



Jesus House Huntsville, Alabama
celebrates her 6th Anniversary

THEME The Ministry of

Signs and Wonders

Empowering

Inspirational

**6 YEARS OF
GOD'S
FAITHFULLNESS**

Photo News

Informational





THE REDEEMED CHRISTIAN CHURCH OF GOD

JESUS HOUSE

HUNTSVILLE, ALABAMA

**A Place to belong,
grow and become what God
has ordained you to be**

*Welcomes You
to Her*
ANNIVERSARY

EDITOR'S Note

Blessed be the Lord, who daily loads us with benefits, even the God of our salvation (Psalms 68:19). We give all glory, honour and adoration to the Almighty God, the Lord of Hosts, for sustaining His church and preserving His people to celebrate another glorious year. May His holy name be praised forever. Amen.

I am so glad to present to you the sixth edition of our annual magazine entitled "**The Ministry of Signs and Wonders**". This current edition is sequel to the former tagged "The Ancient of Days". As usual, it embodies inspirational messages, motivational write-ups, health-related articles and photo news showcasing some of our notable activities since the last anniversary celebration.

We, the editorial crew, are using this medium to express our sincere gratitude and heartfelt appreciation to the Pastor-in-charge, Pastor Peter Oyediran and his amiable wife, Deaconess Kehinde Oyediran, for all their unflinching moral and spiritual supports toward making this magazine a huge success.

Special thanks go to Bro. Preston Chidebelu, Mrs. Toun Alabi and other members of the Anniversary Planning Committee for their selfless services and outstanding contributions which went a long way in making this magazine a reality. The good Lord will reward all your labour of love in His vineyard in Jesus name.

Finally, I pray that the contents of this special magazine will be a source of inspiration, a fountain of encouragement and a pathway to spiritual blessings for all the readers. As you join us to celebrate the sixth year of His faithfulness, the God of signs and wonders will turn your sighs to signs and worries to wonders in Jesus name. Amen.

Seyi Festus Olatoyinbo



Pastor's Note

You are all specially welcome to the 6th Anniversary of The Redeemed Christian Church of God, Jesus House Huntsville Alabama (RCCG JHH Alabama). This magazine is the sixth edition to commemorate the 6th Anniversary of RCCG JHH, Alabama.

The theme for this year's anniversary is "THE MINISTRY OF SIGNS AND WONDERS". This can be found

in the book of Isaiah 61:1-2 "The spirit of the Lord God is upon me because the Lord has anointed me to preach good tidings to the poor. He has sent me to heal the broken hearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound. To proclaim the ACCEPTABLE YEAR OF THE Lord and the day of vengeance of our God. To comfort all who mourn.



Brethren, as children of the most High God, the ministry God has called us to is designed for signs and wonders. Your ministry is your area of service to the Lord. It may be singing, Teaching evangelizing, counseling or just any definite area of service for which you have received special grace and anointing. For you to function effectively in your area of calling you need signs and wonders to follow you and this is the work of the Holy Spirit as declared in the Isaiah 61:1-2

When our savior, Jesus Christ was on earth, the people wanted Him to prove that He was the Messiah through a sign. Beyond His heart penetrating messages, they wanted to see a sign from Him by which they would believe He came from God. John 4:48 "Then said Jesus unto him, except ye see signs and wonders, ye will not believe.

Brethren, it is crucial to note that the type of the ministry of signs and wonders expected in our ministry is the one originated from the Holy Spirit which requires a life of holiness from us. Hebrews 1:9. As we celebrate the 6th Anniversary of RCCG JHH, I declare that you will be endued with the power of the Holy Spirit. Your life and Ministry will be characterized by the signs and wonders originated from the Holy Spirit and you will not lose your reward eternally in Jesus name. Amen.

Let me use this medium to thank the Anniversary Committee members for their selfless efforts in putting this program and magazine together.

Thank you and the Almighty God reward all your labour of love in His vineyard in Jesus name. Amen. God has been truly faithful to us and it is my prayer that the Lord will back up His word with signs and wonder in this glorious celebration of 6th year Anniversary of RCCG JHH.

PASTOR PETER OYEDIRAN
(Parish Pastor)

BRING BACK OUR GIRLS



A prayer of faith for the kidnapped girls in the northern part of Nigeria, west Africa

Our mothers joined their faith together for the same course





Our Departments

MEDIA

Media Department coordinates the audio and video presentation of the gospel. These include the management of the Church website, facebook page, sermon recordings, production of annual magazines, program flyers, and providing live support during services and other programs.

SUNDAY SCHOOL

This is the teaching arm of the Church that prepares believers to become the Christians that God wants them to be, through practical down-to-earth advice for daily living, fresh insight to the word of God, and teaching of biblical principles and sound doctrines through the inspiration of the Holy Spirit.

For your all-round spiritual growth, kindly join us every Sunday morning from 10:00 am to 11:00 am and be blessed.

PRAYER

The Prayer ministry is actively involved in coordinating weekly intercessory prayer sessions and any other Church-organized fasting and prayer programs from time to time for the growth and progress of the Church.

Come with your prayer requests as you join us to pray on every Tuesday between 5:30pm and 6:30 pm.

USHERING DEPARTMENT

Ushering team is in charge of welcoming all visitors, first timers and members to the Church programs; maintaining order and controlling movements throughout

the Church service; documenting attendance records of all services and collecting Tithes and offering among others.

EVANGELISM

Evangelism Department is responsible for the propagation of the gospel by means of word of mouth, distribution of tracts, social networking, crusades and follow-up programs organized by the Church.

CHOIR

The Choir Department coordinates praise & worship sessions during the Church services, organizes music lessons and concerts (such as Night of Praise) from time to time and ministers in songs in accordance with the occasion as led by the Holy Spirit.

SANITATION

This department is responsible for keeping the sanctuary, lavatories and the Church environment clean at all times.

WELFARE

This department sees to the general welfare of both the old and new members of the Church. This is done through follow-up of members, visiting the sick and mothers of newly-born babies at home or in the hospital, praying for all pregnant women and attending to the welfare needs of all the Church members as such needs arise.

CHILDREN

Children ministry coordinates, trains and disciplines our children through sound biblical teachings and exemplary living. To achieve this objective, field trips, outreach programs and children choir presentations are organized from time to time.

Every Sunday comes with fun, discussions, learning about Christ and how to hold our standard in the world. We cordially invite every child in Huntsville to enjoy Christ with us in our assembly. We believe his hands of signs and wonders will forever be extended within us.

MEN OF VISION

This is the men fellowship arm of the Church saddled with the responsibility of bringing men together for mentoring and discipleship. Other duties include planning events (such as Family Summer Picnic), seminars and conferences aimed at developing of our men in Godly character and for the overall growth of the Church.

WOMEN OF VALOR

This is the women fellowship arm of the Church responsible for coordinating overall activities of the women. These activities are focuses towards building Godly homes and helping our women achieve their full potentials both spiritually and maritally.

PROTOCOL

Protocol ministry is specifically meant to serve the Pastors and other visiting ministers of God thereby fulfilling the functions of armour bearers. The department's responsibilities include, but not limited to, shuttling of guest ministers to and from sanctuary; providing security backups before and during church services; as well as providing logistical supports to other departments, thus fostering a safe worship environment.

We implore you to come and join any of our departments and help spread the love of Jesus to the world.



I AM A CHILD OF GOD

It is a great privilege to be a child of God, because when you are a child of God, you will know the truth that liberates from sins. Being a child of God, you see the world in a different perspective, as we are in the world and not of the world. You will always be led by the Spirit of God in whatever you do and the blessings of God are always in abundance for His children.



The Holy Spirit will be your teacher, leading and directing you in the right path. Also you will have the boldness to evangelize, obeying the commandment of God according to the scripture in Mathew 28:19 “Go then and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit”.

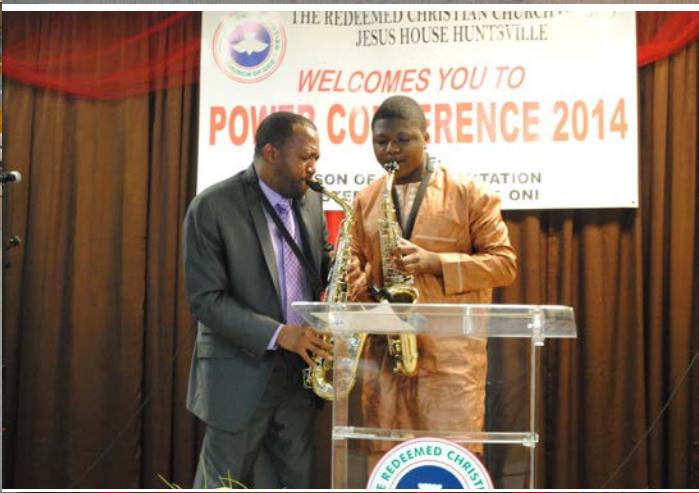
A child of God is always favored, being spiritually filled in accordance to the word of God in Romans 8:14 “For all who are led by the Spirit of God are the sons of God”.

By Timilehin Oyediran



THANKSGIVING







Mommy Deaconess Oyediran turned 40. Praise be to God of Signs and Wonders



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WHAT IMPACT WILL YOU MAKE?



I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain" (Philippians 1:20-21 NIV).

I am always fascinated by the life of Frances Jane van Alstyne née Crosby (March 24, 1820 - February 12, 1915), more commonly known as Fanny Crosby whenever I sing any of her hymns. Here was a woman who was blind for most part of her life (she was blinded by an incompetent doctor at six weeks of age). In spite of this, she wrote over 8,000 hymns. An online source quoted her saying: "It seemed intended by the blessed providence of God that I should be blind all my life, and I thank Him for the dispensation. If perfect earthly sight were offered me tomorrow I would not accept it. I might not have sung hymns to the praise of God if I had been distracted by the beautiful and interest-

ing things about me."

Some of Crosby's best-known songs include "To God Be the Glory", "Blessed Assurance", "Pass Me Not, O Gentle Saviour", "Jesus Is Tenderly Calling You Home", "Praise Him, Praise Him", "Rescue the Perishing", "All The Way My Saviour Leads Me", "Take The World But Give Me Jesus" and many others. Crosby wrote over 1,000 secular poems, and had four books of poetry published, as well as two best-selling autobiographies. Additionally, she co-wrote popular secular songs, as well as political and patriotic songs, and at least five cantatas on biblical and patriotic themes, including "The Flower Queen", the first secular cantata by an American composer. Crosby was committed to Christian rescue missions, and was known for her public speaking. Undoubtedly, her works have inspired and blessed millions of souls throughout the world.

Apostle Paul was "... hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed" (2 Corinthians 4:8-9 NIV). He was in a Roman prison awaiting death sentence when he wrote many of his epistles. In one of such epistles, the Epistle to the Philippians, Paul expressed his desire to exalt Jesus Christ in spite of his predicament. He was even ready to die for the cause of the gospel of the Lord Jesus Christ (see Philippians 1:20-21). No wonder, he also made a lot of impact in the lives of many people.

What are you passing through now? What impact will you make in spite of your situation? What legacy will you leave behind when you are no more? Determine to make a positive impact in your generation. Do not let any situation hinder you.

By Bro. Adeniyi Makanjuola



Congratulations to the family of the Alabi's.
We thank the Almighty God for allowing her reach the 50th year mark of her life.
Many more years and abundance of favor from the Lord.



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Congratulations to
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On your
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Please, join the
Nigerian Women Association
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Details to follow

WHEN THE CHURCH PRAYS

The church of God is engaged in a continuous battle against the forces of darkness, hence God commands the Church to "Put on the whole armor of God" always, Ephesians 6:10. Again in the book of 1 Thessalonians 5:17, the Church has a command to "pray without ceasing".

In the Acts of the Apostles chapter twelve, Peter was imprisoned and the Church prayed. As a result of the earnest prayer of the Church, the following events happened in quick succession; an angel of the Lord suddenly appeared, a light shone in the cell and the light struck Peter's side, Peter woke up and got up quickly, and his chains fell off his hands. Whenever the Church come together to pray, the presence of God abides, there is revelation and more importantly there is deliverance.

Join us as we meet to pray for the Church every Tuesday between 5:30pm and 6:30 pm. Since the beginning of the year, the Prayer Department has not failed in this divine assignment in addition to coordinating major prayer programs of the Church, such as the 100 days fasting and prayer declared from January 2nd to April 11th 2014 by our father in the Lord- the General Overseer .We are waiting for you, miracles still happen.

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THE GIFT OF PRAISE DANCE



Praise dance is a way of worshipping God through the art of dancing. In praise dance, you worship God in spirit, soul and body in different movement to the Lord. The Holy Spirit guides you in making different moves.

Psalm 149:3 says “Let them praise His name in the dance, let them sing praises unto him with the tumbrel and harp”.

After watching the video of how the Redeemed Christian Church of God was founded over and over, I gave my life to Christ. While I was praying one day, God said to me ‘Gloria, I have a gift for you’. I said amen and appreciated Him for it. On the first day of January 2012, He gave me a song to perform that says ‘I Give Myself Away’. That song was performed on the first Sunday of year 2012 and the Lord changed my life around thereafter.

God has been empowering me since then and showing me many things.

The purpose of praise dance is to lift up Jesus Christ and magnify His holy name. It is important to ask God for the spirit of discernment to understand what goes on during praise dance.

I am grateful to God for the gift of Praise Dance Ministry.
Let everything that hath breath praise the Lord!!!

By Gloria Alabi

Q & A

with Pastor Peter

By Sis Bukola Oladapo

Q. How would you describe RCCG as one of the Christian denominations?

A. RCCG is a Bible-believing Church established by God in 1952 through late Pa Akindayomi. The Lord then established a covenant with Pa Akindayomi synonymous to the Abrahamic covenant in the Bible. He said the Lord will meet all the needs of the Church in an awesome way, if only the members would serve God faithfully and be obedient to His word. RCCG is a growing Church with parishes of the Church in over 150 countries of the world. Presently, the General Overseer of the Church is Pastor E. A. Adeboye.

Q. Since you are not born into the RCCG doctrine, how are you able to adapt to her doctrines?

A. All glory to God, it is obvious that RCCG doctrines are scripturally-based. Hence, it was not difficult for me to adapt to the doctrines of RCCG even though I was not born into RCCG doctrine. The basic foundation for any individual is the assurance of salvation. And for any born-again believer, RCCG doctrine is a vital tool for spiritual growth using Bible as a standard for everything in accordance with 1Timothy 2:15.

Q. A Pastor is charged by God to preach and shepherd the people in a more individual way. Which aspect of the ministry appeals to you most?

A. It is my passion to know and shepherd people in a more individual way, and one of my passions is to raise true and genuine disciples of Jesus Christ. To me, every part of the ministry in the Church is very important, though it takes the power of the Holy Spirit to pastor or lead a group of people. Afterward if not for the Holy Spirit “Can a man lead another man?”

Q. How does your wife feel about your commitment to pastoring?

A. She believes that God has called us to raise disciples for Jesus Christ; hence it is not difficult for her to buy into the vision of pastoral leadership. She is also an ordained minister of God in the mission, which shows that she plays an active role with me in the pastoral obligations.

Q. People believe that after God, family is the next. How are you able to combine your family life with the Church administration?

A. It is crucial to note that the Church starts with family. A man who cannot pastor his family, cannot pastor a Church. Because a Pastor must be able to lead his family into the presence of God and meet all the needs of the family financially, spiritually and socially.

Q. Since the last anniversary of the RCCG JHH, what are the new achievements in the Church?

A. God has always been faithful to His Church. We have witnessed diverse kinds of testimonies of the great doings of God in the lives of the members of the Church. And I am glad to inform you that as of now, RCCG JHH has 100% remittance compliance to RCCG NA. The Church has a professional keyboardist in place, who had been a great tool in developing our music ministry. God has always been faithful to His Church.

Q. In the past year, which of the program organized by RCCG JHH, can you say was the most impactful?

A. All glory be to God, we have seen the divine manifestation of the grace and power of God in all our programs this year, both indoor and outdoor programs. However, it is a point to know that the POWER CONFERENCE this year with the theme “SEASON OF DIVINE VISITATION” was a great success and the speaker was Pastor C. T. ONI-RCCG Gambia. Also, the Men of Vision Family Picnic was worthy of note as it unites family together and we are able to impact the community of Huntsville City and the environs with this program. It was a fun-filled event with the body of Christ.

Q. In the upcoming year, kindly share some of your goals or vision for the RCCG JHH.

A. Our first goal and vision for all members of RCCG JHH is to make it to heaven. And the Church main vision is to grow the Church before building the Church; this should be the ultimate goal of every believer. However, I am trusting God that by divine intervention of God RCCG JHH will move to a well-befitting sanctuary, and this is an enormous task ahead of us, to develop our children ministry. Also I am using this medium to beckon on individuals, families and organizations to support our building project. All glory to God.

Q. In few words, what encouragement or advice do you have for the Church?

A. It is worthy of note to remind ourselves that, we are in the end of the days and Jesus is coming soon. The book of Philippians 2:12-13 says “Therefore, my beloved, not as in my presence only but now much more in my absence, work out your salvation with fear and trembling, for it is God who works in you both to will and to do for his good pleasure”. SHALOM!!!

FINANCIAL PRINCIPLES

In the financial world, Christians are supposed to be players and not spectators. Why? God wants us to prosper and because we need money just like everyone else. In fact, some of the problems in the Christian homes are direct consequences of poverty.

Poverty is a curse; it is not the will of God for His children. 3 John 1:2 says “Beloved, I wish above all things that you may prosper and be in health, even as thy soul prospers”. Today, most Christians are in financial difficulties and are only praying for money instead of praying and following the God’s principle of giving. Since we cannot claim exception from the unpalatable financial predicaments prevalent in our society by doing nothing, husband and wife must work together to obey the following kingdom’s financial principles:

Principle of Giving



Luke 6:38 says, “Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give unto your bosom. For with the same measure that you use, it shall be measured to you again”. I once invited somebody to church who told me “I can’t go to church where they will collect the little I have instead of giving me some money”. This is a spiritual law that works for whosoever obeys. We must give to God; give to the men of God and whosoever that is in our capacity to help. What must we give to God? We are to give our tithes (10% of all income), offerings, first fruits, time and talents. Not only parents must give, they must teach their children to do so.

Principle of Savings

Husband and wife must set aside certain percentage of their income for savings. The standard in the United States is to grow the savings account to equal 3-6 months of monthly expenses and name it *a contingency account*. Any amount above the contingency account should be considered for investment. The contingency account will be available whenever the needs arise instead of accumulating debt.

Let us remember that it was the savings of a small boy (5 loaves of bread and 2 fishes) that Jesus multiplied to feed 5000 people in John chapter 6. Nobody is too poor to have savings. In fact it is an act of wisdom. Proverb 22:3 says,



FOR CHRISTIAN HOMES

“There is treasure to be desired and oil in the dwelling of the wise; but a foolish man spends it up”. For instance, if a couple would open a savings account with \$200 and save \$200 monthly, and assuming the money earn 5 percent interest, compounded annually, they would have \$31,324 at the end of a 10-year period.

The Principle of Twos

This is a universal principle that is applicable to all areas of human endeavors including family finance. In Ecclesiastes 4:9, the Bible says “Two are better than one, because they have a good reward for their labour”. No matter how great the success a man or a woman may record alone, had it been jointly done with his or her spouse, the success would have been better. Again, no matter how big the reward a single spouse may have alone, it is a bad reward. The Christian couple must unite to take financial decision in order to maximize the blessings of God, starting from a joint account and filling tax together.



The Principle of Budgeting

Budget is a financial planning tool showing the expected income and expenses; it is an evidence of financial discipline. After working hard, a simple family budget will help a couple to live within their income, inculcate culture of record keeping, help them to avoid impulse purchase and control their expenses. Jesus stressed the importance of planning in Luke 14:31 “Or what king would go to war against another king without first sitting down with his counselors to discuss whether his army of 10,000 could defeat the 20,000 soldiers marching against him?”.

The Principle of Counseling

It is always better to seek the counseling of professionals. It can make a difference between success and failure. “The way of a fool is right in his own eyes, but a wise man is he who listens to counsel.” Proverbs 12:15. Sometimes the best time to seek tax advice is before the year runs out because “where no counsel is, the people fall: but in the multitude of counselors there is safety” Proverbs 11:14. Christian couples must know that in addition to prayers, we have roles to play to receive financial breakthrough.

By Bro. Philip Oyedele

WOMEN'S HEALTH

By Mrs. Eunice Augustus [RN, MSN, FNP, CRNP]



The nature of women's role in the family as caregivers makes it imperative that they be healthy themselves. Women involvement in many other roles in today's work force and in the homes may at times stand in the way of caring for themselves. This article focuses on women's role in primary prevention of common ailments.

Preventive care is the key to staying fit and healthy in order to keep up with job of keeping your family healthy. Making a checklist of preventive tasks that each member of the family must do yearly is a good start towards ensuring that we (and our loved ones) are reminded to keep up with our self-care.

The first and the most important step in caring for self is the simple act of hand washing. Every member of the family must learn to make hand washing a habit. For this to happen, the woman of the house has a duty of providing things needed like liquid soap and paper towel at every sink in the house. It goes without saying that these efforts need to be all inclusive. That means involving all in the household verbally and by showing example.

Keeping our environment clean follows directly with hand washing. We will all agree that a clean home has a way of relaxing the mind - a solace after a hard day at work. Most men will be eager to get home knowing full well that their women have provided a welcoming environment. Fragrance of live flowers/plants is always a perfect touch - one that also supplies good, clean oxygen for our breath.

It is flu season and a time with different kinds of diseases that can easily spread in the community. Cutting our chances of contracting these diseases is what preventive health is about. Therefore we should bring in the importance of immunization at this time.

All have heard one thing or two about immunization at one time or the other. Children usually come to mind anytime we mention immunization. There is however both childhood and adult immunizations. A mother is usually provided with a list of the immunizations that the child should have till about age 5 and what to do if any of those is missed. For full list of such immunizations, you may go to CDC website, clicking on childhood immunizations. Between age 9 to entering college age, mothers need to look into getting Gardasil (for both boys and girls) and meningitis immunizations.

It is a common phenomenon that women always put their own well-being at the back burner for the sake of their families. Yes, selflessness is a great attribute of any woman. A physically, psychologically, and emotionally healthy woman will be able to do a better job of "do as I do ". It works better than "do as I say" only.

It is now time to ask each and every woman reading this article when your last Pap Smear was done. There was no Gardasil when most of us were growing up; neither do any of us bargain for illness. Annual Pap Smear and monthly Self Breast Exam are mandatory for all women. Most women with breast cancer found their own breast lump first.

Other adult immunizations include: Tetanus vaccine once every ten years. May be earlier in the event of open injury. One dose of Tdap (against tetanus, diphtheria and Pertussis - whooping cough) can be given from age 11 to 65. Pneumonia shot is only one dose at age 65 in healthy individuals. Much earlier and frequent in immune-suppressed individuals such as people with asthma, diabetes, HIV, those that had pneumonia before etc.

In summary, we must not forget to eat healthy, drink more water than sugary drinks and exercise. Thankfully, we now have technology to help us promote good health. Doing these tasks demand proactive measures, some of which have been mentioned in this article.



Congratulates

The Redeemed Christian Church of God
Jesus House
On Her
6th Year Anniversary

**THE CHARTER OF
THE CULTURAL ASSOCIATION OF NIGERIANS
IN NORTH ALABAMA**

We, the Nigerians in North Alabama Area of USA, CONSCIOUS of the fact that love, peace, and tolerance are essential ingredients for UNITY AND STRENGTH among all Nigerians;

CONSCIOUS of our responsibility to harness our diversified talents for total advancement and common good of our people;

INSPIRED by a common determination to preserve and promote our rich culture and to educate our children to respect and propagate the Nigerian values, customs and traditions;

CONVINCED that, in order to translate this determination into a dynamic reality for progress, that the CULTURAL ASSOCIATION OF NIGERIANS IN NORTH ALABAMA must be established and maintained;

DESIROUS that all Nigerians residing in North Alabama, regardless of State of origin, should henceforth unite for the welfare and well-being of our people and community;

RESOLVED to solidify our natural bond and link for cultural, political, economic and social STRENGTH AND POWER;
HAVE agreed to this charter.

Membership is open to all Nigerians

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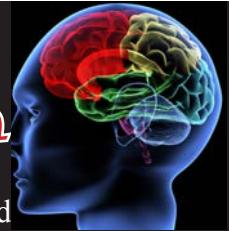
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God wants you to live in good mental health



What is mental health?

Your mental health includes your emotional, psychological and social well-being, and it affects how you think, feel, and act. This in turn influences how you handle stress, relate to others, and make day-to-day choices.

Many factors contribute to mental health problems, such as: biological factors (genes or brain chemistry); life experiences (e.g. trauma or abuse); and family history of mental health problems.

Mental health problems are very common. About 1 in 5 Americans have experienced a mental health issue at some time or the other in their life. Mental illness can affect anyone, whether male or female, young or old. When Adam and Eve sinned in the Garden of Eden, the world became disordered (not as God created it or wanted it to be). Consequently, everyone is susceptible to some kind of disorder (Romans 5:12).

Early warning signs of mental health issues include: feeling on edge, angry, upset, worried or scared; problems with eating/sleeping; pulling away from people and usual activities; feeling helpless or hopeless; having low or no energy; feeling numb like nothing matters; having unexplained aches and pains; smoking, drinking, or using drugs; feeling unusually confused; being forgetful; yelling or fighting with family and friends; experiencing severe mood swings; having persistent thoughts and memories that you can't get rid of; thinking of harming yourself or others; and an inability to perform daily tasks.

Mental illness affects all aspects of one's life be it physical, spiritual, emotional and relational.

What can you do if you have any mental illness?

Improve your health and wellness, which may include seeking help from professionals as needed; live a self-directed, valued life; strive to reach your full potential; go to your manufacturer and owner's manual (i.e. The Holy Bible)

Why does God want you to be healthy all around?

It glorifies God. 1 Corinthians 10:31: "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

You are taking care of His temple. 1 Corinthians 6:19-20: "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

It is a witness of your faith in God. Acts 1:8: "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

You will be better able to do God's work. Ephesians 2:10: "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

Seven domains of wholeness that result in all around good health include:

1. Spiritual & Ethical wholeness. Romans 8:19: "For [even the whole] creation (all nature) waits expectantly and longs earnestly for God's sons to be made known [waits for the revealing, the disclosing of their sonship]." (Amplified Bible). This is the center of wholeness. All the other areas of health depend on this greatly. If you are not well spiritually, it will be reflected in other areas of your life. Matthew 6:33 tells us to seek the kingdom of God first along with His righteousness and then everything else will be added unto us. Seeking the kingdom of God involves developing a constantly growing relationship with God. This can be achieved by engaging in activities that can enhance your spiritual life (e.g. reading your Bible, attending church services, praying, etc.)
2. Mental wholeness. Mark 12:30: "And you shall love the Lord your God out of and with your whole heart and out of and with all your soul (your life) and out of and with all your mind (with your faculty of thought and your moral understanding) and out of and with all your strength. This is the first and principal commandment" (Amplified Bible). God commands us to love Him with our heart, soul, and mind. To do this, you have to be whole mentally.

How to strengthen your mental wholeness:

- a. Have a positive attitude. Philippians 4:8: "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy -meditate on these things". (NKJV). Proverbs 23:7a says, "For as a man thinks in his heart, so is he" (NKJV). You are what you think, remember, "Garbage in, Garbage out."
- b. Check your feelings and emotions. It is important to pay attention to the thoughts and feelings you are meditating on. Proverbs 25:28: "Whoever has no rule over his own spirit is like a city broken down, without walls. (NKJV). One's mental well-being is impacted when he/she does not pay attention to his/her feelings and emotions. Galatians 5:19-21.
- c. Take time out to take a break and rest. We live in a fast-paced world and we tend forget to take a break and get some rest. Even Jesus talked with his disciples about the need to rest in Mark 6:31. Rest is very important for mental rejuvenation. God rested for one day in Genesis 2:2. It is important to plan and take regular vacations.
- d. Confront your fears, anxieties, and worries. You strengthen your fears and anxiety, the more you run away from them. Philippians 4:13: "I can do all things through Christ who strengthens me." 2 Timothy 1:7: "For God has not given us a spirit of fear, but of power and of love and of a sound mind." (NKJV).
- e. Learn to laugh. Proverbs 17: 22: "A merry heart does good, like medicine, But a broken spirit dries the bones." (New King James Version).
- f. Get Active. Engage in healthy lifestyle habits. 1 Corinthians 6:19.
- g. Have a strong social support system. Ecclesiastes 4:10: "For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he had no one to help him up." (NKJV). Proverbs 27:17: "As Iron sharpens iron, so a man sharpens the countenance of his friend." (NKJV).

3. Physical wholeness. 1 Corinthians 6:19-20. Your body is the temple of the Holy Spirit and you must treat it with utmost care. Ensure to engage in good and healthy lifestyle habits.
4. Relational wholeness. Mark 12:31: "And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these." (NKJV). God commands us to love our neighbors. Your relationship with others will impact your physical, mental and spiritual well-being. Make an effort to be at peace with everyone around you. Hebrew 12:14.
5. Wholeness at work. Proverbs 16:3: "Commit your works to the Lord, and your thoughts will be established." (NKJV). God is interested in your satisfaction in your work and career. Work satisfaction is highly correlated with general well-being. Develop ways to cope with job stress in a constructive and timely manner.
6. Wholeness in play/fun. Proverbs 17:22: "A merry heart does good, like medicine, but a broken spirit dries the bones." (NKJV). Laughter is a healthy activity to engage in. Learn to laugh often. Humor is a God-given resource that helps influence all round health.
7. Wholeness in Society and nature. Matthew 5:13: "Ye are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men." (NKJV). As children of God, it is our duty to be the salt of the earth. That is, we must be exemplary citizens, neighbors, and members of society.

In conclusion, we must put God first to ensure overall wholeness. Ecclesiastes 12:13: "Let us hear the conclusion of the whole matter: Fear God and keep His commandments, for this is man's all." (NKJV).

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By Dr. OluFunto Oluwafemi Oyewole



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God's highest task for parents to the child

It is interesting to know that a lot of celebrities today particularly in the entertainment industry started off from the Church. Listening to a famous singer one day, she disclosed how getting a child out of wedlock was a disaster to her. She mentioned that she was raised from a Christian home and her behavior was considered very disappointing to her parents. This gave me a long line of thought. How do kids raised in the Church by parents dedicated to God turn out to be contrary?

Proverbs 22: 6 is a common verse in the Bible that every God-loving parent knows. "Train up a child in the way he should go, and when he is old, he will not depart from it". Bringing our children to the Church, involving them in the church activities, and correcting them of wrongdoings in God's love are all part of training. So why do some of them do contrary to what is being taught? After asking myself this question over and over again, the Spirit of God gave me an insight. He said the instruction is "train" and not "force". Unfortunately, a lot of parents make this mistake. We give our children the means to an end, we emphasize on the means to the end, we blame the Church for not providing the means to the end, but we overlook the end. A lot of children follow their parents to the Church routinely without understanding why. A lot take part in the church activities without understanding the reason. Some of them can answer bible-based questions, tell biblical stories, and make recitations without an understanding to their necessity. Achieving all these in a child is not the accomplishment of the greatest task God gave us. They are all means to get the end, which most parents do not consider or often overlook as being important.

Deuteronomy 6: 1-9 clearly explains the highest responsibility of a parent, and it is ensuring the **SALVATION** of the souls of these little ones. We need to make them understand the importance of giving their lives completely to Christ. Every parent should understand this is the end point of our training. Their coming to the Church, their studying of the word of God, their service to God, and their participation in children activities are not for fun neither are they for distraction. The main goal is to get Christ into their lives. Nothing can give a parent much peace as when a child accepts Christ into his/her life. Then it will dawn on them the essence of the trainings we are trying to pass across. A child with Christ will readily love the Church, a child with

Christ will be willing to serve God, a child with Christ will not find the word of God boring. How many of us can confidently say that "my child is saved"? If we have not achieved this, we are lacking in the greatest task.

Bringing an adult to Christ is not easy; much less a child that finds it difficult to comprehend what salvation is all about. This is the essence of training and not forcing. With prayers, love, dedication, corrections and discipline, the Holy Spirit will finally have a place to rest in their lives if we



are committed to achieving it. I have seen kids giving their lives to Christ at age seven. They knew what salvation was, and they understood the importance of following Christ. They even led their peers to Christ. I gave my life to Christ as a child, and even though I left home at a very young age (11years), I still followed the truth and life even in the absence of my parents. Therefore a child's salvation is not unachievable. It is a task we must prayerfully accomplish. Let our words and attitude reflect Christ to our kids. Sometimes parents are righteous in the Church but opposite at home. Children know the difference between hypocrisy and faithfulness. It is our duty to make them love God through Godly training as instructed in Deut 6: 6 – 9.

"These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates"

This should be our focus until the Living Word finds a place in their hearts. May God give us the grace and strength to lead them aright in Jesus name. Amen.

By Sis. Temitope Olubowale









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