

## MINI MOTIVATIONAL POWER-UP

And he withdrew himself into the wilderness, and prayed.

—Luke 5:16

### Relax and Be Healed

My aunt shared a story with me that I believe will truly encourage the discouraged and uplift the down trodden. She has been suffering with an affliction in her body for several months now. It has caused her to be restricted to her home. She is a blessing—full of life and optimism. She has not allowed her affliction to keep her from moving forward—even though at times she can't physically move. She began to share with me. "There was a time when I first began going through this that I was overwhelmed about not being able to go to church like I used to. However, God reminded me that He has a record of what I have done. He knows my faithfulness." She continued, "One night though, I was telling my husband how it bothered me and he looked at me and said, 'just relax and let God heal you'." That blessed me tremendously and I heard her in my spirit. I had to share that with you my sisters and brothers. No matter what is going on in your life. Whatever you are going through, remember, God knows you. He knows your "downsitting and uprising". He knows your sacrifice and all that you have done, all you will do and all that you are doing for His kingdom. He has and keeps the real record. He wants you to relax. Follow His lead—obey Him in all things no matter what. Take the persecution with the blessings. Rest in Him and be healed. Remember, Jesus too, set aside time to steal away and rest. During those times, the bible often speaks of him withdrawing himself and praying. While you are resting in the Lord and giving yourself time to heal (physically, emotionally and/or spiritually), make sure you tune up. Tune up with prayer and getting in the word of God. Refuel because this season will pass. Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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"Relax and Be Healed"

—Declaration Inspired by My Aunt "J"

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I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 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.

—Romans 12:1-2

Just as the Apostle Paul did in Romans chapter 12, I beg you people of God: stop conforming to the current worldview. God loves all people but He still hates sin. Renew your mind in His word. His love is so potent it can break through your issues and you can be changed. God does accept you as you are; but as my pastor often says, "He does not want you to stay that way." God wants you to be transformed in to a new creature. He wants you to be made whole in Him. The bondage of sin and guilt don't have to plague your life if you just release your cares, concerns and private issues to Him. No one else may know what holds you hostage in your heart and mind. God is right here to receive you and empower you to be the transformation in your generation! Will you continue conforming to the views and standards of this world or will you be set apart and lift up the standard of righteousness. God wants to use you in this hour for His glory. Transformation begins within and yields fruit without. There will be change if you will only come to Jesus! Will you come? Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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The proverbial saying "Hear no evil, see no evil, speak no evil" doesn't change the fact that evil is still present. It is here but it does not have to be in you. Let God transform your life today.

—Words of Inspiration

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If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God.

—Colossians 3:1-3



Vashawn Mitchell says, "I'm chasing after You no matter what I have to do 'cause I need You more and more." What will you say?

—Challenge

People of God, are we still chasing after God or was it just a phase on our journey to be who and do what we want. My brother encouraged me with these words, "God wants you to seek Him and know Him, independent of His blessings." If God withdraws some of your comforts in order for you to grow into a fully developed saint, will you still trust Him. Do you depend on God or are you depending on what's in His hand? The Holy Spirit challenged me with these questions as I read Colossians three: What are you seeking after? Are you seeking status, favor, and/or blessings? Do you depend completely on God or are you relying on earthly things? Can you trust God; rather can He trust you although you may not feel Him in the way that you have become accustomed to? When your expectation has not been realized, will you maintain your dedication to His kingdom or will you turn and walk away from the straight and narrow? God has given you all things that pertain to life and godliness (2 Peter 1:3). Seek Him and keep your focus and allegiance with Him. Give Satan no ground in your life. If you have, repent and give it back to God. God is waiting on you. Will you chase after Him today? Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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And after these things I heard a great voice of much people in heaven, saying, Alleluia; Salvation, and glory, and honour, and power, unto the Lord our God...

—Revelation 19:1

We can rest in the fact that all the glory, the honor and the praises belong to God. As we prepare today to spread the good news, we can do it with boldness and excitement knowing that through Christ God took the work out of our hands. It is no task to share God's gift of salvation because He gets the glory in all things. We are merely vessels for His use—to spread His love by bearing spiritual fruit. If you have been waiting to become the "perfect" example, stop waiting. If you have been waiting on the "perfect" circumstances and conditions, stop waiting. God wants to take you, as you are—a sinner, and make you His own—a saint. He wants to qualify you, though you may feel unqualified. Your past can be eliminated by the blood of Jesus, if you will only believe. That is the blessed assurance you have! He wants to perfect (mature) you, establish, strengthen and settle you (1 Peter 5:10). So, go through this day with a victorious attitude. Share the love of Jesus with all who are in need. Let God take care of the variables of your life and the lives of others. Why? Because salvation belongs to our God! Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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The only assurance we have today is in the fact that God offers us life through Christ. Will you accept it today?

—Words of Wisdom

## MINI MOTIVATIONAL POWER-UP

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God

—2 Corinthians 1:3-4



We are blessed to be a blessing. How will you use your life or yield yourself to give God glory?

Many people are suffering in this hour; struggling with health issues, discouragement, disappointments and such like. Many times, Satan will plant the seed of discouragement to cause us to feel helpless and hopeless in whatever situations we are facing. However, there is no need for those feelings to be nursed because there is comfort! In fact we serve the God of all comfort is who is able to aide us in whatever trouble may be arising in our lives—even right now. He is here! God is here to heal, deliver, encourage and build up. But don't forget, when you have been strengthened, strengthen your brother. God will strengthen and He will help you through, but remember to lift up those around you—praying for them and assisting them as God leads and directs. God is blessing you and He is blessing you to be a blessing. He is helping you to help others. He is giving you the comfort you need, so that you can comfort others no matter what trouble they may be facing. Get busy my sister and my brother, someone is waiting on you. Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous: And he is the propitiation for our sins: and not for ours only, but also for the sins of the whole world. And hereby we do know that we know him, if we keep his commandments.

—1 John 2:1-3

You would be surprised by the number of young people who ask me what they can do to avoid peer pressure and just simply make good choices. I have to remind them as I am reminded sometimes; there is no way to avoid peer pressure. You will make mistakes and as the scripture so gently informs us if we are drawn away of our lusts—when lust is conceived it will bring forth sin (James 1:14-16). The key is to overcome and mature—stop “tripping” so to speak. Once you have accepted Christ and been empowered by the Holy Ghost, you are well aware when you are not pleasing God with your choices. You become aware, because sin is contrary to Christ and your new nature in Him. With sin and even missteps and mistakes, come shame and fear. Satan wants you to feel condemned and overwhelmed by your vices because he knows that those feelings breed feelings of hopelessness and doubt. You must begin to rebuke Satan, repent of your sin, turn back to God and press forward. You can and will grow. You will not always make poor choices. You will develop and walk in the light of God whereby others will be drawn to the light. You have an advocate—Christ Jesus; and he is willing and ready to forgive you and help you overcome the pressures and condemnation of living this life in this present world. Follow after God, obey His command and if you mess up, start all over again. Dear sisters and brothers whatever you do, have faith that Jesus is there to help and forgive you. Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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Shame and fear breed faithlessness. Without faith it is impossible to please God (Hebrews 11:6). Loose yourself from shame and fear and walk in faith so that you can please God.

## MINI MOTIVATIONAL POWER-UP

"That the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints."

—Ephesians 1:17-18 NKJV

I have learned that we each of have a responsibility to pray and intercede for each other. I used to believe there was a specific call to be a prayer warriors but I now know that availing yourself to prayer and intercession is a choice. If you are going to survive and become who God has called you to be, begin to develop yourself as a warrior of prayer. As I read the Apostle Paul's prayer for the church at Ephesus I was so encouraged. In fact, I wrote the words down as a prayer that I have begun to pray for myself and for others. We need God to give us the spirit of wisdom and revelation so that we can embrace the totality of who He has called us to be and receive the promises made to those of us who are called saints. Yes it is a process to be developed in Him and to mature and be sustained in Him. However, we can receive by faith, NOW, all that God has for us. He has called us to greatness all we must do is believe and receive the treasures He offers to us by Christ Jesus. Will you receive and be enlightened in your hearts today? Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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There are treasures in seeking and knowing God.

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"The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?"

—Psalm 27:1

As many of you know, my niece Kenedi had a fall Tuesday and was air-lifted to Mercy Hospital in Springfield, Missouri on Wednesday morning unresponsive with a head injury. When I arrived in Springfield Wednesday evening ~ through Facebook, e-mail and text messages, saints all over the world had joined in prayer with my family for my niece's life and for her parents—my sister Tonya and her husband Roderick. Since then, God has worked many miracles for my niece. She has been air-lifted to the Children's Hospital in our hometown of Little Rock and is progressing, responsive, without fever and all of her vitals are normal. We are continuing to trust God for complete and total restoration as she has dealt with health concerns for the last two years of her life. My family and I cannot thank you enough for the thoughts, prayers, care and concern you've shown us. We had saints in Springfield show up to the hospital to pray who knew nothing about us but because they knew Daddy-God and knew somebody who heard from somebody about the McCoy girl in Springfield at Mercy Hospital, they came. God is the joy and the strength of our lives. Don't you limit God! He can do anything but fail. He is bigger than your church and the people you are connected to. He is so big that you cannot comprehend His all encompassing way! Do not fear anything—sickness, disease, limitations, emergencies; Do not fear man; God is your salvation! God is your strength! He can and He will show up! Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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God's Little Miracle Child... My niece Kenedi (to the far right) with her sisters Kaiya (to the far left) and Kaelyn (in the middle)

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"And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil. For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproved. But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God."

—St. John 3:19-21

Whenever you have been in a dark place and your eyes have been exposed to a really bright light, you sometimes have to blink a time or two in order to focus. However, once you refocus, you realize that things are clearer and easier to see because of the light. Light exposes things that cannot be seen if there is no light. When Jesus came into the world, He exposed the truth about our real nature. Our hearts since the fall of man were inevitably evil. But, He did not come to judge us; He came to expose this truth so that we can walk in His light with complete and total dependence upon God to purify and make us whole. The ONLY way to be made whole and walk in Godly conduct is to have our deeds wrought in God—inspired by and directed by His truth. The only way to have our deeds wrought in God is to walk in the light of Christ. No one really likes to be corrected or criticized but if we are honest, whenever we are corrected or criticized by our parents at home, by our teachers and professors at school, or by our bosses at work—it somehow (in most cases) brings out the best in us. It causes us to produce on a level we would not have otherwise because we want to avoid the reproof! How much more should we receive the correction of the One True God—whose essence is Love. There is no wonder about the motive of His reprimand. Walk in the light dear friends, it will make you who He has called you to be. Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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Walking in the light reveals God's truth in your innermost being—God has called you out of darkness so that you can know the truth and be made free...

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"Lest Satan should get an advantage of us: for we are not ignorant of his devices."

—2 Corinthians 2:11

How many times have we heard the saying, "Forgiveness is not for the other person, it is for you"? People give us advice about moving forward and getting over hurt. At some point we've all received advice from friends and loved ones to aide us in advancing and pushing past what binds our hearts from pure love. There is truth to the cliché; forgiveness in essence is for us. We let go of the pain of what hurts us so that we can overcome our nature to retaliate and cause more hurt. But, the Apostle Paul in writing the Corinthian church explains that there is more to it. He says, "We forgive, so Satan won't get an advantage over us." We're in the know; God has shed light through Christ by letting us know that as we forgive, we are forgiven. God has shed light through Christ by letting us know who our enemy is and his purpose against us. We are not unaware, we know the schemes and tricks of Satan—so it is our job to do what it takes to keep our advantage in Christ. In my new favorite movie, Frozen, the main character sings a song when she escapes the bondage of her "gift" which says, "LET IT GO." As she explains through this song, once you let it go, you will be free and the fear that controls you won't be able to anymore. Don't give place to the enemy's trap. Don't let Satan bind you in unforgiveness and hurt. Let it go and keep your advantage in Christ Jesus. And remember, you win! Be encouraged, be motivated and power-up for a blessed and prosperous day in the Lord.

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Let it go! Trust God! He is there to make you whole...