching church and join.

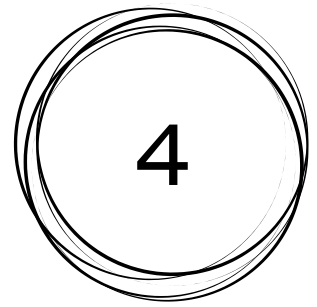
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+27 603520652

THE HEART OF JESUS

Calling All Saints
Calling All Sinners!



BY PASTOR NOMSA

FASTING FOR SPIRITUAL *BREAKTHROUGHS*

“FASTING for SPIRITUAL
BREAKTHROUGHS”!

Prayer:

Wonderful Father of mercy and grace, we thank you for the Holy Spirit, who is our constant companion. May You be glorified through the Teachings of Your word, which were deposited into us, during years of studying Your Word regarding Fasting and the benefits that we may reap from this self-denial.

Help us to be strong as we fast, and keep our bodies in line with God's Word as we continue to honour You in our physical beings, in Jesus Name. We praise You. Hallelujah! Amen



Prophetic Teacher Nomsa

Email: RestorationTRT@gmail.com

Beloved in Christ,

The Teaching on Fasting will probably be three parts (or four); so, herewith the first Part. The question we have to ask ourselves is this: how close do we want to get to God, and what is it that we need from Him. And in asking that question, undoubtedly another one shall follow: what or how much are you prepared to give; to receive an answer from God?

Fasting means “self-denial”. You give something away to receive something from God. According to the Word of God there are 10 different Fasts in the Bible; and in these Teachings we are going to look at every one of them, by Grace. I trust you will enjoy this introduction and History of Fasting that I share with you this month, God bless you, shalom.

Ps. Nomsa

FASTING FOR SPIRITUAL BREAKTHROUGH

Isa 58:1 Cry aloud, spare not. Lift your voice like a trumpet and declare to My people their transgression and to the house of Jacob their sins! V2 Yet they

seek, inquire for, and require Me daily and delight [externally] to know My ways, as [if they were in reality] a nation that did righteousness and forsook not the ordinance of their God. They ask of Me righteous judgments; they delight to draw near to God [in visible ways]. V3 Why have we fasted, they say, and You do not see it? Why have we afflicted ourselves, and You take no knowledge [of it]? Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor. V4 [The facts are that] you fast only for strife and debate and to smite with the fist of wickedness. Fasting as you do today will not cause your voice to be heard on high. V5 Isaiah such a fast as yours that I have chosen, a day for a man to humble himself with sorrow in his soul? [Isaiah true fasting merely mechanical?] Isaiah it only to bow down his head like a bulrush and to spread sackcloth and ashes under him [to indicate a condition of heart that he does not have]? Will you call this a fast and an acceptable day to the Lord? V6 [Rather] is not

this the fast that I have chosen: to lose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke? V7 Isaiah it not to divide your bread with the hungry and bring the homeless poor into your house--when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood? V8 Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard. V9 Then you shall call, and the Lord will answer; you shall cry, and He will say, Here I am. If you take away from your midst yokes of oppression [wherever you find them], the finger pointed in scorn [toward the oppressed or the godly], and every form of false, harsh, unjust, and wicked speaking, V10 And if you pour out that with which you sustain your own life for the hungry and

satisfy the need of the afflicted, then shall your light rise in darkness, and your obscurity and gloom become like the noonday. V11 And the Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones. And you shall be like a watered garden and like a spring of water whose waters fail not. V12 And your ancient ruins shall be rebuilt; you shall raise up the foundations of [buildings that have laid waste for] many generations; and you shall be called Repairer of the Breach, Restorer of Streets to Dwell In.

2 Cro 7:14 If My people, who are called by My name, shall humble themselves, pray, seek, crave, and enquire of necessity My face and turn from their wicked ways, then will I hear from heaven, forgive their sin, and heal their land.

If you have a need for a deeper relationship with the divine Trinity, you need to fast

Even in the old ancient time there were people who had fasted for various reasons. We fast for answers, but the answers are in God's hand and in His own time. We cannot rush God, and nobody can manipulate God. **The key to fasting**

is to become aware of how big God is and how small we are.

We must listen to what it is He wants us to do. Christian fasting focuses on God and not on you. The results are spiritual results which gives glory to God.

God's reasons for fasting are found in Isaiah 58:6-9

Isa 58:6 [Rather] is not this the fast that I have chosen: to lose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke?

Isa 58:7 Isaiah it not to divide your bread with the hungry and bring the homeless poor into your house--when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood?

Isa 58:8 Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard.

Isa 58:9 Then you shall call, and

the Lord will answer; you shall cry, and He will say, Here I am...

Here God describes what he does not want when you fast: **Isaiah 58: 3 – 5**

Isa 58:3 Why have we fasted, they say, and You do not see it? Why have we afflicted ourselves, and You take no knowledge [of it]? Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor.

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FASTING

God says He has chosen fasts to achieve some things:

To loosen the bonds of sin
To break heavy spiritual ties
(Burdens)
To help the spiritually weak
To break each spiritual chain
(breaking the yoke)
To provide food for the hungry
and to help people who have no
homes.
To encourage people to let the
light break through
To help manage your health and
to remain healthy.
To allow fairness and
righteousness to go before us
To see that God, receive the glory
for giving the answers you
received in a fast from God.

1) FASTING FROM A BIBLICAL POINT OF VIEW

The word "FASTING" comes from the Hebrew word "tsom" which means "The practice of self-denial." The Greek word "nesteia" means the same. At the river Zhava, Ezra suggested that they fast and humbled themselves before God, - [Ezra 8:21-23](#)

Cornelius was fasting when he received a vision - [Acts 10:30-31](#)
David used fasting, in an act of humility before God - [Psa 35:13; 69:10; 109:24; 2 Sam 3:35; 12:15-17](#)
Daniel fasted for three weeks and on other occasions - [Dan 9:3; 10:2-3](#)
The Pharisees often fasted and asked Jesus why His disciples do not fast. Jesus answered them by means of a parable - [Matt 9:14-15; Mark 2:18-20;](#)

The Jews in Persia used Mordecai's example of fasting on the instruction that Haman has given - they all fasted for three days with Queen Esther before she appeared uninvited before King Ahasuerus – [Ester 4:3](#).

The church in Antioch fasted when the Holy Spirit instructed them to set Barnabas and Paul apart for the work - [Acts 13:2](#)

King Darius had spent a night in prayer and fasting when Daniel was thrown in the lions' den – [Dan 6:18](#); [9:3](#).

The king of Judah, King Jehoiakim has set up a fast – [Jer 36:9](#)

The members of the newly formed churches in the New Testament have fasted regularly according to history – [Acts 14:23](#).

The people listened to Jonah and began to pray and fast when they heard that the city would be destroyed within forty days - [Jonah 3:4-5](#)

The people of Nineveh fasted after Jonah gave his prophecy that God will judge their people – [Jonah 3:5-9](#)

The prophet Joel had called a fast so that God would withdraw his judgment on Israel– [Joel 1:14](#); [2:12,15](#).

The prophetess Anna that proclaimed Jesus as the Messiah, fasted, and prayed continually in the Temple up to the age of

eighty-four years – [Luk 2:37](#)

Elijah also fasted for forty days and nights - [1 Kin 19:8](#)

Esther fasted with all the Jews – [Est 4:15-16](#)

Ezra also fasted frequently – [Ezra 9:5](#); [10:6](#)

The Word of God was read in the presence of the Nation on the day of fasting– [Jer 36:6](#)

An Egyptian servant of the Amalekites had fasted for three days and nights – [1 Sam 30:12](#)

Hannah "cried and ate nothing"- [1 Sam 1:7](#)

Isaiah rebuked the nation Israel about their methods of Fasting – [Isa 58:1-12](#).

Jesus shares with His disciples that some demons can only be driven out with prayer and FASTING – [Mark 9:29](#); [Mat 17:21](#)

Jesus was fasting forty days and nights in the wilderness while been tempted by satan – [Mat 4:2](#); [Luk 4:2](#).

Jesus talks about the carnal appearance of a person who fasted – [Matt 6:16](#).

John the Baptist also did a partial fast – [Luk 7:33](#); [Matt 11:18](#)

Jonathan fasted when he found out how bad his father Saul treated David – [1 Sam 20:34](#) □ King Ahab had eaten no food, when he failed to buy Naboth's vineyard - [1 Kings 21:4](#).

King David fasted when his first son with Bathsheba was struck with a

sickness, because he sinned with her. It was God's punishment for him because David killed Bathsheba's husband (Uriah). David broke his fast when the child died – [2 Sam 12:15-25](#).

King Jehosaphat set a fast of their victory over the Moabites and Ammonites who attacked them – [2 Cron 20:3](#).

King Saul called a period of fasting – [1 Sam 14:24; 28:20](#)

Moses fasted twice in succession for forty days and nights. The first time just before he received the clay tablets from God on the mountain, and a second time after he came down and saw how the people worshipped the idols, he threw the clay tablets in anger and broke it - [Exo 34: 28; Deut 9:7-21](#)

Nehemiah fell before God and fasted and prayed and wept – [Neh 1:4](#)

Paul describes with emotion how they often fasted and prayed – [2 Cor 6:5; 11:27](#)

Paul and Barnabas appointed elders as leaders through prayer and fasting – [Acts 14:23](#).

Paul had fasted three days after he met Jesus on his way to Damascus – [Acts 9:9](#).

Read the word in [Matt 6:5](#) - "When you pray" and ... "When you fast ..." - [Matt 6:16-18](#). Here Jesus warns them not to fast to be seen by others.

Uriah fasted because of the Ark of God – [2 Sam 11:11](#)

Fasting and prayer are also set for a statute to be kept so that the children of God must honor the "Day of Atonement" - see [Lev 16:29, 31; 23:27,29,32; Neh 9:1](#)

**The only purpose of food
is for the body!**

2) HISTORY OF FASTING

In the Old Testament Fasting began as a natural expression of grief. David fasted to show his grief for Abner's death - [2 Sam 3:35](#). King Ahab tore his clothes and lay in sackcloth (fasted) - [1 Kings 21:27](#). Many scriptures describe FASTING as punishment, affliction or grief in a situation over your body, mind or spirit - [Isa. 58:3, 5](#). Fasting became a habit to show others that you are in mourning, especially at the death of one of the family members people started to fast. Fasting was accepted as a natural human way to express sorrow or grief. People began to fast to keep God's wrath from them when they knew they have sinned before God. Then to show everyone that they repent of their sins, they fasted. In this way they would come before God and trust that God will "meet" them in the period of fasting (Hence the

English term "seeking God's face"). Read [Joel 2:12](#) where God tells the Israelites that they must turn to Him in prayer and fasting.

When God showed a prophet that a nation was full of sin and that He will destroy them, they all started FASTING to beg God for mercy. It was not strange that people separated themselves periodically in fasting to seek God for forgiveness of sins, intercession, prayer, etc. (Jonah 3). Read [1 Sam 31:11-13](#), [2 Sam 1:12](#), [3:35](#), [1 Chro 10:11-12](#) where we see how people fasted after they were struck by tragedy.

In [Lev 23: 27, 32](#) it tells of an entire day set aside as a day of "Atonement", which God expects the Israelites to fast on that day. See the CEV Bible: *"Everyone must go without eating from the evening of the Ninth to the evening of the tenth on the Seventh month which is the Day of Atonement."*

As mentioned, the major portion of FASTING in the word is found in [Isa 58:1-12](#) where God rebuked the nation Israel for their wrong way of fasting. This passage shows clearly that fasting is not just a withholding of food and water, but it is a decision to follow instructions in God's word

to help the less privileged.

FASTING was generally accepted in the New Testament. Jesus began His mission with a 40-day fast in the wilderness. See [Matt 9:14, 15](#) / [Matt 6:16-18](#) / [1 Cor 7:5](#) / [2 Cor 6:5](#).

The "Lenten" Fasting in the Catholic Church and the Eastern Orthodox Church is a forty-day partial fast that reminded us that Jesus was in the desert (during His time of temptation by satan). The Ethiopian Orthodox church is almost the same. This fast lasts for various weeks during the year and they restrain themselves from drinking milk and eating meat during this time.

The discipline of fasting has accompanied the idea of prayer with fasting for a long time for the Outpouring (Revival) of the Holy Spirit. Many preachers of previous years fasted and prayed before a large gathering/meeting. Jonathan Edwards fasted for 22 hours before he delivered his most famous sermon **"Sinners in the Hands of an Angry God."** Billy Graham fasted and prayed before he went to England during 1950. The results of his fasting caused the greatest "Revival" (Outpouring) in those years. Many political people from time to time, proclaimed a day of fasting throughout the nation, look

at **Friday, 6 Feb 1756**, the **Government called a day of fasting in England because they received a warning that England will be taken over by Napoleon in battle.**

3) DIFFERENT REASONS FOR FASTING

When you worry about others –

Psa 35:13

When you find yourself humbled / or want to humble yourselves –

Psa 35:13; 69:10; 1 Kin 21:27; Neh

9:1 □ When you study the Word of God – **Neh 9:1-3; Jer 36:6; 36:10**

When you are in worship – **Neh 9:1-3**

When you want to appoint leaders in the church of Christ – **Acts 13:2-3; 14:23**

When you are in serious prayer – **Ezra 8:23; Neh 1:4; Psa 35:13; Dan 9:3; Luk 5:33**

When you cry of grief – **2 Sam 1:12; Neh 1:4; Est 4:3; Psa 69:10; Joel 2:12**

When in personal demeanor – **Matt 6:17**

When you abstain from sexual intercourse – **1 Cor 7:5**

When you are confessing on sins – **1 Sam 7:6; Neh 9:103**

When you are in danger – **2 Cron 20:2-3; Ezra 8:21-23; Este 4:15-16**

When you have communion with

Christ – **Matt 9:15; Mark 2:19-20; Luk 5:34-35**

When you are in a period of mourning and repentance – **Est 9:30-31**

When you are facing personal situations – **2 Sam 12:15-17; 21-223**

When you are in spiritual warfare – **Mat 17:21; Mark 9:29**

In the time of mourning – **2 Sam 1:12; 1 Kin 21:27; Est 4:3; Neh 1:4; Joe 2:12; Ezra 10:6**

When the vengeance of God come down upon you – **1 Kin 21:27; Joel 1:14; 2:12; Jona 3:4-5**

When a national fast is announced – **1 Sam 31:11-13; 2 Sam 1:12; 3:25; 1 Cron 10:11-12**

4) CORPORATE FASTING

Israel prayed together before the battle with Benjamin – **Judges 20:26**

Israel prayed and fasted together at MIZPAH – **1 Sam 7:6**

Saul's army fasted together – **1 Sam 14:24**

Men of Jabesh Gilead fasted for what the Philistines had done to Saul – **1 Sam 31:11-13; 1 Cron 10:11-12**

Mighty men of King David fasted together for Jonathan and Saul – **2 Sam 1:12**

Judah have fasted together asking for help from God – **2 Cron 20:3-4**

People of Nineveh fasted together

Jona 3:5-9

People of Judah fasted during the time of King Jehoiakim – Jer 36:9-10

The remnant who returned to Jerusalem after their exile – Ezra 8:21-23

Jews all fasted together during the period of Ahaseurus – Est 4:3; 15-16

The Pharisees fasted all together – Mat 9:14; Mark 2:18; Luk 5:33

The disciples of John the Baptist fasted – Mat 9:14; Mark 2:18; Luk 5:33

Thousands of believers who followed Jesus, had fasted – Matt 15:32; Mark 8:2-3

Leaders of the church in Antioch fasted – Hand 13:1-3

Jews conspired to kill Paul fasted together – Hand 23:12-13

The passengers and crew of the ship Adramyttium fasted together – Acts 27:33

5) PEOPLE THAT ABUSED FASTING

The hypocrites complained that when they fast God did not take notice - Isa 58:3-4 Jer 14:11-12, Mat 6:16

The Pharisees thought they were highly exalted above others - Luk 18:11-12

Queen Jezebel has suggested a fast and in the same breath ordered

people to be put to death – 1 Kin 21:9-10

False Teachers suggested that Christians should stay away from foods which God has blessed – 1 Tim 4:1-3

Leaders of Jezreel did as Jezebel commanded – 1 Kin 21:11-13

6) DELIVERANCE (“SPIRITUAL CLEANSING”) THROUGH FASTING

People who do not get rid of certain addictions in their lives are struggling to fast. There is a pattern that can be followed while fasting that will help you get rid of addictions:

Step 1 – I renounce.....
Step 2 – I acknowledge
Step 3 – I forgive
Step 4 – I submit
Step 5 – I take responsibility
Step 6 – I reject

40

Day Fast

Step 1 – Acknowledge who is your God, and renounce Satan you serve

The first step is to recognize that you are under Satan's bonds and that you need salvation. When you come to that place where you honestly and sincerely confess before God that you need Him to help you, the case is already half won. Pray out loud and speak out the problem you want to lay before God - [read 2 Cor 11:3](#)

Step 2 – Acknowledge self-deception

The second step is to cease to lie to yourself and recognize that you have misled yourself. Admit you were wrong and call on God for help. God requires truth in your innermost heart - [Psa 51:6](#). Pray aloud and recognize the areas in your life where you have deceived yourself.

Step 3 – Forgive and Forget

Step three is probably one of the hardest things to do for anyone who is trapped in sin. You must forgive everyone who has done something to you. Also, you must forgive yourself for your failures in life - it is important. Some people are trapped because they cannot really understand that they

disappointed themselves. Then you must also pray that people will forgive you for what you did to them. If possible, make the matter right with them before you start to fast - forgiveness gets rid of bitterness and bring freedom into your life - [2 Cor 2:10-11](#). Make a list of names and pray aloud that you forgive them - and mean it in your heart. As you forgive others you will start to experience God's forgiveness in your heart too.

Step 4 – Subject yourself under God's authority

The fourth step is to get rid of rebellion in your life and lay yourself down before God - and subject yourself to those in a higher level than you in your job situation, etc... We must submit to the Government ([Rom 13:1-7](#)), we must submit to church leaders ([Heb 13:17](#)), we must be obedient to our parents ([Eph 6:1-3](#)), women must submit to their husbands ([1 Pet 3:1-4](#)), we must submit to our employers ([1 Pet 2:13-23](#)), and we ourselves surrender to God's Spirit ([Dan 9:5, 9](#)). Pray out loud: "I submit myself to ... (Here you insert the location where you had a problem of rebellion)

Step 5 – Be personally Accountable

To get rid of the problems that hold you, you must confront the problem in a spirit of humility and humanity. Then the pride of that thing inside you is broken down. You must always take responsibility for your own actions - once you confess your sins, God promises to clean you and

Step 6 – Reject sin and the influences of sin

The final step to be completely free from sin during a fast period is to deny that sin in your life. If you have friends who influenced you in such a way that you are trapped in that sin, to set you free - **1 John 1:9**. Pray out loud: "I am responsible for (..... call that sin which you have allowed) and humble yourself before God for redemption thereof.

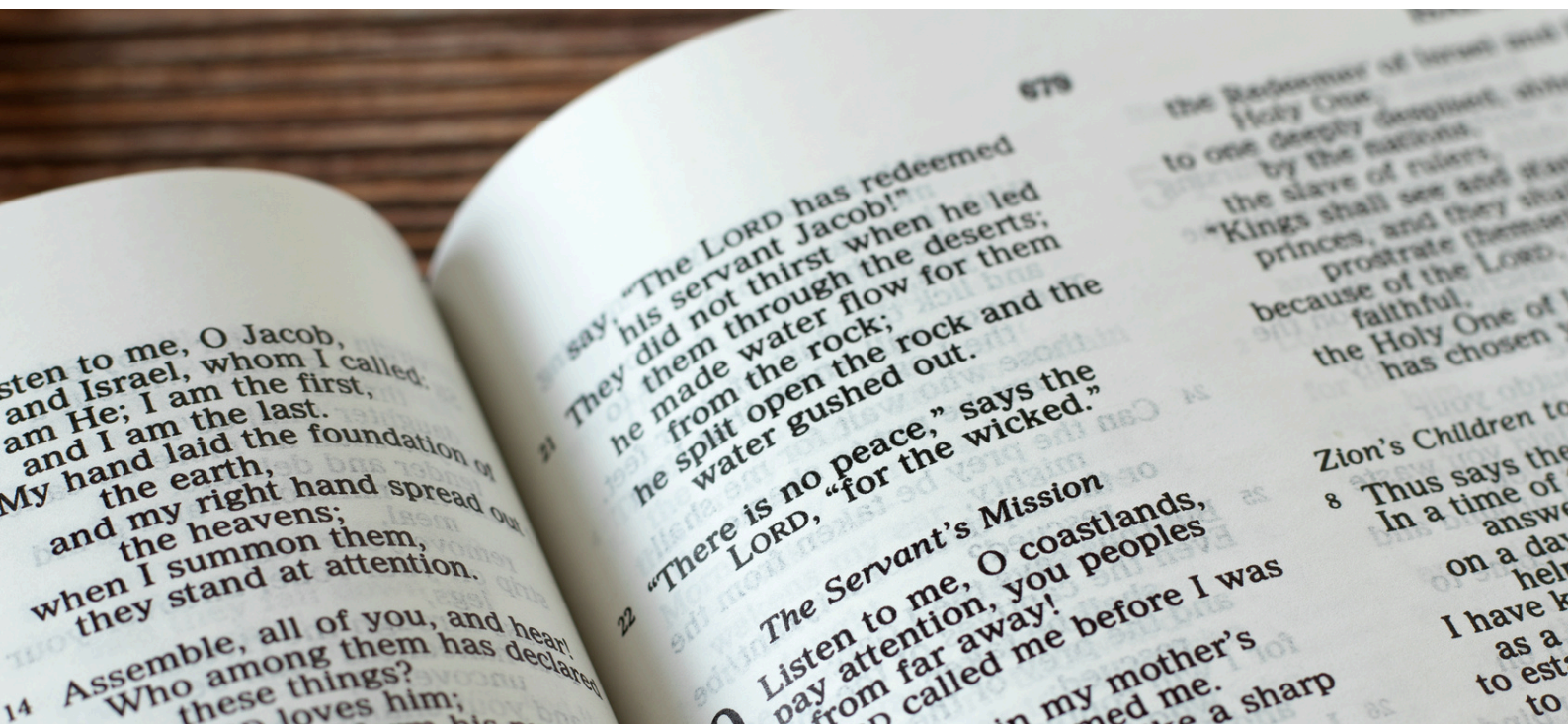
then it is time to say goodbye to those friends. It is difficult, but if you want to serve God, you must make the right choices. (See **Exo 20:4, 5, Gal 5:24**). Remind yourself that you have been crucified with Jesus and that you do not need these friends in your life. Remember that you sit with Jesus in heavenly places (**2 Cor 4:14**). Prophecy regularly to yourself that you belong to Jesus (Gal 5:24). Using the blood of Jesus in that situation (**1 Cor 6:20, 1 John 1:7**).

Pray out loud: I renounce..... (name that sin) that (The person's name) is bringing into my life by their influence. Ask God to release you from that friendship

PART TWO TO FOLLOW NEXT MONTH, BY GRACE OF GOD. Shalom, Ps. Nomsa

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Matthew 6 vs 5-8



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5

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TESTIMONIES OF NOTE

GOD IF YOU ARE REALLY *THERE!!!*

The challenge

With all the strength and heart I could muster, I asked "God, if you are really there like you say you are, be here for me. I can't take it any more. I am going to do something really drastic if you don't meet me here. I am nothing and I need you."

Suddenly I felt a supernatural kind of feeling that overcame me. I truly experienced God in the most remarkable way. I felt a kind of overwhelming sense of peace, a kind of feeling like you were being hugged by something or someone that wasn't physical. It felt supernatural to me.

Immediately I rose from my knees, took a Bible out and I was led to read this passage from 1 Peter chapter 4 verse 12-13: "Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad—because for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory when it is revealed to all the world".

At that point of time, I didn't know what the verse meant. But I knew one thing; my suffering in life had a purpose, even if I didn't know what that purpose was yet. I slept peacefully, something that I hadn't been able to do

for a very long time.

One year from that fateful night I accepted Christ as my personal Lord and Saviour. Now I have been a Christian for nearly three years and I never can forget that night. So much has happened since then. It took time, but in faith, I saw God's plan and purpose for me slowly unfold. I found a personal love in Christ and Christ in me, and over all the bad times I've had since I never ever felt empty or loveless again because the love of God became so evident in my life through Christ.

It was that night

Even though I officially became a Christian three years ago, I knew instantly in my heart, I accepted Christ that very night, in my room, all alone and broken. God found me when I had nothing left to bear or give, when I thought my life was no longer worth living. God literally saved me.

Now, I have met the most loving, most doting, most wonderful man in my life. Christ is my first love, but I have found my earthly love in my husband-to-be in a few short days time. I am overwhelmed by the love God has bestowed upon me, and that would have been more than enough for me. But God always give more than we ask for, and He blessed me with someone who loves me in a way I never thought was possible.

So, the love of God for me is something so real, that when I think about it, I feel this sense of purpose and hope in my heart that is so overwhelmingly filled with something so incredible. And to be able to share this is my greatest pleasure and honour.

I know that God's love for me is supreme, because I have been convinced that nothing can ever separate me from God's love. Neither death nor life, neither angels nor demons, neither my fears for today nor my worries about tomorrow--not even the powers of hell can separate me from God's love (Romans chapter 8 verse 38).

Clarissa Goh is from Singapore but moved to live in Perth, Western Australia in 2008. She is currently working as a Research Assistant at the University of

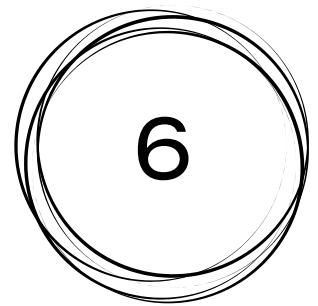
Western Australia, and hopes to pursue her Doctorate in Molecular Neurobiology in 2013.

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JEHOVAH NISSI

BY APOSTLE MATTIE HAMM



READY!!

Luke 12:42 – And the Lord said, Who then is that faithful and wise steward, whom his lord shall make ruler over his household, to give them their portion of meat in due season.

Be dressed, ready for service, and keep your lamps burning! This means God's people should be ready for Christ's return -- emotionally, spiritually, and mentally.

Psalms 46:1-3 -- God is our refuge and strength and a very present help in trouble. Therefore, will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled.

God is our refuge. He is a very present help when we are in trouble. Though the mountains

shake with the swelling thereof, we should not fear. This reminds us that nothing can separate us from the love of Christ. Don't fear all of the calamities this world has to offer. God is our refuge.

Proverbs 21:5 – The thoughts of the diligent tend only to plenteousness; But every one that is hasty only to want.

The plans of the diligent leads surely to abundance and the ones who come hastily leads only to poverty. Being hasty leads to short comings. People who plan and research what they are going to do have a better chance to success than those who rush in without researching.

Stand ready for the surprises and suddenlies that GOD is now sending to the body of Christ. So, what I am telling you is to be

fully prepared for the signs and wonders, the turn arounds, and the changes God has for your life.

NOW is the Time...

From Lack to Plenty.

From Decrease to Increase

From Going Backwards to Moving Forward

For this is the time of God's rewards for those who have been faithful.

Be Fully Prepared.



Apostle Mattie Hamm is an anointed woman of God, who loves God deeply and his people. She was born in Henderson North Carolina but grew up in Brooklyn New York. She is a graduate of Brooklyn College after which, she attended Tabernacle of Prayer Bible Institute for five years. In 1990, Triumphant Holy Anointing Lighthouse, now located in South Richmond Hill New York, was established in the home of Apostle Hamm. Presently, Apostle Hamm is the resident overseer of said church along with the oversees ministry in the Netherlands, Europe. Apostle Hamm has been honored with merit awards from two of our New York City Mayors, for ministering within the Prisons and her Street Teamwork. By the grace of God, her outreach ministry has continued to expand in many places such as: East Africa, West Africa, North Africa and South Africa, Europe, Asia, Australia, South America, and the Caribbean. In addition to the merit awards received, God has allowed Apostle Hamm to provide counsel to Ambassadors and Law Makers from different nations. Apostle Mattie Hamm' goal is to set the captives free, see the sick healed and to bring hope to the hopeless by the spirit of God.





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DAILY DEVOTIONALS

BY BISHOP MATTHEW DANIELS

THE LORD IS MY

SHEPHERD

7

Jesus said in John 10:14:

"I am the good shepherd; I know my sheep and my sheep know me"; There are ways we can know our Good Shepherd deeply and His intimate care over our lives. There are ways to walk with a brimming over cup that is filled with refreshing life for ourselves and for others, even during difficult days. Here are some things you can do to help cultivate the intimate care of the Good Shepherd in your own life. You can know the Lord as your shepherd by:

- Accepting His leadership over your life

"The Lord is my shepherd; I shall not want" (Psalm 23:1).

David believed in and fully embraced God's leadership and care in His life. God supplied all that he needed through His attentive leadership. We also must transfer the ownership of

our life to Jesus' leadership. He then can deal with our enemies. He gives us the power, wisdom and strength to accomplish all of His will in our life. We lack nothing!



- Feasting on Him daily and throughout the day

“He makes me to lie down in green pastures; He leads me beside the still waters” (Psalm 23:2).

If we want the Lord to be our shepherd, we must feast on Him and take of His spiritual food and drink. These are our green pastures and still waters. We get abundant provision of food from God’s Word. Sheep can lie down to rest in peace only if they eat. Because of their fearfulness and timidity, they can’t lie down unless they feel totally secure. We are the same.

Sheep are very dependent and need to be guided to food and protected from their enemies. They can’t survive without a shepherd.



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Psalm 46 :10 "Be still and know that I AM GOD"

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Revelation 4:11

“Worthy are you, our Lord and
God,
to receive glory and honor and
power,
for you created all things,
and by your will they existed
and were created”



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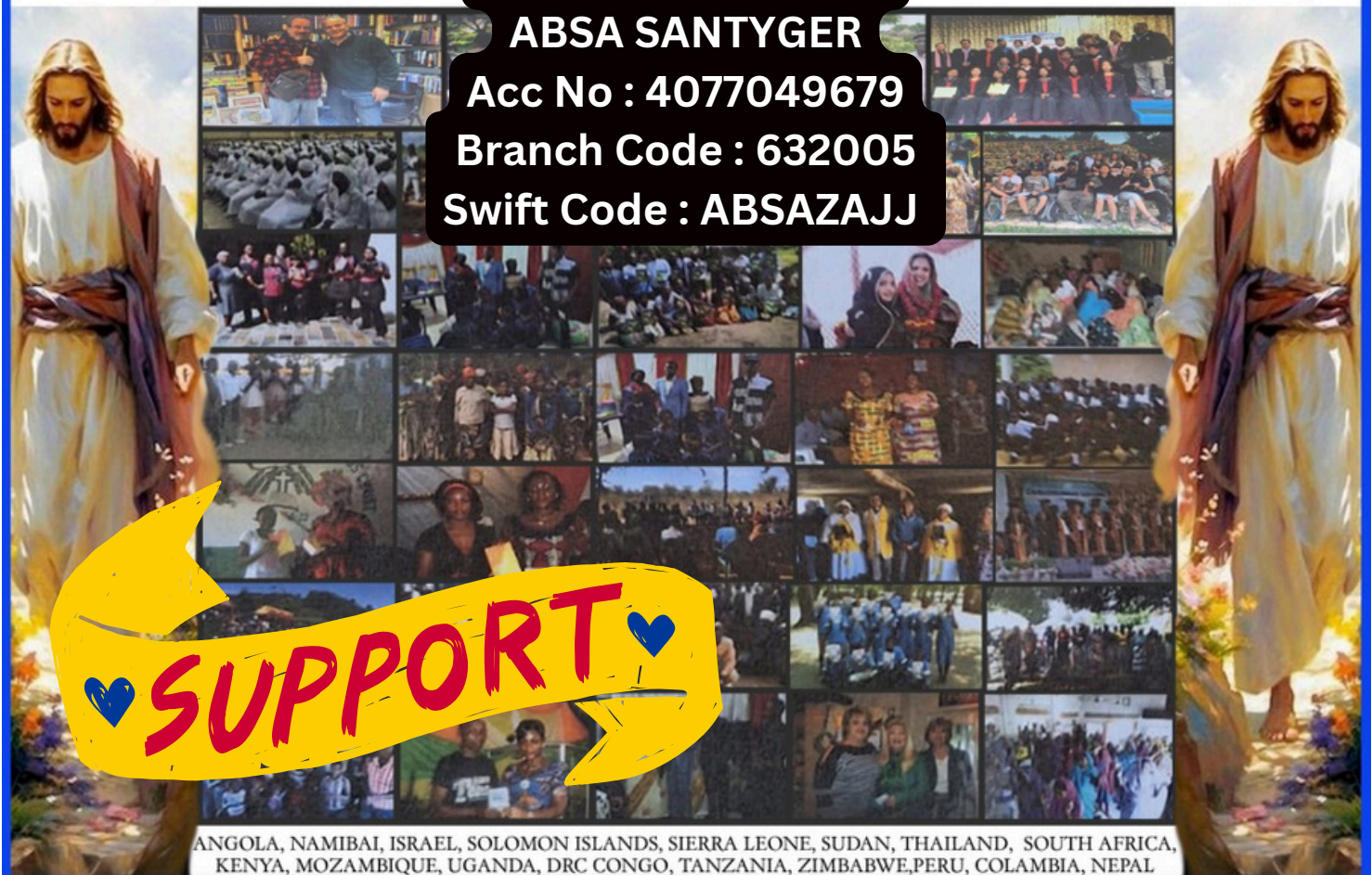
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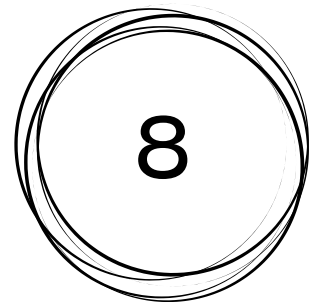
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GIRLS ON THE MOVE FOR JESUS

BY HYBRE KIVEDO



UNCOVERING THE HIDDEN ASPECT OF YOURSELF

Scripture: Proverbs 4: 23

Be careful how you think; your life is shaped by your thoughts.

The Bible exhorts us to examine ourselves. In 2 Corinthians 13:5, it states, "Examine yourselves to see if you are in the faith." The author also writes, "Test yourself." Unless you are ineligible, do you not know that you are in Christ Jesus? However, I have faith that you will let us know that we are eligible. As Paul states, we are to examine ourselves in the light of who we are in Jesus Christ. By doing this, I think we are revealing the hidden facets of ourselves in Jesus Christ. We are also to evaluate ourselves and our motivations.

This process of self-reflection and introspection is essential for spiritual

growth, healing, and freedom. In a biblical context, revealing our hidden aspects means confronting our unconscious thoughts, feelings, and motivations, and surrendering them to God's mercy and grace.



The Psalmist writes, “Search me, O God, and know my heart; try me and know my anxieties. And see if there is any wicked way in me and lead me in the way everlasting” (Psalm 139: 23-24). The prayer invites God to search our hearts, revealing our hidden thoughts and motivations. By doing so, we can identify areas that need transformation and surrender them to God’s grace. The Bible teaches that our hearts are deceitful and wicked (Jeremiah 17:9) and that we often hide our true thoughts and feelings from others and ourselves.

Uncovering our hidden aspects requires honesty, vulnerability, and a willingness to confront our flaws and weaknesses. This process can be painful, but it leads to spiritual freedom, healing, and a deeper relationship with God.

In Matthew 5:21-26, Jesus teaches us to examine our hearts and motives, warning us that our inner thoughts and feelings can defile us. He encourages us to address our anger, lust, and other hidden issues, rather than hiding them behind a mask of righteousness. By confronting our hidden aspects, we can experience inner purity and authenticity, reflecting the character of Christ.

The story of King David’s confrontation with his sin (2 Samuel 12:1-14, Psalm 51) serves as a

powerful example of uncovering our hidden aspects. David’s willingness to confront his sin and surrender to God’s mercy and grace led to his restoration and spiritual growth.

Similarly, when we confront our hidden aspects and surrender them to God, we can experience spiritual transformation and growth.

Uncovering our hidden aspects also involves recognizing our unconscious biases, prejudices, and fears. The Bible teaches us to love our neighbors as ourselves (Mark 12:31), but our hidden biases can prevent us from doing so. By confronting our unconscious biases and surrendering them to God, we can learn to love and accept others as Christ loves us.

The hidden shadow in our lives can manifest in various ways, such as:

- **Unresolved anger or bitterness**
- **Unconscious fears and anxieties**
- **Unaddressed wounds and traumas**
- **Hidden motivations and desires**
- **Suppressed creativity and talents.**

By acknowledging and surrendering our hidden shadow to God, we can experience spiritual transformation and growth, this process allows us to:

Develop a deeper understanding of ourselves and our motivations.
Cultivates empathy and compassion for others.
Embraces our true identity in Christ..

Experience freedom from the grip of sin and shame.

Moreover, accepting our flaws and vulnerabilities is a necessary step towards revealing our hidden sides. The Bible tells us that God's grace and power can be made evident in our lives through our shortcomings (2 Corinthians 4:10-11). We can feel God's grace and strength in our life when we give Him our weaknesses.

To summarize, the process of revealing our hidden sides within a biblical framework involves introspection, submission, and self-examination. Spiritual growth, healing, and freedom can be attained by facing our unconscious thoughts, feelings, and motivations. May we bravely confront our hidden sides through the word of God, and be set free by God's grace and truth in Jesus by and through the Power of His Holy Spirit.



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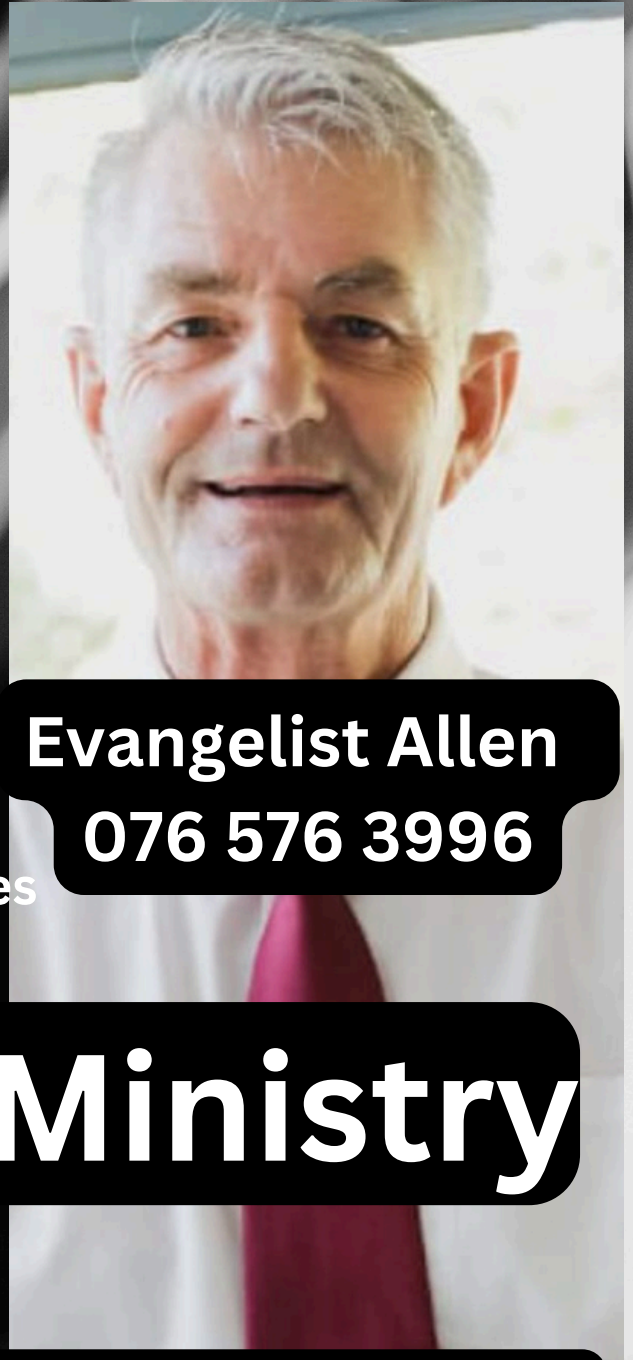
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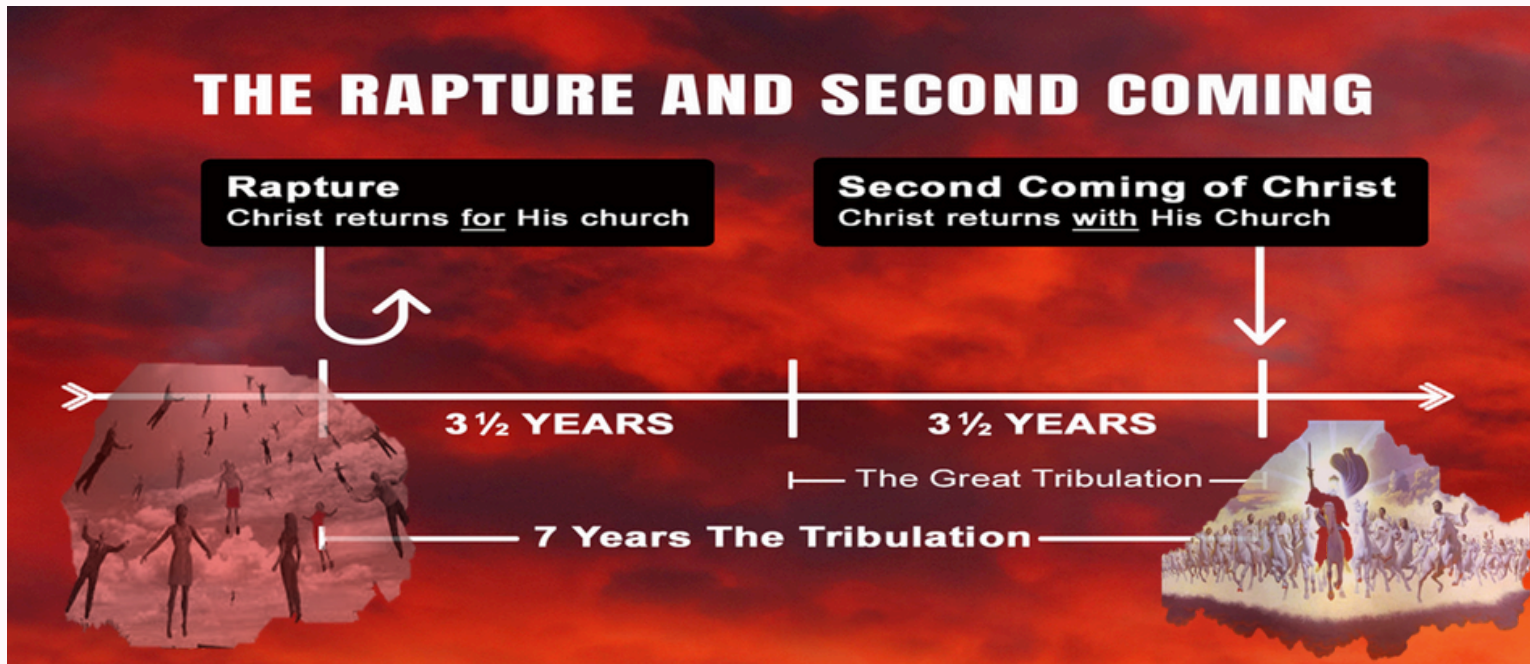
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The Rapture and the Second Coming



Before anyone starts reading chapter 4 of Revelation, they must first understand the difference between the rapture and the second coming of Jesus Christ, especially the fact that these are two different events, which sound very similar but are clearly different in terms of time, place, and events. It can be very confusing if you do not understand the difference.

Throughout the Old and New Testaments, there is the promise that Jesus will finally come back, to put an end to all that is evil.

Like we already know, Jesus came as the Messiah, but the Jews rejected Him. He gave the Gentiles a chance to become part of His kingdom. It is in the New Testament that a secret was revealed to Paul through the Holy Spirit, which he then shared with the church. The Jews have a tradition where they believe that God will judge the Gentiles or at least the church during the night when they are fast asleep, but still reckless in their sin and He will judge the Jews during the day while they are working and keeping the law. And the rest who remain will be judged during the day of the Lord when Jesus returns at His second coming.

In this article we will work through many passages of scripture, precisely so that you, the reader, can see what and where in the Bible these events are discussed. Please be patient until the end where these differences will become very clear.

In 2 Thes. 2:5-7 it is written; Do you not remember that when I was still with you, I told you these things? 6And now you know what is restraining, that he may be revealed in his own time. 7For the mystery of lawlessness is already at work; only He who now restrains will do so until He is taken out of the way.

★ When the church and Holy Spirit oppose all that is sin and stand up for the truth, only then will the Antichrist come. In other words, only when the church is taken away at the rapture will the Antichrist be revealed.

In 1 Cor. 15:51-58 we read the following: 51 But let me reveal to you a wonderful secret. We will not all die, but we will all be transformed! 52It will happen in a moment, in the blink of an eye, when the last trumpet is blown. For when the trumpet sounds, those who have died will be raised to live forever. And we who are living will also be transformed. 53For our dying bodies must be transformed into bodies that will never die; our mortal bodies must be transformed into immortal bodies.

54Then, when our dying bodies have been transformed into bodies that will never die, this Scripture will be fulfilled: “Death is swallowed up in victory.55O death, where is your victory? O death, where is your sting?” 56For sin is the sting that results 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. 58 So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.

★ The people who died in Jesus and those who are alive (born again followers of Christ) are going to get new bodies to function in God's new kingdom. A body that cannot age or get sick. People who died in Christ, before the rapture, are temporarily in paradise and only spirit, so they too will receive a new body. Jesus is life for the church, so the church is not going to go through the 7-year tribulation.

In Ephesians 5:25-27 we read the following: 25 Husbands, love your wives, just as Christ also loved the church and gave Himself for her, 26that He might sanctify and cleanse her with the washing of water by the word, 27that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

★ The church will be with Jesus.

Phil. 3: 11 – 11 one way or another I will experience the resurrection from the dead. (I know that like Him I will one day walk out of the clutches of death alive.)

Phil. 3:20,21 - 20But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Saviour. 21He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control.

2 Cor.5:1-10 - 1For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands. 2We grow weary in our present bodies, and we long to put on our heavenly bodies like new clothing. 3For we will put on heavenly bodies; we will not be spirits without bodies. 4While we live in these earthly bodies, we groan and sigh, but it's not that we want to die and get rid of these bodies that clothe us. Rather, we want to put on our new bodies so that these dying bodies will be swallowed up by life. 5God himself has prepared us for this, and as a guarantee he has given us his Holy Spirit. 6So we are always confident, even though we know that as long as we live in these bodies we are not at home with the Lord. 7For we live by believing and not by seeing. 8Yes, we are fully confident, and we would rather be away from these earthly bodies, for then we will be at home with the Lord. 9So whether we are here in this body or away from this body, our goal is to please him. 10For we must all stand before Christ to be judged. We will each receive whatever we deserve for the good or evil we have done in this earthly body.

★ The Holy Spirit is preparing us for when Jesus comes, and we are going to

receive a new body. That is precisely the reason the Holy Spirit was given to us to help us on this difficult journey until Jesus comes.

1 Thessalonians 4:13-18 - 13And now, dear brothers and sisters, we want you to know what will happen to the believers who have died so you will not grieve like people who have no hope. 14For since we believe that Jesus died and was raised to life again, we also believe that when Jesus returns, God will bring back with him the believers who have died. 15We tell you this directly from the Lord: We who are still living when the Lord returns will not meet him ahead of those who have died. 16For the Lord himself will come down from heaven with a commanding shout, with the voice of the archangel, and with the trumpet call of God. First, the believers who have died will rise from their graves. 17Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air. Then we will be with the Lord forever. 18So encourage each other with these words.

★ The word RAPTURE is in the Bible: Will be caught up (raptured): The Latin translation of this verse used the word rapturo, where we get the English word rapture from. The Greek word is harpazō, which means to snatch or take away.

1 Thes. 5:1-11 1Now concerning how and when all this will happen, dear brothers and sisters, we don't really need to write you. 2For you know quite well that the day of the Lord's return will come unexpectedly, like a thief in the night. 3When people are saying, "Everything is peaceful and secure," then disaster will fall on them as suddenly as a pregnant woman's labor pains begin. And there will be no escape. 4But you aren't in the dark about these things, dear brothers and sisters, and you won't be surprised when the day of the Lord comes like a thief. 5For you are all children of the light and of the day; we don't belong to darkness and night. 6So be on your guard, not asleep like the others. Stay alert and be clearheaded. 7Night is the time when people sleep and drinkers get drunk. 8But let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation. ★9For God chose to save us through our Lord Jesus Christ, not to pour out his anger on us. 10Christ died for us so that, whether we are dead or alive when he returns, we can live with him forever. 11So encourage each other and build each other up, just as you are already doing.

★ We are not destined to be punished by God during the 7-year tribulation.

Col.3:4 - 4When Christ who is our life appears, then you also will appear with Him in glory.

★ The church will be returning with Jesus at the SECOND COMING at the end of the 7-year tribulation.

1 John 2:28 - 28And now, dear children, continue to fellowship with Christ, so that when He returns, you will be courageous and not shrink back from Him in shame. ★(Will be able to go to Him without fear and shame)

1 John 3:2,3 - 2 Dear friends, we are already God's children, but He has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, because we will see him as he really is. 3 And all who have this fervent expectation will keep themselves clean, just as he is pure.

1 Peter 5:4 - 4And when the Great Shepherd appears, you will receive a crown of eternal glory and honor.

John 14:1-3 - 1“Let not your heart be troubled; you believe in God, believe also in Me. 2In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. 3And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.”

2 Timothy 4:8 - 8 At last there is laid away for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that day, and not to me alone, but also to all who loved his appearance.

★ Believers are going to receive crowns for what they have done for God's kingdom, meanwhile the unbelievers will be left behind and see the Antichrist take over the world. Those who longed for Christ's coming will stand before His throne and will be judged – This is called the Judgment seat of Christ – Here you are going to receive gemstones and crowns and be rewarded for your part in God's kingdom. (Have you led people to Christ, did you take care of the poor etc.) How awful would it be if you had to stand

there without any works knowing you only got into heaven, because you gave your life to Christ, but did nothing for His kingdom. That is why Paul warns people not to be ashamed of God. Like any prize-giving here on earth, it is horrible when everyone gets something; trophies, diplomas and you receive just a handshake for the whole year's faithful attendance at school for example. Before Jesus it is going to feel so much worse, because He was willing to die for you, so that you can inherit eternal life.

Heb. 9:27 – "thus Christ was once sacrificed to bear the sins of many. To those eagerly awaiting Him, He will appear a second time, apart from sin, for salvation.

★ He first appeared to the disciples after His resurrection.

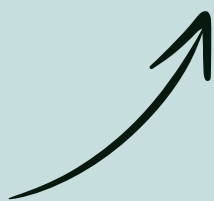
The following two scriptures are probably the most convincing regarding the rapture of the church.

Luke 21:34-36 - 34"But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day comes on you unexpectedly. 35For it will come as a snare on all those who dwell on the face of the whole earth. 36Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man."

Rev. 3:10 - 10Because you have kept my commandment to endure, I will also keep you from the hour of trial that will come upon the whole world, to test the inhabitants of the earth. 11 Look, I'm coming soon! Hold what you have, that no one can take your crown. 12 Whoever overcomes, he will I make a pillar in the temple of my God, and he will go out no more. I will write upon him the name of my God and the name of the city of my God, the new Jerusalem, descending from heaven from my God. And I will write my new name on him.

Now that you understand what the rapture is and who qualifies to go, I will go through the two differences with you, and then you will have a much better picture and understanding of the Second Coming of Jesus at the end of the 7-year tribulation as well.

Rapture



Jesus appears in the clouds and then goes back to Heaven.

Jesus takes those who are saved and waited for Him, away from Earth to Heaven.

Jesus leaves behind the unsaved and lukewarm Christians who will have to go through the 7-year tribulation.

The believers are going to meet Jesus in the clouds.

Only the believers are going to see Jesus at the Rapture.

It's going to happen in a blink of an eye.

Believers receive glorified bodies that never perish even before the 1000-year reign begins.

The believers are taken away to receive their prizes, while the unbelievers remain behind for their punishment.

Jesus appears as the Bridegroom to fetch His Bride.

Jesus appears to save the believers from God's wrath.

The world remains uncondemned and living in worse sin than ever.

The Mount of Olives in Jerusalem remains unchanged.

Satan is still on the loose, causing chaos on Earth and destroying millions of people.

The rapture is first revealed as a secret in the New Testament.

Second Coming



Jesus appears in the clouds, but comes down to Earth.

Jesus is taking the Church that is now in Heaven with Him to Earth when He returns for the last time.

Jesus returns to Earth and confronts the unsaved and unrighteous to complete God's wrath against them and the Antichrist.

Those who accepted Jesus during the tribulation (called the tribulation saints) and are still alive will meet Jesus on Earth at the Second Coming.

Everyone is going to see Jesus at the second coming with His multitude, (the church). Every eye will see, every knee will bow, and every tongue will confess that He is God.

It's going to take quite a while where Jesus is going to complete God's judgment,

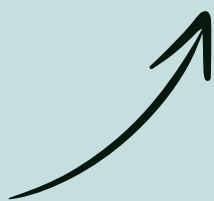
The oppressed who accepted Jesus and survived retain their original bodies until the end of the 1000-year reign

The unbelievers are brought together to receive judgment, while the martyrs are left behind to receive their prizes in the New Jerusalem

Jesus appears as King on a white horse to deal with His enemies.

Jesus returns as King and comes to pick up those who had to endure years of torture. Jews and Gentiles who accepted Him during the

Rapture



It's an event that can happen at any moment. There is not a sequence of events that must take place before it happens.

This is an event related only to the church/ believers.

It is an idyllic scene and proof of Jesus' infinite love and mercy for the church to protect them from God's

Second Coming



tribulation and had to go through God's revenge. The few that did survive.

The world receives the judgment it deserves and justice is served.

The Mount of Olives splits in 2 when Jesus descends to Earth and stands with His foot on it and forms a whole new valley.

God's angel captures Satan and throws him into the bottomless pit where he must remain for a 1000 years

The Second Coming is clearly discussed in the Old and New Testaments.

The Second Coming will only take place after a period of 7 years of tribulation and prophecy that must be fulfilled.

It is an event that includes the lukewarm church, Jews and unbelievers.

It's an anxious scene of God's wrath and judgment on the unrighteous.

Finally, we can read Revelation 4:1-6

1After these things I looked, and behold, a door standing open in heaven. And the first voice which I heard was like a trumpet speaking with me, saying, "Come up here, and I will show you things which must take place after this."



Verse 1:

After this – refers to all the things that will happen after the rapture has taken place. I.e. the Church era.

Door – Physical opening in Heaven. The Greek word used here for door is Thura, which is not an ordinary door, but a gateway/portal to Heaven.

Trumpet – Paul said the trumpet was going to blow and the believers were going to be changed and taken away. The door Paul was talking about represents Jesus, because without Him we cannot enter Heaven. (John 10:7,9 7 Then Jesus once said, "Truly, I say to you, I am the door for the sheep. 9I am the door; if anyone enters through me, he will certainly be delivered.)

2Immediately I was in the Spirit; and behold, a throne set in heaven, and One sat on the throne. 3And He who sat there was like a jasper and a sardius stone in appearance; and there was a rainbow around the throne, in appearance like an emerald. 4Around the throne were twenty-four thrones, and on the thrones I saw twenty-four elders sitting, clothed in white robes; and they had crowns of gold on their heads. 5And from the throne proceeded lightnings, thunderings, and voices. Seven lamps of fire were burning before the throne, which are ★the seven Spirits of God. 6Before the throne there was a sea of glass, like crystal. And in the midst of the throne, and around the throne, were four living creatures full of eyes in front and in back.



Verses 2-6 : John realized how great, Almighty and Holy God is and that Satan is going to be dealt with as God promised.



24 Elders are proof of the church that is now in heaven. There are crowns on their heads that were also promised to the believers – those who persevere to the end. - 2 Tim.4:8 "8 Finally, there is laid up for me the crown

of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.”

Conclusion

After a thorough study of the scriptures above, we can clearly see that there is a big difference between the rapture and the second coming of Christ. People who have died in Christ and those who are still alive and have accepted Him as saviour will be changed in a moment, in the twinkling of an eye, receive a new glorified body when the trumpet blows and ascend to meet Jesus in the clouds (Only they will see Jesus). In heaven they will stand before the judgment seat of Christ and receive crowns for their works on earth, while the unbelievers will be left behind and have to go through the seven years of tribulation, where the Antichrist will rule, and God will judge through disasters, diseases and plagues that will come upon the whole world as it was prophesied.

After the seven years of tribulation, Jesus, and the church (believers) come back with the second coming where every eye will see Him/them, and every knee will bow before Him and confess that He is God. Jesus returns to Earth as King and confronts the unsaved and unrighteous to complete God's wrath against them and the Antichrist.





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The village of Dopeni is nestled in the beautiful mountainous area of Nzhelele in Venda. Pastor Kenny and Mrs. Susan Ratshimolo have been pastors at the “Jesus is the Way, the Truth and the Life” Congregation for many years. Sent 2 Serve Ministries got involved in Dopeni and started conducting Youth Development Seminars in 2016, and over the years the relationship between us has grown stronger.

About our Youth Development Program

ALL our Youth Seminars are free of charge. On average about 70 children attend per weekend, resulting in 280 plates of food and cups of cold drink being prepared. The food is usually prepared by the mothers of some of these teens and done on open fires. The average cost for a Seminar amounts to about R9000-00, which includes my travelling cost, the manual that each child receives as well as their Certificates of Attendance. On average a cost of R129 per child. We trust God to raise up sponsors who will invest in these life-changing Seminars.

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FOR THIS CAUSE

BY BISHOP O T WHITTAKER

THE BLEEDING *WOMAN*

9

In our previous discussion, we delved into the narrative of the woman with the issue of blood in Mark 5. We utilized this story to draw a parallel with the contemporary challenges faced by women in today's society. We have identified various issues that afflict women, including the absence of fathers in their children's lives, physical and emotional suffering, societal ostracism, financial exploitation, verbal aggression, spiritual assaults, negligence, and institutional mistreatment. These pressing concerns have a profound impact on their well-being. Just as the woman in Mark 5 was isolated from social interactions due to the prevailing laws of that era that deemed her condition as defiling based on Leviticus 15:19-31, we observe how modern-day women grappling with their bleeding issues affects those around them, such as their children, spouses, and communities. These women metaphorically bleed onto the

individuals they encounter, with the ongoing struggles affecting not only themselves but also those in their proximity. In this discussion we are identifying some of the bleeding issues.

1. Crave For Affirmation.

Many women are inflamed with the frustrations and discontentment that comes from their need to be affirmed by a man or masculine image or even their counterparts. Some have reached a point where they have become embittered by the lack of positive male examples like a girl needing affirmation from a father or a wife from her husband. Thus they throw themselves into careers, education, or some other demand in order to prove their worth and thus creating the battle of the sexes. God never intended for it to be a battle but for the one to compliment the other. (Gen 2:18; 5:2) Some mothers or wives who toils so hard for their families sometimes don't feel it is

reciprocated and appreciated, thus they crave for just a little bit of affirmation. Affirmation is not something that one should crave for but due to the lack of it they reach to that point. Paul shows the importance of man's affirmation, he compares it to how Jesus words affirms the church and the effect it has. (Eph 5:25-26) People needs to be affirmed especially our women. It shouldn't be done with ulterior or manipulative motives.

2. Live In A Vacuum.

Some women's bleeding issues has caused them to live in a vacuum. Their broken past has left them suspicious of everyone hence you hear some say I can do without a man or I don't need a man to affirm me or go where you are celebrated not tolerated. When that kind of thinking stems from a bleeding issue it is very unhealthy and will cause you to live in isolation and in a vacuum. Some tend to physically withdraw themselves from society or others though they are in the presence of people they are emotionally disconnected. This is unnatural for women to be emotionally disconnected with anyone.

3. Compare Themselves.

Women often compare themselves to others, which can lead to feelings of inadequacy, low self-esteem, and

decreased self-confidence. This phenomenon is known as "social comparison" and is fueled by societal pressure, social media, and cultural norms or even neglect from their spouse. Research suggests that women are more likely to engage in social comparison than men, particularly in areas such as:

- 3.1. Physical appearance.
- 3.2. Relationships.
- 3.3. Career success.
- 3.4. Parenting.
- 3.5. Domestic responsibilities.

This comparison can lead to :

- A. Unrealistic expectations.
- B. Self-doubt.
- C. Competition.
- D. Body shaming.
- E. Fear of not meeting societal standards.

To break this cycle, it is essential to recognize and challenge these comparisons, focusing on individual strengths, accomplishment, and progress. Encouraging self-acceptance, self-compassion and supportive relationships can help women build resilience and confidence. Remember every woman's journey is unique, and comparison is a hindrance to true empowerment and growth.

4. Lack Passion And No Power.

The enemy steals their passion or smothers it beneath the fear of failure

and rejection. Without passion, they will become passive, unable to achieve the purpose of God for their lives. It could be passion in their lives; marriage or as a mother and thus causing them either to neglect their role and even walk away from it. It is at this stage where someone outside of their marriage covenant can entice with a new zest for life. Now they find themselves in the arms of someone who could give them the new life they think that they deserve. The opposite could also be true that if they don't find a reason for living that they would end it.

5. Fill In The Missing Gap Years.

Some women because of the challenges of growing up they had no time to develop normally but had to grow fast because they had to fend for themselves or even look after their siblings due to absent parenting or lack of it. There were others who got pregnant at an early stage in their life and had to be a parent whilst they themselves were still children. Others were in a long term relationship from school days and eventually got married but never lived their lives as children. Then there were those that were exposed to constant sexual abuse. Now all of this has broken down the normal growth and mental development of these little young

girls to the extent that when they grow up to be women they have feelings of void. Unfortunately this thing doesn't manifest in the early stages of their lives but in the later stages when they have children or are now married, now they want to try and fill that missing gap. It is at this stage where they now want to live this free life but the challenge is they are now married with children. Some even want to live their missing years through their children, especially if it is a girl.

6. Develop Anger.

Anger is a complex emotion that can arise from various factors, and it affects both men and women.

However, let's explore some potential causes of anger, particularly among women:

6.1. Gender Inequality: Persistent gender disparities in society can fuel feelings of frustration and anger among women. Unequal treatment, pay gaps, and limited opportunities can contribute to this emotional response .

6.2. Microaggressions and Sexism:

Everyday encounters with subtle forms of sexism, such as condescending remarks or objectification, can accumulate over time and trigger anger. These experiences can lead to feelings of being undervalued or dismissed .

6.3. Stress and Life Challenges:

Women often juggle multiple roles, including work, family, and care giving responsibilities. Dealing with stress, loss, job-related challenges, or relationship issues can contribute to feelings of anger .

6.4. Physical and Emotional Health:

Bodily distress (such as illness or hunger) and emotional distress (such as fear or frustration) can both lead to anger. For example, chronic pain or hormonal imbalances may exacerbate feelings of irritability and anger .

6.5. Interpersonal Conflict:

Disagreements, misunderstandings, or conflicts with others can trigger anger. Whether it's a disagreement with a partner, family member, or colleague, interpersonal tensions can lead to emotional reactions . Remember that anger itself is a normal emotion, but excessive or poorly managed anger can have negative effects on physical and mental health.

Conclusion:

In conclusion, it is evident that women face a myriad of challenges that impact their well-being and relationships. From a lack of affirmation to living in isolation, comparing themselves to others, lacking passion, filling in missing gap

years, to developing anger, these issues have a profound effect on women's lives. It is crucial to address these challenges, provide support, and foster environments that promote empowerment, resilience, and growth. By recognizing and addressing these issues, we can work towards creating a more inclusive and supportive society for women to thrive and flourish. We need to:

- Encourage self-care practices and mental health awareness
- Promote gender equality and opportunities for women
- Provide education and resources for personal development
- Create safe spaces for open dialogue and support
- Advocate for policies that protect women's rights and well-being.



**Bishop Whittaker can be contacted at
michelley679@gmail.com**

WISDOM SEED

BY PASTOR OLUWATOMI OYEBANJI

KNOWLEDGE *SEED*

***Prophetic Prayers for you
and your family.***

**May God take you and your
family to your land of
pleasantness, peace, and
abundance of all things.
You shall not be delayed and
stranded in the journey of
your life and destiny.
May the Lord make your joy to
be full and give unto you a
sure testimony with proofs.
May God shine His
countenance upon you and be
gracious unto you. May He
satisfy you with the
abundance of His blessings.
May you enjoy supernatural
open doors and breakthrough
unlimited in Jesus' name.**

Amen.

**It is your season of rejoicing
and great celebrations**





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In God's service,
Pastor Michael Gobel

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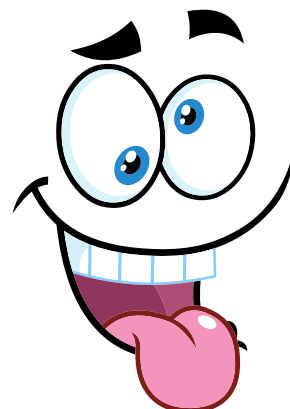
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A boy came late to Sunday School late. Knowing he was usually very prompt, his teacher asked, “Johnny, is there anything wrong?”

“No, ma’am, not really,” he said, “I was going to go fishing, but my daddy told me that I needed to get on up and go to church.”

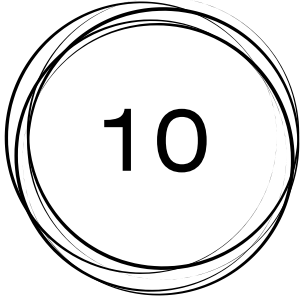
The teacher was very impressed and asked Johnny if his father had explained to him why it was more important to go to church than to go fishing.

“Yes ma’am, he did,” Johnny said. “My daddy said he didn’t have enough bait for both of us.”



REVIVAL'S FIRE

BY PASTOR RIAAN
ENGELBRECHT



10

COME AND DRINK *FREELY*

Part 3

More than ever in this dark and perilous world we must seek God's presence. Moses understood the critical importance of being led by God's Presence when in Exodus 33 he cried, "15 Then Moses said to him, "If your Presence does not go with us, do not send us up from here." In Psalm 51:11 David said: "Do not cast me away from Your presence, and do not take Your Holy Spirit from me." In 1 Samuel 16 we learn (verse 14) that "the Spirit of the Lord had departed from Saul, and an evil spirit from the Lord tormented him." Saul had become rebellious, seeking life after the flesh instead of serving God's will. In Ezekiel 10 the glory departed from the Jewish temple because of Israel's wickedness. Remember during that

time God's presence was visible, and tangible yet dwelled only in the Holy of Holies, even though the Spirit of God was active among His servants but not yet poured out.

In the presence of God, we come alive again in the power of the Holy Spirit to be true representatives of God on this earth. How we need the presence of God to blow again through our churches, our hearts and our lives! How we need to again seek the presence of God to lead us in all truth, in power, in boldness, in God's beauty and strength! Indeed, how we need the presence of the Holy Spirit of God to breathe life into us! How we need the Holy Spirit to shake our worlds so that we become alive from

our spiritual apathy to be on fire for God! How we need the Holy Spirit to be filled with conviction and a certainty that God is faithful and true. How we need the holy fire of God to burn in our bones so that the dry bones may live and the spiritually dead and lost and forgotten may be revived.

Paul on the Road to Damascus was reborn when he met Jesus. And from that day he moved in the power of the Holy Spirit (Acts 1:8), fulfilling the Great Commission by declaring the Good News far and wide. Revival truly followed Paul, for Paul was following Christ in Spirit and truth. Paul had crucified his flesh and was now regenerated by the Spirit of God. For the water of life inside of him was manifesting wherever Paul ministered by the grace and power of God. Yes, revival must follow the disciple, for the disciple follows the author of life! For as we follow Christ, we walk in His life and Spirit, and by such life and Spirit, the lost shall know that God still redeems and saves the broken, the lost and the forgotten! Only in the presence of God can we be revived and, therefore, come alive spiritually to lead others to the author of abundant life, Jesus. How we also need a cry of the heart that we need the presence of God daily! We need to cry out to God that surely we don't

want to go anywhere or do anything without His presence. For in His presence is life, hope, joy, strength deliverance and healing. Yes Lord, lead us day by day in Your presence! Let Your presence always be with us! We can walk in His presence as we remain hungry and thirsty for God, drinking deep to be saturated and soaked!

We read in John 15, "4 Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. 5 "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing." In Greek, the word abide is *Meno*, which means to remain, not to depart, to continue to be present, to be held, kept, to continue to be, not to perish, to last and to endure. So firstly, when we read of abiding, the Lord is speaking about not departing from His presence. It speaks of continuing, in reference to time, to be within His Glory, and within His Glory to remain so that we are kept within His Divinity.

And as we are kept, we shall not perish, and as we shall not perish, we shall endure. This is vital to understand – for our life, for our wellbeing, for our perseverance and strength depend on abiding, and

resting in the Lord. In our own strength, we cannot endure, or enjoy abundant life.

When we speak of the word abide, the Lord shows the image of a growing fetus within the womb. Now, consider how while a baby is in the womb, it is situated within the amniotic sac, a bag formed of two membranes, the amnion, and the chorion. The fetus grows and develops inside this sac, surrounded by amniotic fluid. The baby is constantly cared for, constantly protected, provided, nurtured, and the baby is safe, and while within the care of the mother, the baby shall not perish, and the baby shall last until the determined time of birth. The baby enjoys life, and the hope is alive and true.

And this is how it is with the believer when we ABIDE in the glory of the Lord, where His very glory, divinity, power and majesty are like an amniotic sac. And while we are WITHIN His Presence, - abiding and habitually resting – we are protected, provided, nurtured, and we GROW. Yes, we develop, and we become spiritually strong because we are in God and God in us.

We also need to keep the image in mind when considering a baby in the womb – the baby is completely and

utterly surrounded. The baby is completely encased and protected. This is the greatness of God. Just so, as we abide in the Lord, we rest in His glory as a baby rests in the womb –we are continually nurtured, provided, protected and we are surrounded by His Glory. Who then can touch, harm or destroy us when we remain in such a position when we abide and rest in His Glory?

This is after all the reality of Psalm 91. And take note, the baby will never seek to depart from the womb until the right time of birth. But we as disciples of God must continue to abide in the Lord following our spiritual birth, for as we remain in the Lord, we are positioned in the power of His consecration and sanctification for glorification. We can only abide in God when God abides in us. This calls for us to make room for the Lord. Now, think of one's life [soul] as one big room. Throughout life, we fill this room with all kinds of experiences, perceptions, and habits that form our way of thinking and our behaviour, and it determines our spiritual condition and fortitude. If there is a lot of idolatry and sinful activities also present in the room [our soul which is our mind, heart and will], then naturally the devil has the legal right to be present and active in the room. And where the devil is, there is

spiritual darkness, and with darkness comes fear, disorientation, disillusionment, lack of direction, lack of purpose, bondage, slavery and oppression. On the day we come to the Lord, we invite Him into our lives, and we allow Him to sanctify our spirit so that we by design are no longer sinners but redeemed children of the Lord. But the problem is, even though we commit our spirit unto Him, we often tend to only invite Him to occupy a small part of this room called our soul.

To love the Lord is more than just a condition of the spirit, but a condition of our soul, and once we submit all to God, then God can truly abide in us and begin to renew and change us. We can be reborn in the Spirit but have not yielded our soul unto Him. God will not rainwash us, or override our will, this is a decision and choice we have to make out of love and obedience. Let us then consider the condition of our soul, and how much room God really occupies. It might just answer a lot of questions to why we have not found our path with God.

In this world of so much noise, more than ever we need to listen more and talk less. And this applies especially to our walk with God. We need to listen more to God, for it

says in Psalm 46:10 that we must be still and know that He is God. He is the beginning and the end, and in Him lies all the answers, and our hope. In the stillness, and not in the noise, we find our peace and our strength as we listen, as we abide and we rest in His almighty presence. So often we have forgotten what it means to rest. To rest speaks of resting from your own efforts, and seeking to pursue your own path and your own will. To rest and to abide speaks of placing your life in the hands of the Lord, and allowing God to move you, to guide and lead you. Yet so often we would rather toil, instead of bowing the knee and trusting.

To abide and to rest in His Almighty Presence is like a leaf on the water. The leaf never resists where the water goes – it simply follows where the water leads. And just so we must be in the presence of God, allowing the Holy Spirit to lead. We must not resist the Lord, or His will, or His commands or His Truth, but we must be like that leaf that simply goes and follows.

In the process of seeking and walking in discernment, wisdom and strength, we need to abide and to abide implies having faith and trust. Faith to know God is still in control, and to trust that God is not only able but will also do. More than ever we need to simply be still and abide. We need to come

before the Lord, draw strength from Him, and seek His will, His direction, His guidance and the courage to keep going. For it is not about us or the Self, but about the Kingdom, Therefore, we need to listen, and not always speak. For God knows the way, and so we need to draw close, and know His heart and know His will.

As we abide, we remain connected to God. Indeed, as the branch, we must always remain connected to the vine, for from the vine flows life! Our life is God. Our hope is God. As long as we remain connected, we shall walk in His abundant life, and in that life, we find our strength, joy and hope. In the vine, we shall overcome, be revived, and be restored. Indeed, how thirsty are we for God? How thirsty are we to abide in Him? Great may be the revolution in man's heart, but God still calms the waters, feeds the hungry, quells the spiritual thirst and redeems the broken, the lost and the forgotten! Incredible times indeed, but know God above all. Yes, know Him.



Riaan Engelbrecht is the co-founder of Avishua Ministries and also serves on the board of Lighthouse Ministries. He has been teaching the Word for the past couple of decades, which included being involved with online Christian radio stations (Lighthouse Radio, Rainbow Radio) for many years, and also featured on Osasogie TV (Nigeria-based). He has written over 85 books to uplift, edify, prophetically guide and speak the Lord's will in the last of days. His heart's desire is to seek the world flooded with God's truth, for only such a truth sets free. To contact the author, send an email to prophetriaan@gmail.com or forward a WhatsApp message to 084 666 3070.



Dr. F Benade (PhD)
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Relationship Counselling
Cancer Counselor
Master Life coach

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Memory Verse

Psalm 82:3

“Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.”



NPO 265-652

Serenity - Oak Rehab Centre

Tanya Engelbrecht 060 9948 390

015 065 0971

E mail: serenityoak.64@gmail.com

Website: <https://www.serenityoakrehab.co.za/>

Who we are?

Serenity Oak Recovery and Wellness Centre is a non-profit organisation, found by Pastor Pieter Engelbrecht, who has a TBH degree, as well as a Diploma in Apologetics. Pastor Pieter, as well as his wife Tanya, who has a bachelor's degree in Pastoral Counselling are well loved in their congregation and in their community. Serenity-Oak is designed to provide a drug and alcohol rehabilitation service in the Polokwane area of Limpopo Province, where there is a critical shortage of such facilities to address the

currently alarming statistics of drug misuse and addiction in the area. It is Serenity Oak's primary aim to provide a highly effective and expertly managed Recovery and Wellness centre, in a welcoming home-like setting, with the assistance of individually appointed specialized and appropriately skilled and qualified personnel. With a good success rate over the past three years, we are destined for greater things.

Our Vision

Our vision is to become the number one choice accredited drug centre for drug rehabilitation and recovery services, in Polokwane and the neighbouring rural regions. Provide a safe and professional environment for inpatients and give them the necessary tools to become viable in the society. To give them the life they deserve.

Our Mission

Our mission is to provide a professional, quality, and affordable service to anyone who needs alcohol and drug rehabilitation treatment and to give them the assurance that this is the best choice they made. The assistance of individually appointed specialized and appropriately skilled and qualified personnel.

Running the following Programs:

1. 12 Step plan of the Narcotic Anonymous.
2. Authentic Manhood
3. C.B.T Treatment (Cognitive Behaviour Treatment)
4. One-on-one sessions and counsel sessions
5. Recreational exercises

The 24/7 physical and emotional support of the well-trained staff members helps the road to recovery to become just that much easier. It is also very important to repair the broken relationships between the loved ones and the addict due to the behaviour of the addict, with the assistance of individually appointed specialized and appropriately skilled and qualified personnel regular counsel meetings between patients and family, the family bond will be reconciled. The road to recovery is always better when we stand together. "United we stand but alone we fall".

Our Goals

- Provision of counselling to corporate employees, individuals, couples, and

families. □ Provision of a temporary safe-heaven for Alcohol and drug addiction patients. □ Provision of various therapeutic group sessions, including the provision of drug prevention and health maintenance groups. □ Development and provision of drug prevention and recovery plans and after-care services for recovered patients. □ Evaluation of patients' addictions and their readiness for treatment. □ Review and recommendations of treatment options with patients and their families/support groups. □ Assistance to patients to help develop their own treatment goals and plans. □ Development of the necessary skills and behaviours to enable patients to recover from their addictions. □ Work closely with patients to help them to understand and manage their behaviours and/or the situations that can interfere with their recovery. □ Educate patient's families and support groups about drug addiction and help them to understand and develop strategies to assist the patients with their recovery. □ Promotion of a sobriety lifestyle and the provision of a support system for the after-care of recovered patients, providing them with the necessary tools and support to ensure they remain recovered. □ Prepare the patients to not only recover from their afflictions, but also to be able to fit back into society as productive members of their community.

Sponsorship

Because of our nature of business, we are a Non-Profit Organisation, and we are fully relied on the sponsorship of the community. There are a lot of needy people that we had to show away because of funding. We would love if the big businesses can become involved and sponsor us, through your sponsorship we can help the needy and the business sector of Polokwane can become personally involved in a good "cause" that will improve the quality of life of everyone.

□ Sponsor a bed:

Provide finances to accommodate some one who can not afford to be in rehab.

□ Food Sponsors:

Provide Dry Ration, can food, mielie meal, spaghetti, meat. Building materials:

Sament, wooden or steel Poles, IBR Roof

Sheets, Channel Iron, Bricks, Fire extinguishers, plastic pipes, Bedding: Duvet, pillows, fitting sheets, blankets, mattresses.

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Bank: Capitec Business
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Acc Type: Current Account
Acc No: 1050950127
Branch Code: 450105

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