

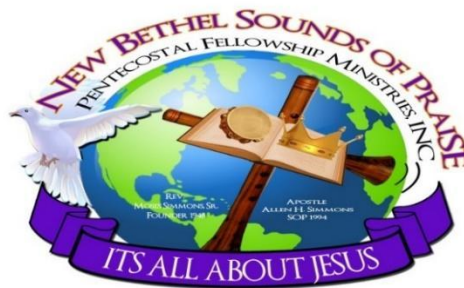
2022

## “The Refreshing”

**Fresh Oil, Fresh Wind, and Fresh Fire!**



**\*Please join us in our consecration prayer from 7 pm to 8 pm nightly at home unless otherwise noted\***



***Greater New Bethel Sounds of Praise  
351 Greyback Road  
Summerville, SC 29483***

*Chief Apostle Allen H. Simmons, DD  
Overseer Christian A. Simmons, Senior Pastor  
Elect Lady Judge Janice Y. Simmons, Co- Pastor  
Elder Kai-David Hartwell, Executive Pastor  
Dr. Catherine H. Clark, Intercessor Pastor*

*Editors in Chief.....Sis. Tiffany Newton, Sis. T'Awanna Simpson, & Sis. Teryn Thomas*

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## Words of Encouragement

As we consecrate ourselves these next 12 days, we must always be mindful of the Word of God which says in Matthew 17:21, *“Howbeit this kind goeth not out, but by prayer and fasting.”*

To consecrate means to “make sacred” or “to dedicate to a particular purpose.” This is accomplished by prayer and fasting. It goes hand-in-hand to accomplish our spiritual goals.

Prayer simply put is, talking to God. Theologically, a child’s petition to an all wise, all loving, father God. Jesus said in Luke 18:1, *“Men ought always pray and not faint.”* Mark 11:24 says, *“Therefore I say unto you, what things so ever you desire, when you pray, believe that ye receive them, you shall have them.”* So prayer is very vital, valuable and yet simple.

Fasting means to “abstain from food/water, in order to focus on communion, prayer and fellowship with God.

The bible teaches us that these two together, give powerful results. (OT – Exodus 34:28, II Chronicles 20:3, Jonah 3:5, NT-Luke 2:37, Matthew 4:2, Acts 13:2)

Just as the Bible teaches us that prayer and fasting are very important, it does not specifically command believers to spend lots of time in this. However, periodically it is something that we should be doing to accomplish special results; because the real purpose of it all is to take our eyes off of the things of this world, and focus our thoughts and prayers on God. When you fast, don’t be as the hypocrites (disfiguring their faces); but wash yourselves (face), and anoint your head with oil, so that it is not obvious.

As we walk into 2022, we are greatly anticipating The Refreshing!” Fresh Oil, Fresh Wind, and Fresh Fire.

The glory of this consecration will yield powerful results. For it is written, “The Father who seeth us in secret will reward you openly.” I encourage each of you to push through to the very end and watch God work! 2022 promises to be a year of breakthroughs, completions, turnarounds, bounce backs, prosperity, and successes. So expect your miracles and promises made to you.

May the eternal God of peace, bring to pass all of your requests that are found in His divine and perfect will.

In His Service,

Chief Apostle Allen H. Simmons & Elect Lady Judge Jan Y. Simmons

## Uplifting Words

It's that time again, a very important time for us here at Greater New Bethel SOP. It's the time of year that we dedicate to corporate fasting and praying. We consecrate ourselves for the greater good of our National and Local church, our government and communities, our leaders, president and his staff and our local ministries. We understand the importance of sacrifice and dedication to God, to our ministry and to our communities.

To God be the Glory! In the past 2 years we have experienced a pandemic that has left the world in a place of uncertainty and loss. Despite the challenges, we have seen successes, testimonies, and miracles!! As we embrace this season of Consecration, let us also embrace the idea of God calling us to move from individuality to oneness in Him through our Lord Jesus Christ.

Our goal in 2022 is to maintain the work that we have done and move into what God is requiring for 2022 through the vision of our leader, Apostle Allen H. Simmons. God is calling each of us to activate our gifts through the vision and mandate of taking earthly families to a Godly glory through "The Refreshing!" Fresh Oil, Fresh Wind, and Fresh Fire.

Please take a moment and utilize the entire consecration booklet and participate in the daily reflections as well. The intercessory team has spent countless hours praying, fasting and seeking the face of God for a comprehensive manual that can be used not only for this period of reflection and renewal but as an instruction manual for fasting and consecration that can be used anytime you desire. Use this as basic instructions for any time you need an answer, you need healing, or for a deeper renewed relationship with God.

May God continue to bless us corporately as we impart on this consecration and throughout the year.

Overseer Christian A. Simmons & Lady Melany Simmons

## A Call to the Kingdom for Prayer

Greetings my New Bethel Sounds of Praise family,

What a year 2021 has been! We have had our ups and downs. There are several lessons we can learn from 2021:

- Trials come to all of us. They seem to be custom designed for each of us.
- Every trial has a life-cycle.
- The outcome may not be to our liking ,but it works for our good. ( Romans 8:28)
- The ultimate purpose of trials is to get us to turn to Christ.
- God is faithful. He always has and always will be. He has never forsaken His People.

We look forward, in this New Year, that God will provide Fresh Wind , Fresh Oil, and Fresh Fire to the house of the Lord.

May God richly bless you in 2022!

Yours in Christ,

Associate Pastor, Dr. Catherine Hezekiah-Clark

## Why Do We Pray

We pray so we can align ourselves with the will of God on earth. Because of this prayer is never an option. God's will is meant to be the backbone and the center of our prayers, the source of our confidence, the heart of our intercession. The key to effective prayer is understanding God's purpose for your life, his reason for your existence as a human being in general and as an individual.

Prayer is important during your fast. It keeps you focused and in communication with God. There are many of us that wonder about how to pray. Jesus gave his disciples a model for prayer.

**There are several elements to prayer:**

- **Establish the relationship:** Our father which art in Heaven
- **Acknowledge God's Nature:** Hallowed be thy name
- **Feel God's Presence and Guidance:** Thy Kingdom come
- **Trust God's Will & Power:** Thy will be done in earth, as it in heaven
- **Receive God's Providence:** Give us this day our daily bread
- **Accept & Give Forgiveness:** And forgive us our debts, as we forgive our debtors
- **Allow the Rescue:** And lead us not into temptation, but deliver us from evil
- **Summation:** For Thine is the kingdom, and the power, and the glory, forever. Amen  
(Exploring the Seven Elements of the Lord's Prayer, Erik Douglas Randolph, 2014)

The word says that we should pray without ceasing, but in many cases, we pray but when we do not see the immediate results, we stop praying assuming that God is not listening. Unanswered prayers can be very discouraging and painful so remember the following as you create a lifestyle of habitual prayer.

1. When prayer does not bring results, it is an indication that something is wrong. The word of God in the Old and New Testament gives insight to why prayers are unanswered and the type of prayers in which God will respond. God answers prayers as soon as we request, but the revelation of his answer is based on divine timing~ Luke 18:1
2. God is faithful to answer prayer. We must remember that nothing is impossible~ Mark 11:24
3. God's will and Word work when we have an understanding and put it into practice.

True Prayer will do the following:

- Build intimacy with God
- Bring honor to his nature and character
- Cause respect for his integrity
- Enable belief in his Word
- Cause trust in his love
- Affirm his purpose and will
- Appropriate his promise

### **Six Hurdles to an Answered Prayer**

1. Learning about prayer, but not practicing it~ false sense of satisfaction
2. Mental assent, rather than action ~agrees with God, but does not believe
3. Hearing the words, but not absorbing ~absorbing the Word is to meditate on it
4. Hoping rather than having faith~ hope is wishful thinking; faith is knowing
5. Prayer for faith~ if you are praying for faith, then you do not believe
6. Laziness/Cares of the world wicked service allows life concerns to keep us from the faith of work.

### **Major Hindrances to Prayer**

**1. Sin** - (James 1:21-22) tells us how prevalent it is that we must acknowledge our sins and our fallen nature. This state of humanity causes many problems and misunderstandings regarding our faith, obedience, and prayer. When sin, especially willful sin is in your life, God will not hear you. (John 3:22, 1 John 2:1)

**2. Fear** - (1 John 4:18) Fear is a significant hindrance for us because it keeps us from believing. To operate in the Spirit, there must be an absence of fear. 1 John 4:8 tells us that there is no perfection in fear. Fear will keep you in sin and keep our understanding of the nature and the work of God from our hearts (Romans 5:8-9; Matt 18:21-22; Isaiah 43:25; and 2 Tim 1:7)

**3. Guilt** - Guilt is related to fear of not being forgiven. When we live in a constant sense of not being forgiven, we deny the power of God in our lives. (Romans 8:1-2) Explains that there is no condemnation for those in Christ. We can have confidence in this because of Hebrew 8:12, God says He will forgive and forget our sins.



**4. Feeling of inferiority** - We can hinder our prayers when we feel we are not worthy to receive an answer from God. We will only have a low opinion of ourselves when we do not understand how God sees us. (Ephesians 1:4-11) Explains how God sees us. Understanding that God chooses us changes our interaction with God. Hebrew 4:16 tells us to come boldly before the throne of grace.

**5. Doubt** - (James 1:5-8) We tend to do this after going before God. It is believing that He can while not trusting that He will fulfill His word.

**6. Wrong Motives** - Since we know that God knows the heart, we should understand that our motives are understood by God before we come before Him. James 4:3 Explains that when your supplications are based in lust, we will not get a response from God. (Dr. Myles Monroe, Power and Purpose of Prayer)

## Praying with Expectation

*\*Join us nightly in prayer from 7 pm to 8 pm\**

- 1. Give Thanks:** *1 Thessalonians 5:18, "In everything give thanks: for this is the will of God in Christ Jesus concerning you."*
- 2. Pray:** *Matthew 21:22, "And all things, whatsoever ye shall ask in prayer, believing, ye shall receive."*  
*John 16:24, "Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full."*  
The first principle in tapping into the power of prayer is actually praying. Praying is actually plugging in the connection to tapping into the Power of Prayer.
- 3. Recognize the Power is not in the person praying but the Power is in God:** *Matthew 19:26, "But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible."* *Jeremiah 10:12, "He hath made the earth by his power, he hath established the world by his wisdom, and hath stretched out the heavens by his discretion."*  
The second principle is acknowledging the Power from Prayer comes from God the Almighty.
- 4. Pray with Confidence:** *1 John 5:14-1, "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: <sup>15</sup> And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him."*  
Confidence is approaching God knowing that if we ask anything according to His will, He hears us. Praying with confidence is having faith and believing that God hears us and will answer.
- 5. Pray Sincerely:** If we walk through the book of Psalms, we will see that David prayed sincerely to God. He often shared his deepest hurts, concerns and feelings. He recognized God for His true righteousness. When praying sincerely, we must be mindful not to use prayer as a bargaining tool to try to manipulate God into do what we want.
- 6. Communicate with God:** *John 16:13, "Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come."*  
Our communication with God should not only be when we want something. We should recognize that God wants fellowship and relationship with us. He wants to bless but He also wants to guide us, love us and protect us. How would you feel if the only time someone called on you was when they needed something or wanted something from you?
- 7. Pray for Acceptance of God's Will:** *Jeremiah 29:11, "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."*

## 2022 Consecration Commitment

Refrain from eating or drinking between the hours of 6:00 am to 6:00 pm each day from January 1<sup>st</sup> to January 12<sup>th</sup>. New Year's Day and Sunday are an exception. The fasting time is 6:00 am to 3:00 pm.

Target your prayers during the fast. We can easily look around and see the times that we are living in are perilous and dangerous. We must pray for our spiritual leadership, our national leadership, our country, our world and God's Divine Kingdom worldwide. Our prayers should not be limited to our spiritual foundation but also to the government, communities and society in general. World peace, financial and economic stability, the spreading of the gospel, and unity are things that can be included in our prayers. When you put the needs of others on the altar, we believe that God will hear us and heal our land. In addition, God will meet our needs also.

### Step 1: Set Your Objective

- Why are you fasting? Seek the Holy Spirit for guidance and clarity.

### Step 2: Make Your Commitment

- What type of fast are you enduring?
- What are your limitations? Socially and physically
- How much time will you devote to prayer and study daily?

### Step 3: Prepare Yourself Spiritually

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept forgiveness
- Seek forgiveness from those you have offended.
- Ask God to fill you with His Holy Spirit

### Step 4: Prepare Yourself Physically

- Consult your physician if you take prescription medication or have a chronic ailment.
- Prepare your body by eating smaller meals before starting a fast.

## Fasting Fundamentals

- Plan Your Fast

You should enter your fast with [prayer](#) and a specific plan for how long you will fast. Our corporate fast is from January 1<sup>st</sup> through January 12<sup>th</sup> from 6 am to 6 pm daily. Along with fasting we will have one hour of prayer daily at the main sanctuary from 7 pm to 8 pm.

Part of planning your fast should include targeting things to pray about and pre-planning topics of study. If you have medical conditions, you may need to alter your fast and it may also include pre-purchasing food substitutes or alternatives.

- Consider Your Schedule

While a fast, by nature, is inconvenient, it should be an inconvenience to you—not to those around you. Fasting is a personal commitment. If you have children and loved ones that are not fasting, try to incorporate their meal times with your prayer times or study times.

- Tell Only the People You Must

Your spouse will need to know you are fasting. Beyond that, you would be better off not telling many people that you are fasting. Telling your pastor can be a help both to you and to him. And always consult with your physician if you have medical conditions or you take routine medications that require food intake.

- Wean Yourself Off Caffeine and High Sugary Foods

Several days before your fast begins, you should start weaning yourself off caffeine and high sugary foods. Some people experience unbearable headaches 2 to 3 days after ceasing to drink caffeinated products.

- Beware of Your Emotions and Heightened Sense of Spiritual Awareness

Some people experience vast mood swings during a fast. One moment you are focused on God and then you are wallowing in pity. Knowing that this is likely to happen will help you react properly. Also expect a sense of heightened Spiritual Awareness, when you separate yourself from regular patterns of the world and focus on God, He gives you clarity and it helps to develop a more intimate relationship with Christ.

- Be Still and Focus on God

[Fasting](#) is a time to study God's Word, meditate and pray. To help with this, plan a specific Bible passage or topic you want to [study](#) during your fast. Look for verses you want to memorize and meditate upon. Fasting by Jesus and the disciples was always accompanied by prayer. Spend time talking to God and allowing Him to reveal Himself to you in His Word.

- Expect physical changes.

During fasting, expect your physical body to change as it is physically detoxing in addition to your spiritual detoxing. You could experience symptoms such as headache, fatigue, nausea, foggy brain, bad breath etc.

- Plan to drink plenty of water during your fast.
- Establish a time for reading and meditating on the Word. Read the Word and think through what you have read.
- You must refrain from critical speaking, spreading negative words about or to anyone. If you have friends that tempt you into this lifestyle, then you must plan to take a break from them.
- Limit watching and listening to the TV and Radio; Focusing on religious and educational shows, rather than things that could cloud your judgment.
- Establish a form of accountability during your fast, either a prayer partner or another person in the fast.
- Check your mind at all times. Remember if it means nothing to you, then it will mean nothing to God. If you do not combine your fasting with prayer and the Word, it will mean nothing more than dieting.

## What Happens To My Body While I Am Fasting?

Your body will go through changes and you will feel differently. Do not be alarmed; this is all natural as your body begins to detox and eliminate waste. Listed below are some changes that you may experience.

- You will feel hungry
- Light-headed and/or Dizziness
- Body odor
- Constipation
- Dark urine
- Skin irritation
- Bad breath
- Nausea
- Coated Tongue
- Change in energy levels
- Sinuses may be clogged

These physical changes are occurring during the fast because your body is going through a detoxification process in which it is expelling harmful wastes and toxins. Your body will then begin to pull energy from fat that is stored. Skin irritation, body odor, bad breath, and coated tongue are just ways that your body is naturally expelling wastes and toxins.

In the beginning, your energy levels will drop and you may feel fatigue, hunger, irritation and even light-headed but hold on. Do not give up. Around day eight, your energy levels will balance and you will feel energized as if you were exercising. Most people have a clear mind and appear to function at better rates than before they started the fast.

As you will see, fasting benefits your physical body as well as your spirit. The biggest benefit of fasting both for the physical and for the spirit is that it naturally detoxes you and pulls from your reserve. Naturally, it pulls fat that is stored up and spiritually it quiets external influences and forces your spirit to pull from your spiritual reserve.

## What Happens Spiritually While I Am Fasting?

We are all familiar with the passage of Mark 9:29, in which Jesus answers the disciples that some power only comes from fasting and prayer. Fasting also does much more for our spiritual lives than to only cast out devils and demons. When we fast, we are disconnecting from the world and our comfort zone and relying on God to fill us. Listed below are some benefits of fasting.

- **Brings spiritual clarity**
  - Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
  - **Surrender comfort-** Fasting pulls you out of your comfort zone and kills your fleshly desires. It helps you to focus on your spirit and not your flesh. It promotes self-discipline.
- **Reveals things that control us**
  - Abstaining from food helps to regain mastery of flesh. Fasting reveals to us where our attention is diverted from God and diverts our attention back to God.
- **Unlocks Spiritual Power**
  - Breaks Satanic Strongholds
  - Isaiah 58:6, "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"
- **Builds Trust and Develops greater intimacy with God.**
  - Just like any relationship, the more time and energy that you invest in it will produce greater intimacy and a deeper bond.

Fasting is a tool that God has given us that has many functions. It builds character and spiritual clarity, it reveals the deep things inside of us, it unlocks spiritual power and deepens our relationship with God. When done sincerely and honestly fasting aligns us to live the holy life that God desires of us.

## What Happens To Me Mentally While Fasting?

Research in psychology has positive outcomes of fasting on cognition and memory. For all those who fast, patience is learned to withstand the temptation of food and other environmental stimuli and the ability to hold off which in turn, enhances the virtue of self-sacrifice, enabling a person to be humbled and attain maturity.

Fasting becomes a training in self-control and self-regulation as a fasting person learns to regulate his or her daily routine in a prescribed manner thus teaching discipline. Fasting makes us realize our strengths and weaknesses and we learn to tame ourselves in ways that can lead to self-improvement. This learning of being able to do things that can otherwise be quite difficult for many people, develops confidence and a sense of self-efficacy.

A fasting person may say to oneself, "If I can fast, I can do other difficult things in life." Fasting is prescribed not only for the body and mind but also for elevating one's level of spirituality as the person fasting is encouraged to expel from within oneself the impurities of thought and character. In a way, this practice releases oneself from earthly bonds and joins the person with the sacred.

The time spent otherwise in eating and drinking can now be spent on reflecting about the purpose of being and making efforts toward attaining the ultimate goals in life leading to self-actualisation in this world and the hereafter. The metaphysical belief that the ego component of soul drags oneself to earthly desires while fasting restrains the ego and elevates the status of soul is held by followers of many faiths and consequently fasting is encouraged and practiced by people around the world. A word of caution is necessary for those advanced in age or suffering from medical conditions to seek advice from a physician before fasting.

XP Kai-David Hartwell



## 2022 Consecration My Personal Plan

My Consecration Commitment

My Objective:

My Prayer Target Areas:

My Personal Study Topics:

My Personal Study Time:

Additional Comments:

# 12 Days of Consecration and Fasting

*January 1* ~ Hunger for Word, Thirst for Righteousness, Obedience to the Word

*January 2* ~ New Bethel Church Leadership (Pastors, Deacons, Ministry Leaders)

*January 3* ~ Community and Government (President, Governors etc)

*January 4* ~ Family, Friends, Enemies, Associates, Co-workers

*January 5* ~ New Bethel Sounds of Praise, Provision, Finances, Auxiliaries/Ministries

*January 6* ~ National SOP – Vision, Leadership

*January 7* ~ Renewed Hope and Revival

*January 8* ~ Unity of the Spirit, Bond of Peace, Oneness Mind/Speech

*January 9* ~ Uncommon Love, Strengthened Faith, Acceptance of One Another

*January 10* ~ Employment, Sick and Shut In, Restoration of the Saints

*January 11* ~ Relationships, Church Growth and Power to Connect

*January 12* ~ Endowment Power, Leading of the Holy Spirit and Anointing of the House and Members

## January 1

### Hunger for Word, Thirst for Righteousness, Obedience to the Word

*Blessed are they which do hunger and thirst after righteousness: for they shall be filled.  
Matthew 5:6*

*O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and  
thirsty land, where no water is;  
Psalm 63:1*

Have you ever been thirsty or hungry? God will quench hunger and thirst for those who desire Him and seek His righteousness. God is the only being who can satisfy our deepest longings. He knows the pains and hurts that are deeply submerged in our hearts and desires to soothe and make our hearts well again. If you are seeking to live a Godly life, obedience to His word is the key factor.

My Prayers and Reflections:

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**January 2**  
**New Bethel Church Leadership (Pastors, Deacons, Ministry Leaders)**

*<sup>7</sup>Remember them which have the rule over you, who have spoken unto you the word of God: whose faith follow, considering the end of their conversation.*

*<sup>10</sup>As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.  
Galatians 6:9-10*

**Mark 10:42-45**

*42 Jesus called them together and said, "You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. 43 Not so with you. Instead, whoever wants to become great among you must be your servant, 44 and whoever wants to be first must be slave of all. 45 For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."*

One important factor to remember about our leaders is that they live a life of servanthood. Our leaders have a sense of authority and servitude towards others. As we pray, let's pray that they exemplify Godly characteristics, values and are successful as leaders in our ministry. Christian leaders do have the same responsibilities, values and obligations as worldly leaders. They are leading people spiritually and have an obligation to the Lord directly.

My Prayers and Reflections:

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## January 3

### Community and Government

*I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;*

*2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.*

*3 For this is good and acceptable in the sight of God our Saviour;  
1 Timothy 2:1-2*

*<sup>10</sup> Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*

*Isaiah 41:10*

As long as we are alive in this world, we will be a part of some type of government and community. In most cases, our government and community are not run and organized by Godly influence. Our local and national governments usually do not abide by the same regulations in the bible. It is not for us to judge people but for us to be an example. We should always pray for our government and the communities that we are in.

My Prayers and Reflections:

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**January 4**  
**Family, Friends, Enemies, Associates, Co-workers**

*18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*  
*1 John 4:18-19*

*Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.*  
*James 5:16*

*14 Let all that you do be done with love.*  
*1 Corinthians 16:14*

It is important to remember to pray for our family, friends, coworkers and even people that we may not like. It is not a coincidence that these people are in our lives. Sometimes, we forget to pray for our family, friends and coworkers because we see them often. Let us not let our relationships with the people around us become so common that we forget to pray for them. And we should remember to love them with a Godly love even when it is difficult.

My Prayers and Reflections:

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## January 5

### New Bethel Sounds of Praise, Provision, Finances, Auxiliaries/Ministries

*<sup>6</sup> Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.<sup>19</sup> But my God shall supply all your need according to his riches in glory by Christ Jesus  
Philippians 4:6, 19*

*<sup>25</sup> I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.  
Psalm 37:25*

Just as we pray for God to take care of our personal needs and finances, we must do the same for our church and our ministries. It is easy to think about the things that we do not have. We need to shift our thinking to be appreciative of the things that we do have and exercise faith and confidence in knowing that God will provide for our ministry needs. Our faith must extend past our personal needs to include the scope of our church and ministry needs.

My Prayers and Reflections:

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**January 6**  
**National SOP – Vision, Leadership**

*6 And he said, Hear now my words: If there be a prophet among you, I the Lord will make myself known unto him in a vision, and will speak unto him in a dream.*

*Numbers 12:6*

*Where there is no vision, the people perish: but he that keepeth the law, happy is he.*

*Proverbs 29:18*

*2 Then the Lord replied: "Write down the revelation, and make it plain on tablets so that a herald[b] may run with it 3 For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.*

*Habakkuk 2:2-3*

A Vision is an encounter with God where He emparts special revelation. He provides leadership with a picture of His plan for His people. It is important that we pray for God's vision to go forward. The enemy is fighting God's vision on every hand. God's vision is not just for our National SOP but is intended to fulfill the great commandment to reach His people throughout the world.

My Prayers and Reflections:

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## January 7 Renewed Hope and Revival

*Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.*

*29 He giveth power to the faint; and to them that have no might he increaseth strength.*

*30 Even the youths shall faint and be weary, and the young men shall utterly fall:*

*31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*

*Isaiah 40:31*

*11 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.*

*Jeremiah 29:11*

It is important for God's people to have renewed hope and revival. We are the salt of the earth and the world is looking to us. Especially this last year and a half dealing with COVID-19 and the different variants, it is easy to lose hope. We are not in a position to lose hope. We have to trust God's word for renewed hope and revival and then spread that renewed hope to our families, coworkers and friends.

My Prayers and Reflections:

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## January 8

### Unity of the Spirit, Bond of Peace, Oneness of Mind/Speech

*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.  
Philippians 4:7*

*11 Turn away from evil and do good. Try to live in peace even if you must run after it to catch and hold it!  
1 Peter 3:11 (The Living Bible)*

Life can be messy and relationships can turn bad quickly. Times of stress can cause discord and we end up hurting each other. With prayer, God can give us the ability to be patient, kind, forgiving and live in harmony with each other. We have to take responsibility for our actions and words and work towards oneness with others. Satan's goal is to destroy our unity but we must counter his attacks with prayer, showing the love and peace of God and working with others.

My Prayers and Reflections:

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## January 9

### Uncommon Love, Strengthened Faith, Acceptance of One Another

*6 But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.*  
*Hebrews 11:6*

*And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*  
*Ephesians 4:32*

*<sup>12</sup> This is my commandment, That ye love one another, as I have loved you.*  
*John 15:12*

*<sup>8</sup> Above all, keep loving one another earnestly, since love covers a multitude of sins*  
*1 Peter 4:8*

Everyone needs a little help sometimes, no one can make it in the world without others. On the same hand, none of us are perfect and need a little grace and forgiveness from others. It is important that we accept each other as we are and let God work on each of us. Sometimes, we have to love others even when it is hard. God loves us at our lowest moments. And it is important that we extend that same Godly love as He instructs us. As we go through life and overcome obstacles, our faith is strengthened.

My Prayers and Reflections:

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## January 10

### Employment, Sick and Shut In, Restoration of the Saints

*<sup>17</sup> The righteous cry, and the LORD heareth, and delivereth them out of all their troubles.*

*<sup>18</sup> The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.*

*<sup>19</sup> Many are the afflictions of the righteous: but the LORD delivereth him out of them all.*

*<sup>20</sup> He keepeth all his bones: not one of them is broken.*

*Psalm 34:19*

*17 For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after.*

*Jeremiah 30:17*

*10 Create in me a clean heart, O God; and renew a right spirit within me.*

*Psalm 51:10*

Restoration is synonymous with healing, repairing and returning to a previous state. In this life, at some point, everything needs a touch up. Sometimes health fails, jobs end, and we take big losses. Those are examples of storms in life. Storms will come and go but we must remember that God has restoration for His people. Sometimes, we have to step in and intercede for our family, friends and church members.

My Prayers and Reflections:

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## January 11

### Relationships, Church Growth and Power to Connect

*<sup>24</sup>In response to all he has done for us, let us outdo each other in being helpful and kind to each other and in doing good. <sup>25</sup>Let us not neglect our church meetings, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near.  
Hebrews 10:24-25*

*And Jesus said unto them, Come ye after me, and I will make you to become fishers of men.  
Mark 1:17*

*18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it.  
Matthew 16:18*

*47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.  
Acts 2:47*

Let's be mindful that we are fishers of men and we are supposed to build the church so that others may be saved. Our first mission is to spread the gospel that God's people will be saved. We want to study God's word and let it transform our lives so that we can live in a manner that others would want to be saved. As we build our church, we must continue to encourage and help each other.

My Prayers and Reflections:

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## January 12

### Endowment, Power, Leading and Holy Spirit and Anointing of the House and Members

*26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

*Romans 8:26-37*

*But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come*

*John 16:13*

*Since we live by the Spirit, let us keep in step with the Spirit.*

*Galatians 5:25*

We must live a life that is guided by the Holy Spirit. It is a great gift that Jesus left us. The Holy Spirit is here to give us power, strengthen us, teach us, guide us and help us. We need the walls of our church to be anointed, the walls of our homes to be anointed and we need to take the anointing with us to our jobs and as we walk in our communities and with others. We must rely on the power and guidance of the Holy Spirit.

My Prayers and Reflections:

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## *The Heart of the Intercessor*

### Need a Fresh Wind?

*Psalms 46: 1 “ God is our refuge and strength, an ever-present help in trouble.” KJV*

When we experience a “ fresh wind” in God’s presence in our life, it doesn’t mean that troubles just disappear. Those moments spent enjoying the spirit - renewing encounter with the Lord will empower and strengthen us, but that doesn’t stop us from walking through the fiery furnace of affliction.

The intensity of the battle we’re fighting doesn’t go away but the anointing refreshes, renews and rejuvenates us. Our ability to handle the struggle is greatly increased by the dwelling of the Holy Spirit.

Maybe you are going through a difficult season or a trying situation that left you desperately wanting and needing relief. Right now we may even feel like we are suffocating with all the weight of life, work, children, spouses, all those everyday demands that keep us from being focused on God.

Do we know what we need? We need the “fresh wind” of the anointing to blow in our life and give us respite, comfort, and increased endurance. So today do not try to pray away trials and tribulations that we all have to go through sometimes. Instead, pray for God's spirit to engulf our total being so that we can handle it with Him on our side. Ask God to set our soul free so we can walk through this trial. Allow Him to stabilize your emotions so that we won't fly off the handle, break down, or quit! We know He will do it!!!

*Psalms 46: 1 reminds us that “ God is our refuge and strength, an ever-present help in trouble.” KJV* God will come and walk through the fire with you, and even when we are tested and tried don't worry God won't allow you to be consumed. He is our help.

The “fresh wind” of His presence will rush in to be your comfort. He will breathe new life into you and your situation. Know that the Lord is with you equipping you with everything you need to make it through.

## Dr. Catherine Clark and the Intercessory Prayer Team

**FRESH WIND:** A call to move In Freshness of the Holy Spirit. Psalm 92:10. Today is the day for the church to be filled with the freshness of the Holy Spirit. For those who are born again they are given New Life by the washing of Regeneration and Renewal of the Holy Spirit. The Wind blows where it wishes and you hear its sound but you do not know where it comes from or where it goes. So it is with everyone who is born of the spirit. God breathes His spirit into those who receive His Son Jesus Christ and believe in Him. Just as a human body without breath is physically dead, so those who do not have the Holy Spirit are spiritually dead. Those who are born again are given new Life by washing of regeneration and renewal of the Holy Spirit Titus 3:5. A current of air such as wind or breath when God's spirit came upon the hundred and twenty disciples gathered on the Day of Pentecost and suddenly there came a sound from heaven as of a rushing mighty wind and it filled all the house where they were sitting and there appeared unto them cloven tongues like as of fire and it sat upon each of them. And they were filled with the Holy Ghost and began to speak with other tongues as the spirit gave them utterance. The spirit is the Breath of God. What does wind represent spiritually? It represents the spirit, the vital breath of the universe. Wind represents Power of the spirit in sustaining life. It indicates the Presence of deity.

**FRESH OIL:** Represent the presence and Power of the spirit of God. Throughout the Bible, Jesus was often referred to as the Anointed One using Oil as a Metaphor for the Holy Spirit being Present and acting in Christ. Oil is one of the many ways by which the Holy Spirit manifests himself in the World aside from fire. It is also a source of light, a symbol of power and authority for appointment of Prophets and Kings: Exodus 29:2-21 It is the physical evidence of divine certification equivalent to laying on of Hands in the New testament Act 6:6. Our oil has to be fresh all the time so that access to power will not corrupt the authority in us! It must be new every Morning. Many have the Oil but few have fresh Oil, the Freshness differentiates the Power From authority. Power can be from a stale anointing just like somebody once in power is different from someone in present authority. It is important to have Fresh Oil for the grace of yesterday is not sufficient for the Assignment of today.



**FRESH ANOINTING:** Fresh Anointing makes us flourish Psalm 92:2-13. The Righteous flourish like the Palm Tree and grow like a cedar in Lebanon, they are planted in the house of the lord. They flourish in the courts of our God. They still bear fruit in old age, they are ever full of sap and green. To declare that the Lord is upright He is my Rock and there is no unrighteousness in Him. Using his word to ignite the anointing! Worship and Spiritual Warfare are always connected. Active worship is a prerequisite to moving into a Fresh Anointing. Let us consider this concept, Fresh Anointing in the context of God. God himself, the Great Anointer, filled His hands with the essence of the spirit and then laid His mighty hands upon us pressing the spirits, power and Anointing ever deeper into us, so when we speak of a person who is anointed, we are actually acknowledging that the hand of God is on that person. The strong presence of the anointing that we see or feel is a signal to let us know that God's hand is personally resting on that individual's life! The Anointing breaks the yoke and sets the captives free. Anointing makes the difference in our lives! To the Intercessors! You have been given a fresh anointing from God, because you are faithful you stand in the gap for our Leaders continually building a hedge of protection around them that kings and kingdoms might be changed for the Glory of God Almighty. You have been given Kingdom Keys to put a lock on Satan's plans and to unlock the Purpose of Heaven because of the anointing, fresh Anointing on your lives.

## **Fresh Wind-Fresh Oil- Fresh Anointing**

**FRESH WIND**-Acts 2:2-And suddenly there came from heaven as of a rushing mighty wind and it filled the house where they were sitting, and that sound/wind was that of the Holy Ghost.

**FRESH OIL**-Represents the presence and power of the Holy Spirit as God himself promises us Fresh Oil (Ps. 92:10) I shall be anointed with Fresh Oil. Mark 6:13 states that they were anointing sick people with oil and healing them. For our cars, it takes oil to keep the motor in good condition, keeps sewing machines operational, it quiets down a squeaking door; but it takes Fresh Oil to keep our Christian life renewed.

**FRESH ANOINTING**-A new outpouring of God's Holy Spirit on the lives of believers specifically to help them experience more power, more joy, and more holiness.

Psa. 23:5b -6 states, "Thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life. And I will dwell in the house of the Lord forever." To move into a fresh anointing we must spend intimate time in His presence everyday by yielding to the Holy Spirit.

There have been times when I would go to church because I knew it was the right thing to do - heard the word, but not applying it. Discouraged and heavy-laden, I became somewhat dormant and stagnant, like Ez.37...Dry bones in the valley but knowing that in God's own time things would work out. I was so busy with everything that I couldn't hear when He was trying to get my attention; But God had a way. He allowed me to go through lung cancer surgery and experience excruciating pain. (Imagine Him saying, "Can you hear me now?"

Yes Lord, was my immediate response. Lying flat on my back in the hospital, I began to search myself, repent to God and ask for forgiveness. God I need Fresh Wind, Fresh Oil, and Fresh Anointing.. Please renew my joy, renew my faith, renew my strength, and wash me over again with your precious blood. Please keep my eye gates and my ear gates open so that I will remain steadfast, and unmovable, so that I can always adhere to your word, walk in obedience, and remain humble before you to receive his fresh wind, fresh oil, and fresh anointing.

He reminded me that **"The Battle is not mine but HIS."** Hallelujah!!

**Submitted by Mother Annabelle Wright**

## Fresh Wind & Healing Oil

***John 3:8 “ The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”***

### God Breathes His Spirit Into Those Who Receive His Son

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Just as God breathed life into the body of Adam, so He breathes His Holy Spirit into those who receive His Son, Jesus Christ, and believe in Him. Just as the human body without breath is physically dead, so those who do not have the Holy Spirit are spiritually dead. But those who are born again are given new life “by the washing of regeneration and renewal of the Holy Spirit” (Titus 3:5).

The Greek word *pneuma*, translated as “Spirit” in the New Testament, literally means “a current of air,” such as wind or breath. When God’s Spirit came upon the 120 or so disciples gathered on the Day of Pentecost, “there came from heaven a sound like a mighty rushing wind” (Acts 2:2). The Spirit is the Breath of God, the wind in our sails that lifts us from the doldrums, gives us direction, and provides us with power to do God’s will.

### Holy Spirit Refreshment and Rejuvenation

You can’t always see the Holy Spirit working in your life, just like you can’t see the wind blowing. But just as you can step outside and feel the effects of an invigorating breeze, you can get in step with the Spirit and experience His rejuvenating power. If you’re feeling weary in your faith walk, too tired to take another step, let Him refresh you. If you are running the good race but feeling out of breath, let Him be your spiritual oxygen.

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<sup>1</sup> Fresh Wind and Healing Oil- Holy Spirit Refreshment Davis Carman|Apr 5, 2019|Blog

## Wait on Him

*Isaiah 40:31 “ But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”*

To wait means to expect. 2022 is approaching and right now we all are feeling an expectation that something is about to happen. Waiting on the Lord renews our strength.

We wait all the time. We wait to eat, wait for email responses, paycheck to hit the bank, wait for Amazon deliveries, and fall asleep. We wait on the Lord to act, deliver, save, avenge, to answer our prayers, to provide for our needs, renew our strength, to reveal His glory.

Everyone experiences exhaustion no matter if you are young or old, fit or not. One time or another you needed some strength. Everyone will need to rely on God and wait for His help.

Waiting is something that is only possible within time. God who created time, is not limited by time. Sometimes when we are waiting on God to act, He has already done it. He is patient with us, He understands waiting. His concepts of time are nothing like ours but yet his timing is perfect.

Waiting is good for us. If God acted immediately every single time we cried, we would be in control and not Him. We do not possess His wisdom. Having to wait causes us to learn to trust Him and His timing.

While we are waiting, don't waste time in the “waiting room.” Ask God to change you while you are waiting, to strengthen you, produce perseverance, character and hope. He rewards us for waiting, His timing is perfect.

## Fresh Fire

*Acts 2: 3 “ Then there appeared to them ldivided tongues, as of fire, and one sat upon each of them. 4 And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.”*

Fresh fire simply means the anointing of the Holy Ghost being fresh in your heart. Believers in Christ must always pray for fresh fire and fresh anointing . When a Christian is on fire, the devil cannot manipulate their life and blessings. A lot of us are going from place to place for prayers, simply because of the lack of fire. When we carry fire, we are unstoppable.

One of the greatest weapons for crushing oppression is to be baptized with the fire of the Holy Ghost. Generally oppression will thrive where there is no fire. The devil and his agents will perpetuate all kinds of wicked acts when they find the atmosphere comfortable.

You cannot say no to oppression until you have fire in your life. When you become baptized in the fire of the Holy Ghost, your life will become too hot for the enemy to handle. If you have noticed symbols of oppression, intimidation, manipulation, and wickedness, it is an indication that your fire has been extinguished. Rather than box shadows, you need to go back to the presence of God and receive Fresh Fire.

The baptism of fire is the symbol of the overflowing presence of the holy spirit in your life. The moment you are endued with fire you will become master over circumstances and forces of darkness. Prayer will help you restore your lost glory and make you declare that there is something in your life that can repel the enemy. <sup>2</sup>

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<sup>2</sup> Revive and Fill Me Afresh with Fresh Fire Oh Lord| Pastor Teddy Blog|Mar 25, 2019

## 12 Prayer Points For Fresh Fire

*As you pray these prayer points for fresh fire, focus on the oil of God upon your life being refreshed and rekindled in the name of Jesus. Pray with faith and expect a miracle.*

1. Thank the Lord for the Power of the Holy Spirit.
2. I receive fresh fire to run through the troops and leap over the wall, in the name of Jesus.
3. My father, arise with Your fire of power and manifest Your presence in my life, in the name of Jesus.
4. Anything hindering the power of God in my life, die, in the name of Jesus.
5. I shall trample upon every serpent and scorpion of powerlessness, in the name of Jesus.
6. Father, let signs and wonders be the order of the day in my life this year, in the name of Jesus.
7. I decree the joy of the oppressors upon my life to be turned into sorrow, in the name of Jesus.
8. Lord, open my eyes and ears to receive wondrous things from you.
9. Lord, ignite my spiritual life so that I will stop fishing in unprofitable waters.
10. Lord, let me be willing to be the clay in your hands, ready to be molded as you desire in the name of Jesus.
11. Lord, wake me up from any form of spiritual sleep and help me to put on the armour of light in the name of Jesus.
12. Lord, I need fresh fire, re- fire me now in the name of Jesus.

## **THE COST OF THE FRESH OIL**

We all know in this new year, 2022, we need fresh oil to bring about a change in our daily lives. God's oil represents the presence and power of the Holy Spirit throughout the Bible. The oil was used to smear over a person's forehead, or they can put it all over their entire body for healing.

We must walk by faith and not by sight and believe that the anointing oil is a very powerful tool to use for faith. Our real power comes from God the anointed one, which is the author and finisher of our faith.

God is a Holy God, and we should always keep our faith in Him. God wants us to have fresh oil so our hearts can be overflowing with His anointing. All the things we have gone through the past 2 years with the Covid-19 virus, God wants to heal, restore, deliver, and set us all free from many diseases, and sicknesses.

I pray that in this season, God will shower us with His fresh oil, and give us uncommon favor, to walk in His overflow of blessings. To receive fresh oil always walk in expectation, as you know manifestation will come. I found out, to have fresh oil, it is good to take a Spiritual cleanser to renew your mind, body, and soul.

Just like the woman with the Alabaster box, she was honoring Jesus by anointing Him with the oil, which was very valuable to her. It was the best thing she had to offer Him. Also, it was a symbol of honor and the very one, being anointed and a chosen vessel by God. When we are anointing someone's head with fresh oil it is to sanctify them, and they are being set apart to be holy. And I find out from the woman with the Alabaster Box, God values our offer, just having a bottle of fresh oil, and having our heart in the right place and staying focused on Him. Whatever problems we have, just keep your eyes on the cross.

By having an Alabaster Box, it teaches us to have love, and that Jesus made the sacrificial love for us, we can bring our most precious possessions and give it to the Highest King which is Jesus.

**Submitted by Minister Sarah Simmons**

## Refreshing Oil for A New Life

As the year of 2022 finally approaches for all of us to get on board to receive the fresh oil that God promised us in 2021. Coming to an expectation and to see the manifestation. When you are walking into a manifestation, you will see the Wondrous Things of God.

The Book of Ecclesiastes says: There is a time and season for everything. We are in the winning season to receive fresh oil to move forward and to march on, to see what the end will be. Having the fresh oil of God, brings glory to Him. We must realize fresh oil brings on the anointing and a new phase in our life from God.

Fresh oil helps us to open a new phase in us and in our daily lives, bringing about a closeness in having a better relationship with the father. Psalm 133 says: It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard; that went down to the skirts of his garments. This scriptures illustrates that fresh oil can penetrate from the head to your toe. To embrace the fullness of the fresh oil from God we need to have faith in God. He has proven that he is trustworthy and through him all things are possible . When you begin to feel discouraged, exhausted, and at the end of your rope, stop and think, then go before the throne of grace and recall God's faithfulness. We know faith comes by hearing the word of God.

Prayer is a link to fresh oil, to live a new beginning of your journey, to learn from your mistakes from your past. And God is always willing to offer it to us. Look how often Jesus healed during His ministry, and it shows that healing not only hurting bodies but also souls that had been severely damaged.

In the year of 2022, the Lord wants us to know Him completely and to share our faith with all those we meet. Hear what the Lord has to say and proclaim it with your mouth and with your actions. In order to receive fresh oil in the season of 2022, God wants us to be willing to embrace change that He brings into our lives. Sometimes you may feel as if you're out on a limb, but don't forget that God is the tree trunk. He's not going to let you fall.

In these 12 days of consecration, I pray that we all will receive a Spiritual Refreshment. As we pray, read, and meditate on God's Word, we increase our spiritual stamina.

Dear Lord, please help me out of my spiritual rut. As I seek your strength, revive my soul, I pray. Amen.

**Submitted by Mother ChristineWhaley**



## HOLDING ON TO FRESH FIRE

**Elder Shirley Graves**

In the year of 2021, we all have gone through some trials, and tribulations. Finding out that life is a privilege that God wants us to value. When we turn from Him and pursue our own selfish desires, we lose sight of the sacredness of His gift.

I have learned throughout my trials and tribulations a fresh fire helps to increase my faith and help elevate you to your next level with God. He is the author and finisher of all we endure and go through. Becoming steadfast, walking by faith and not by sight brings in a manifestation of all you are hoping God to do through you with fresh fire.

Just like the woman suddenly who had the disease with the issue of blood for 12 twelve years and came from behind and touched the hem of Jesus' garment. For she said to herself, "If only I may touch His garment, I shall be made whole. "But Jesus turned around, and when He saw her, He said, "Be of good cheer, daughter; your faith has made you whole. (Matthew 9:20-22).

As being a Christian means so much than just believing in the existence of Christ. As Christian people, we need to keep God close by us. When you find yourself not on fire like David and Jeremiah did, they both pour out their hearts to God. Jeremiah states: But his word was in my heart as a "Burning fire shut up in my bones."

Remember our faith will be like gold that has been tested in a fire. And these trials will prove that your faith is worth much more than gold that can be destroyed. They will show that you will be given praise and honor and glory when Jesus Christ returns.

You can always expect trouble, but do not let it defeat you. Trials come to strengthen our faith and our character. We all know that no one gets excited about a trial, yet we can be assured that God is still in control even when trouble comes our way. Just because we have faith, hope, and trust in God does not mean that life will be easy. Instead, God's love for us means that He will provide a way through, not around, adversity, resulting in His greater glory.

We bear inner fruit when you allow God to nurture in you a new, Christlike quality: "The fruit of the Spirit is love, Joy, Peace, longsuffering, kindness, goodness, faith-fulness, gentleness, self-control" (Galatians 5:22).

By holding on to "FRESH FIRE" it will encourage you in your daily walk with Christ for the rest of 2022 as we deal with all these uncertainties of life.

## FRESH FIRE

What is fresh fire? Fresh fire simply means the anointing of the holy Ghost being ever fresh in our hearts and minds.

Acts 2:1-5. Isaiah 64:1-2

Every believer in Christ should pray for fresh fire and fresh anointing. We need that fresh fire to stand strong against the enemy. We need to have that fire burning in us. When you carry fire you become unstoppable, unkillable and indestructible. We are not saying that the devil won't try you or test your faith, but, with fresh fire, anything the devil tries won't work.

One of the greatest weapons for crushing oppression is to be baptized with the fire of the holy ghost.

The enemy comes to kill, steal and destroy. It is his job to perpetrate all kinds of wicked acts whenever he finds the atmosphere conducive or comfortable. But if you have that fresh fire in your life, the fire of the holy ghost, your life would become too hot for the enemy to handle.

How do you know when your fire has gone out?

When you start having feelings of oppression, manipulations, intimidation and wickedness. This is an indication that your fire has been extinguished or going out. This is when you need to go back to the presence of God and receive fresh fire. The moment you are renewed with the fresh fire from on high, you will become Master over circumstances and forces of darkness and the evil of this world.

If we seek God first and allow his fresh fire to get into us things will work out well for us and the Lord will do more than we can ask or expect from him that is what the Bible says, all we need to do is put ourselves in the center off the will of God and that is why we need fresh fire of God.

Let's continue to pray that anything that's hindering the power of God in our lives would die. And that God would send the fresh fire from heaven and it would begin to burn in every aspect of our lives and the holy Spirit will fill us afresh. Oh lord, we need fresh fire, re-fire us now in the name of Jesus.

Submitted by Associate Pastor : Yvonne Wigfall

## COVID Corner

Chicago Department of Public Health Commissioner Dr. Allison Arwady said she's "feeling pretty confident" that the variant will lead to more breakthrough cases and reinfections in those who have already had COVID, but the severity of cases, particularly in vulnerable populations and the unvaccinated, remains unclear despite early breakthrough cases in the Midwest showing mild symptoms, if any.

"We think based on what we're seeing now, omicron is unlikely to be more severe than delta, which is very, very good news, but I'm still skeptical of claims that there's significantly reduced severity," Arwady said. "So great news, it doesn't look like it's making people sicker than what we have now, but I do know there are a lot of people who feel like this is really not making people sick at all and that is not yet something that my team feels that the data shows."

In New York, where cases continue to surge, an ER doctor who became known on social media during the pandemic for his documentation of the battle against COVID, reported breakthrough cases he has seen in **those with booster shots** experienced "mild" symptoms.

"By mild I mean mostly sore throat. Lots of sore throat," Craig Spencer wrote on Twitter. "Also some fatigue, maybe some muscle pain. No difficulty breathing. No shortness of breath. All a little uncomfortable, but fine."

Cases in people who were fully vaccinated with either **Pfizer or Moderna's vaccine, but not boosted**, remained mild, but slightly more intense.


"More fatigued. More fever. More coughing. A little more miserable overall. But no shortness of breath. No difficulty breathing," he wrote.

For those with **Johnson & Johnson who were not boosted**, he wrote the patients "felt horrible," with fevers, fatigue, coughs and shortness of breath, but did not require hospitalization or oxygen.

In the **unvaccinated**, however, the symptoms were more severe. "Almost every single patient that I've taken care of that needed to be admitted for Covid has been unvaccinated," Spencer wrote. "Every one with profound shortness of breath. Everyone whose oxygen dropped when they walked. Everyone needs oxygen to breathe regularly."

*"<https://www.nbcchicago.com/news/local/omicron-symptoms-what-to-watch-for-and-how-it-may-differ-based-on-vaccine-status/2716488/>*

## What Helps With COVID ( any variant ) ?

1. **81 mg low dose or baby aspirin** ( A MUST) to keep your black blood from throwing a blood clot
2. **A prenatal vitamin loaded with 100% IRON** ( A MUST) ( one a day brand is the best with no vitamin k) to allow iron to bind to the red blood cell and allow the red blood cell to grab NUTRIENTS like..OXYGEN . One a day brand is wonderful.
3. **Drink tonic water** ..it has quinine in it, which is an antiviral like hydroxychloroquine. But in a much smaller dose.
4. **ADVIL COLD AND FLU MULTI SYMPTOM** ( IS A MUST ) NO SUBSTITUTES ! It opens the bronchioles and allows you to breathe easier . And the antihistamine STOPS the cough in as little as 20 minutes! AND reduces the anaphylaxis issues with blood and lungs.
5. **100 mg of zinc** twice a day to aid in olfactory recovery .. meaning , it's needed to help you smell and taste!!! eat Crackers or something prior to taking them so you don't get nauseated!!!
6. **Evening primrose 3** , 1000mg capsules daily to aid with cognitive recall and stop the hot flashes caused from the hypothalamus trying to get the body back in line.
7. **Orange Juice** 6 to 8 ounces , for magnesium and potassium to help iron absorb into the red blood cell faster.
8. **Xlear Nasal Spray** because it has grapefruit in it, which is quinine and acts like an antiviral, like hydroxychloroquine.
9. **Sovereign Silver**, week 3 for immune building, think of this as an antibiotic.
10. **Exercise** as much as physically possible . Exercise increases red blood cell production.
11. **EXHALE** completely and then continue to exhale for 5 seconds longer . THEN , sharply INHALE, This will cause the alveolar in the lungs to pop open when inhaling , and make the thick secretions break loose so you can cough them up . It also helps increase red blood cell production .
12. **Cut up , dice, slice, chop, onions** and put them in a glass dish where you sleep, sit actually anywhere in the house, the more the better. The enzymes Onions release when cut up kill airborne bacteria and the onions themselves act like a sponge and draw the bacteria in . Throw them out every couple of days and replace with freshly chopped up onions. Do this for a week.
13. **Avoid foods high in Vitamin K** , like dark leafy greens, they will cause your blood to clot faster.
14. **Livers (Chicken or Beef )** high in iron which is the key to restore blood 

## *Family Corner*

### **Fasting with Children and Family Consecration**

Many people ask, if it is okay for young children to fast? How will fasting affect their young growing bodies? Some parents do not force fasting traditions on their children for health and nutritional concerns. If you are interested in including or incorporating a family fast or consecration, listed below are some ideas that may be helpful.

- Incorporating a Daniel Fast
- Avoiding Sweets
- Avoiding Sugary Drinks
- Avoiding Playtime-including social media, video games etc...
- Avoiding Television

If you decide to restrict certain activities, this time can be replaced with personal bible study, family bible study, family prayer, family praise and/or worship.

If you decide that your child will abstain from food for certain periods of time, consult with your child's physician.

#### Benefits of Family Consecration

- Promotes Healthy Eating Habits
- Promotes Self-Control
- Promotes Family Bonding
- Assists in building personal relationship with God

# *Stress Management and Positive Mental Health for the Family*

It is no secret that the enemy, Satan, has launched a full throttle attack on God's people and our children are not exempt from this attack. The enemy is attacking marriages, families and our children. Listed below are some tips to help children and teenagers who may be experiencing stress or stressful situations. It is not always easy for them to express their feelings and emotions. Lots of times, they may not even understand what they are feeling and do not know how to ask for help. Sometimes, as parents or guardians, when we see our children going through behavior problems, difficult things and changes, it can leave us with feelings of embarrassment, distress, and/or discouragement. But we must remember that God has never put more on than we can bear. God has also given us tools to help. And a little help can go a long way.

Listed below are a few warning signs and tips that you can try to help your children and teenagers. Never be embarrassed to discuss your concerns with your child's counselor or physician.

## **Possible Signs of Stress in Children:**

- New or recurrent Bed-wetting
- Physical changes...ex. upset stomach, physical pains with no physical illness,
- Aggression
- Interrupted Sleep

## **Stress Management Tips for Children:**

- Get Enough Sleep
- Exercise
- Playtime
- Consistent Schedule
- Be able to speak free to parents without fear of judgment

## **Possible Signs of Stress in Teenagers**

- Increased complaints of headaches, stomach aches, muscle aches and/or tiredness
- Shutting down and withdrawal from people and activities
- Increased anger or irritability
- Anxiety and Nervousness
- Changes in Sleeping or Eating habits

- Difficulty Concentrating
- Experimentation with drugs and/or alcohol

### **Stress Management for Teenagers**

- Talk to someone
- Take deep breaths
- Goal Setting
- Exercise
- Get enough sleep
- Time management

## **Scriptures for the Family**

### **Forgiveness**

Colossians 3:13

Ephesians 4:29-32

### **Love**

1 Corinthians 13:4-8

Proverbs 10:12

Mark 12:30-31

### **Conflict Resolution**

James 1:19-20

Ephesians 4:29

1 Peter 3:8-11

Proverbs 15:1

### **Difficult Times**

2 Corinthians 4:9-10

Psalms 91:1-4

John 14:26-27

# 30 Days Calling the Names of God

Living a Righteous and Godly life requires commitment, discipline and consistency. We often need to replenish and rejuvenate our spirits. We are striving to have a committed, consistent and consecrated relationship with God. You should always pray that God leads you when fasting during any type of consecration. Please don't be hesitant in fasting or praying because God will see your heart and honor your sacrifice.

- **Day One** - Elohim-God The Creator (Genesis 1:1)
- **Day Two** - Yahweh- I Am, The Self-Existent One (Exodus 3:14-15)
- **Day Three**- El Roi-The God Who Sees Me (Genesis 16:13-14)
- **Day Four** - El Shaddai- The All-Sufficient One, God Almighty (Genesis 17:1-2)
- **Day Five** - El Olam-The Everlasting God or The Eternal God (Genesis 21:32-33)
- **Day Six** - Yahweh-Yireh-The Lord Will Provide (Genesis 22:13-14)
- **Day Seven** - Adoni-Lord And Master (Psalm 16:2)
- **Day Eight** - Yahweh Rapha-The Lord Who Heals (Exodus 15:26)
- **Day Nine** - Yahweh Nissi-The Lord Is My Banner (Exodus 17:15)
- **Day Ten** - El Kannah-Consuming Fire, Jealous God (Exodus 34:14)
- **Day Eleven** - Yahweh Shalom-The Lord Is Peace (Judges 6:24)
- **Day Twelve** - Qedosh Yisrael-Holy One Of Israel (Leviticus 19:1-2)
- **Day Thirteen** - Yahweh Tsur-The Lord Is My Rock (Psalm 18:2)
- **Day Fourteen** - Yahweh Roi-The Lord Is My Shepherd (Psalm 23:1-4)
- **Day Fifteen** - El Elyon-God Most High (Psalm 7:17)



- **Day Sixteen** - Yahweh Shammah-The Lord Is There (Ezekiel 48:35)
- **Day Seventeen** - Miqweh Yisrael-Hope Of Israel (Psalm 71:5)
- **Day Eighteen** - Magen-The Lord Is My Shield (Psalm 3:3)
- **Day Nineteen** - Migdol-Oz-My Strong Tower (Proverbs 18:10)
- **Day Twenty** - Atik Yomin-The Ancient Of Days (Daniel 7:9)
- **Day Twenty One** - Basileus Basileon-The King Of Kings (Revelation 19:16)
- **Day Twenty Two** - El Sali-The Lord My Strength (Psalm 8:1)
- **Day Twenty Three** -Yatsar-The Potter (Isaiah 64:8)
- **Day Twenty Four** - Abba, Pater-Father (2 Corinthians 6:18)
- **Day Twenty Five** - Yahweh Heseed-God Of Forgiveness (Nehemiah 9:17)
- **Day Twenty Six** - Yahweh Tsidqenu-The Lord Our Righteousness (Jeremiah 23:6)
- **Day Twenty Seven** - Ish-Husband (Hosea 2:16,19-20)
- **Day Twenty Eight** - Immanuel-God With Us (Matthew 1:22-23)
- **Day Twenty Nine** - Iatros-Physician (Matthew 11:5)
- **Day Thirty** - Alpha Omega-Alpha And Omega (Revelation 22:13)

