



The cruel side of depression

An inexplicable pain that finds shelter in the soul and hijacks the natural rhythm of life. Because of depression, dreams fall apart, and people waste away. The current scenario indicates alarming numbers of depression cases globally.

I saw death as a way to put an end to suffering.

Geyzon is a biomedical doctor qualified in clinical pathology. (Read his story on page 7)



9 Sundays for the Family Salvation Page 5



Join us on Sundays at 10 AM



Page 2

Bishop Edir Macedo

If anyone thirsts, come to Me and drink



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NOT TO BE SOLD

| IN THIS EDITION |

The pain you feel in the soul.

Do you feel a melancholy that seems like it will never end? Do you feel an anguish that causes a sharp pain in your chest? Is there a hole inside your inner being that can never be filled no matter what you do? Is your sadness unending and incapable of making you project a genuine smile? If you feel this way, what you are feeling are symptoms of depression. But know that you are not alone, and there are people who want to help you.

Start by reading the text on pages 6-7. This edition is an x-ray into depression and contains the stories of people who overcame depression and today enjoy a fulfilled and happy life. Continue reading and find out what they did.

Also, take time to enjoy the other articles in this edition and the testimonies presented in them. They will inspire you to exercise intelligent faith and provoke the manifestation of God's power.

Have a great read, and see you in the next edition!

| BEATING DEPRESSION |

Depression is a sadness felt in the deepest part of one's soul. It causes a sense of hopelessness and exhaustion so great that a person loses the motivation to do anything, and some lose the desire to live at all. It is an illness of the soul. But who can heal the soul? No other than the Savior of Souls, the Lord Jesus, can heal a soul that is sick.

On Fridays, at every Universal Church, we have a service for Deliverance from Depression. Visit a branch near you today. Make a Chain of Prayer by attending a prayer meeting near you for seven consecutive weeks. You will receive practical steps, counseling, and spiritual help through prayers to beat depression once and for all.

There are thousands of testimonials worldwide that prove a Chain of Prayer works. You won't regret it. You, too, CAN defeat depression!



Call 1.888.332.4141
Text 1.888.312.4141
For more information
SEE PAGE 12 FOR LOCATIONS



Bishop Edir Macedo



If anyone thirsts, come to Me and drink

Why do some people have a good, well-off, and happy life while others live poorly and are deprived? The truth is that God is available to assist us, those who are good and evil, and has a word for everyone. But why are there some people who do not get help?

On the last day of the greatest Jewish festival, the Lord Jesus stood up and called out to everyone who was celebrating. He, however, knew that there were people there who were not well and said: "If anyone is thirsty, let him come to me and drink" (John 7:37). He spoke to those who suffered and those who apparently were not suffering.

In the same way, today, Jesus extends His cry to you, hoping that this pain you feel will awaken your desire to seek Him. He will not forcefully enter anyone's life, as He respects their will. However, He expects you to open your heart, recognize that you need Him, and surrender.

The Lord Jesus is ready to meet your needs. If you recognize this, He will come speedily.

Jesus is the only one who can quench your thirst. He is there by your side, ready to meet your needs. If you recognize this, He



will come running because He seeks people who want Him, just like in the last moment of His suffering on the cross, when He forgave those who offended Him and prayed to the Father, saying: "Forgive them, because they do not know what they are doing." If He remembered those who hurt Him, do you think He will forget you? In another biblical passage, when he saw the thief next to him on the cross, the thief said to Him: "Lord, remember me when You enter Your kingdom." He turned His face to him and stated: "Today you will be with me in paradise" (Luke 23:42-43). Therefore, Jesus wants to quench your thirst not just for a moment but for all eternity.



Chinonso Ojukwul became a master at masking not only what was going on at home but also the struggles she had within her. She was struggling with depression and had been since childhood. However, Chinonso's new story began just when she thought it would end; standing on the side of the road, ready to run in front of moving traffic, she found a light at the end of a very dark tunnel that came from an unexpected place.

"Thinking back then, I can't believe that was me. I can't imagine doing something like that today, but the road to get here wasn't easy. Growing up, I always felt very alone. My sister went to boarding school, and my mother worked long hours a day, which made it difficult for us to spend time together.

Later, when I also attended boarding school, those feelings of loneliness made me not want to leave my room or take care of my appearance and health. My self-esteem was so low

"I ran in front of moving traffic..."

that my roommate had to pull me out of bed to do basic things like showering. I didn't have the strength to do anything.

A heavy cloud seemed to hang over me; the sadness was so great that I could not describe it. I was so afraid of being misunderstood or judged that I never told my family what I was going through. On social media, I showed myself to be a self-confident person. Still, in reality, I struggled with my insecurities and was trying to be someone I wasn't.

I would go to parties and try to copy by doing things people my age did, but nothing could fill the hole inside me. I felt chained in my own emotions, and the only way I could get relief was by causing pain to my own body. However, the feeling of relief lasted only a short while. Right after cutting myself, I felt emptier inside. No one knew. I wore a long-sleeved blouse even in the heat of summer to hide my scars.

One day, a young woman approached and invited me to an event at the Universal Church. I didn't understand what was happening when I arrived at the event. However, the atmosphere differed from anything I had ever witnessed; everyone was very happy. I felt so much peace just by sitting in

the chair. Although I wasn't familiar with everything that was happening, something inside me told me to give it a chance. Everyone was cleaning the space when the event ended, but I continued to sit. One person asked if I was waiting for the next meeting that was about to start, and since I didn't want to leave, I said yes. I received a prayer that made me feel very light, and I slept so well that night for the first time in a long time.

I was advised to make a chain of prayer and attend the Friday meetings for deliverance from negative thoughts. With each meeting I attended, the messages gave me a more positive mindset.

The new Chinonso is now happy and wants to use her experience to help others going through the same situation. I no longer feel sad or alone. Today, although I don't have everything inside me, I am complete, and I have the strength to fight for my life, which is something I didn't have before. I wouldn't have believed it if someone had told me five years ago that I would be graduating from medical school to help save lives this year. My life took a complete turn for the better.



Mount Sinai Water from the Rock

"I remembered someone called asking if my husband had died."



Patricia & husband

"My husband had a tumor in his gallbladder and was at the point of death. We used our faith and drank the blessed water, and now his health is restored."

"I wouldn't be able to walk for nine months, but..."



I met in a car accident, which resulted in me fracturing my hip. I underwent surgery on my hip and spent about three weeks in the hospital. Then, the doctor told me that I wouldn't be able to walk for another nine months. The pastor visited me in the hospital and prayed for me. I also exercised my faith, and drank the Blessed Water;

I started walking normally in 4 months. I am doing very well. -Pearson



Pearson in the hospital

"There was no cure for this disease"



I had an incurable disease called vitiligo, which made my skin white. By using my faith and drinking the Blessed water, I no longer have the disease. My faith has healed me."
-Marlene

"I suffered with back pains for many years."



I was suffering from terrible back pain for over five years; being in the military and being deployed, there was a lot of work we had to do, and we had to carry a lot of equipment. It would affect me at work, in the gym while working out, and even in my daily life. When I came to this ministry, I drank the Blessed water, and after the prayer, the same day I was pain-free, it was gone. I can bend over and touch my toes, I can twist, and I don't feel any pain at all! -Alicia

**RECEIVE A BOTTLE OF
THE BLESSED WATER
CONSECRATED ON
MOUNT SINAI THIS
SUNDAY**

at your nearest
Universal Church





|Message|

BISHOP JOSHUA

THE SATISFACTION OF QUENCHING YOUR DEEPEST THIRST



When you're thirsty and longing for that refreshing gulp of water, your body starts sounding the alarm.

First, the dry, sticky feeling in your mouth makes swallowing seem like a chore. As the need grows stronger, you can practically feel the discomfort spreading down your throat, creating an intense craving for that refreshing drink.

But it's not just your body – your mind also gets in on the action.

Your desire for water's pure, revitalizing touch becomes your main priority.

Yet, it's more than just physical satisfaction; when you finally quench your thirst, pure joy floods through you, leaving you feeling refreshed and ready to take on the day.

Similar to the physical and emotional experience of quenching one's thirst, there is a spiritual thirst that only the "living water" can quench, as the Bible says in John 4.14:

"But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

Much like how a long, satisfying drink can make you feel renewed and invigorated, the "living water" is like this particular kind of water for your spirit.

Especially if you feel tired of problems and need a fresh start, our souls need more than just the everyday stuff. This "living water" is Jesus! Come to Him and drink, and never feel spiritually thirsty again.

May the God of the Bible bless you!

February Bible Study
Beginning 2024 With God's Wisdom

SUN	MON	TUE	WED	THUR	FRI	SAT
				Nehemiah 1	Nehemiah 2	Nehemiah 3
Nehemiah 4	Nehemiah 5	Nehemiah 6	Nehemiah 7	Nehemiah 8	Nehemiah 9	Nehemiah 10
Nehemiah 11	Nehemiah 12	Nehemiah 13	Esther 1	Esther 2	Esther 3	Esther 4
Esther 5	Esther 6	Esther 7	Esther 8	Esther 9	Esther 10	Galatians 1
Galatians 2	Galatians 3	Galatians 4	Galatians 5	Galatians 6		

❤️

MY SOUL SCREAMED IN PAIN



Growing up as a teenager, we had many problems at home with my father, and I desired to leave the house. When I met my husband, I saw it as an opportunity to escape the house and be happy with him. I thought getting married would make me happy, but I was wrong. I left the house against my parents' will but was desperate; I felt I was going after my happiness. In the first week of our marriage, my husband started to mistreat me and cheat on me. He was very jealous and, at times, would follow me at work because He did not trust me even though he was the one cheating on me.

Because of the problems in my marriage and the abuses of my husband, I started to feel empty inside. I left him many times but ended up coming back, and as the children came along, I didn't dare to go anymore because I could not support my two children alone, so I had to endure the suffering. I felt so much pain inside that my soul would scream because of that pain, which I did not understand what it was. I always thought of a way to stop suffering inside, but I didn't know how. I reached a point where I tried to commit suicide, and when I was about to put the rope around my neck, I heard someone calling my name. I hid the rope under the bed, but when I went out, no one was there. Until today, I don't know who called my name that day, but I understand that it prevented me from hurting myself. From that day, I fell into a deep depression.

I could not eat or sleep; life lost its color. It was so bad that even at work, my boss noticed something was wrong with me. I explained everything to her, but no one could help me. One day, when I left work, I saw a Universal Church next to my workplace. This church has always been there, but I haven't noticed it all this time. I went inside, and it was like the pastor spoke directly to me during the service. He talked about my life in detail, and I did not understand because it was my first time in this place. Today, I know that it was God speaking through the pastor. After the strong prayers, I felt different; when I went home, I was already different.

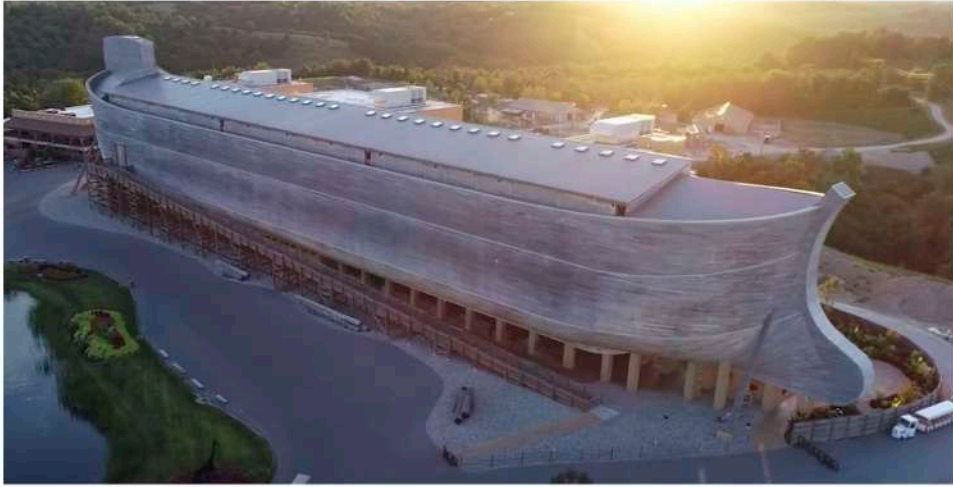
I decided to continue coming, making a chain of prayer for my total deliverance. The more I went to church, the more I realized that I needed God, not a man, to make me happy. I surrender my life to Him and put Him first in my life. I got baptized in the waters for the remission of my sins and sought baptism in the Holy Spirit. Today, God, I have a new life with God. I am no longer depressed; my soul is at peace. My husband, who abused me, decided to leave, and God gave me another family. I got married again, and now, I am a happy and fulfilled woman. I received happiness when the Holy Spirit came upon me, and with it came a new life and family.

Rosa Souza



What's happening at the Universal Church

9 Sundays for the Family's Salvation



Ark of Noah

We are all familiar with Noah's story in the Bible. Amongst his generation, Noah was a just man who feared the Lord and strived to live in righteousness (Genesis chapters 6 and 7). Because of his righteousness, when God looked upon the earth and saw how wicked man had become, Noah found grace in God's eyes, so much so that God warned him of the flood to come and spared his family from its destruction.

God commanded Noah to build an Ark for his and his family's salvation. God instructed Him on how to do it, and Noah didn't hesitate to obey. Neither did he spare any effort. Even though it took hard work and over a hundred years to complete, he gave his all. He did not allow the time or effort required to discourage him from His goal of saving His family. He did according to all God commanded Him, and through his faith and obedience, he and his family were saved.

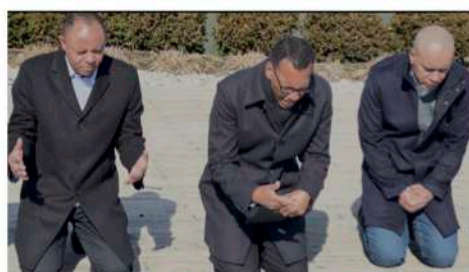
Nowadays, many families experience "floods" in their lives. 'Floods' of separation, death, addiction, illnesses, financial problems, spiritual oppression, rebellious children and many other issues. What efforts would you make to save your family? What 'price' would you pay to see your family transformed? What would you be willing to do to have a genuinely happy and united home or a strong marriage? The world may be falling apart, but that doesn't mean your family must follow this trend. Regardless of which "flood" affects your family or how long this problem has been there, God desires to help you and save your family as He did to Noah's!

According to Genesis 7:11, the flood came in the second month of the year. Noah and his family entered the Ark. This is why, in February, the second month of the year, we have begun a special purpose of faith for the family nationwide called the "Novena for the Family in the Ark." This powerful purpose will go on for a total of 9 Sundays where we will be fighting in prayers on behalf of our loved ones, presenting them before God and placing

them in the Ark of Salvation.

Earlier this month, eight of our Bishops and Pastors prayed before the replica of Noah's Ark in Kentucky. They prayed on behalf of the families of those who will join this special purpose. These eight Pastors and Bishops represented the eight people who entered the Ark (Noah, his wife, his three sons, and their wives). The prayer represented the start of this powerful purpose, which began on February 4th. With seven more Sundays to go, it is not too late to join in on the purpose of faith. It is still possible for your family to be restored or transformed. Don't give up on your loved ones. Don't give up on your dream of a happy and united family! Don't look to the past; look ahead towards God's promises. If you manifest your faith, God can rescue your family and change their lives.

We will enter the Ark of Salvation and pray for the urgent answer you need this Sunday at 10 AM. The same God who rescued Noah and his family will save yours, too. Bring your family and pictures of those who cannot come. We will place them in the Ark of Salvation and cry out to God for the transformation of your family.



The fights were constant and included knife threats.

Amanda and Rafael's lives were marked by turbulent periods. Still, the discovery of the Universal Church and its Love Therapy lectures generated a turning point and completely transformed their lives.

Before becoming an example of overcoming obstacles alongside her husband, Amanda, aged 30, says she experienced many bad relationships as a teenager. "I carried traumas from past relationships, disagreements, physical and verbal violence, addictions, and betrayals," she says.

When she was 18, she believed everything would change after she met Rafael, her husband, who is now 32 years old. "At the beginning, we had an enchanting experience," he recalls. However, the promising future they dreamed of was left behind with the discovery of their first pregnancy and Rafael's inappropriate behavior: "At the beginning of my pregnancy, he left me at home every weekend to go out. I found myself alone at the moments I needed him most."

AGGRESSIONS AND ROCK BOTTOM

Little by little, the relationship took an unexpected turn, with constant verbal fights and, eventually, physical attacks. "We binged on drinks and often discussed ending the relationship, but we never went through with it. Over time, our connection began to fray. Things got worse when I became pregnant with our second daughter. We were already physically attacking each other, but the situation intensified. The fights took place in front of our daughters; they were constant and included threats with a knife," she details.

Amanda explained that the betrayal committed by Rafael took the union to rock bottom: "I faced a problem with excessive alcohol consumption, while my husband, in addition to drinking, also dealt with addictions to pornography and drugs. When I discovered his betrayal, I felt like I hit rock bottom; I felt lost," she recalls.

LIGHT AT THE END OF THE TUNNEL

Amanda and Rafael today



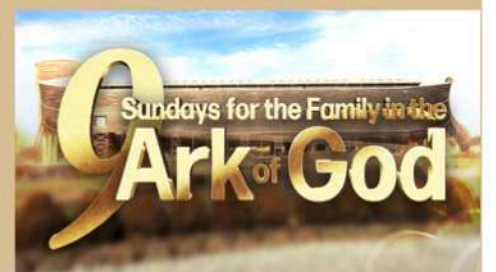
The change only occurred when Rafael, a locksmith, sought help in the Universal Church after receiving an invitation from his brother. Amanda, who was initially resistant, saw her husband's change as a light at the end of the tunnel.

The family prayer meetings were essential for the couple to learn the importance of respect, companionship, and communication. "I realized that I did not assume my responsibilities as a father or husband. I neglected my tasks and other obligations. Instead, I spent my time and resources on bars, gambling, and drugs. God set me free from the addictions and traumas when I started to seek Him truly," says Rafael.

Their relationship grew stronger, and they got married at the Wedding Celebration at Solomon's Temple on June 3, 2021. Today, with almost 12 years together and three years married, they have a transformed love life and family. "Our life and family are very blessed and wonderful. The light of the Holy Spirit guides and leads us."

Their home is now a place of peace, and their family is united. The power of the Almighty saved and transformed their family.

For More information on how you can join you can give us a call or visit a branch near you today.



middle spre

THE CRUEL SIDE OF DEPRESSION

An inexplicable pain that finds shelter in the soul and hijacks the natural rhythm of life. Because of it, dreams fall apart, and people waste away. The current scenario indicates the greatest depressive crisis of all time.



Centuries ago, in a dark time, prisoners were thrown into a dungeon and left there, cruelly alone, wasting away in the company of their thoughts. It is also in this dungeon that many people live today because they are depressed. Only those who are trapped in this disease know precisely the pain it causes. The core of the matter is that those who watch it from the outside tend to ignore it and conclude that “it’s no big deal.”

Unfortunately, not a few people experience this painful sensation. Currently, around 300 million people in the world suffer from the disease, as indicated by figures from the Pan American Health Organization (PAHO).

The 2022 World Mental Health Report already pointed to the worsening of mental disorders worldwide, with an increase of more than 25% in new cases of depression and anxiety, and, according to the WHO, this was “the largest review of global mental health since the turn of the century.” In just the first year of the COVID-19 pandemic, 53 million people developed depression, and another 76 million had anxiety, totaling 129 million. “The numbers clearly show that the burden of depression (in terms of losses for those affected) is likely to increase so that by 2030, it will alone be the biggest cause of losses (for the population) among all health problems,” said doctor Shekhar Saxena, from the WHO Department of Mental Health, in an interview with BBC.

The organization estimates that depression is likely to become the most common disease in the world, affecting more people than any other, including cancer and heart disease. There is another curious

fact: after 24 years, the Ministry of Health updated the list of work-related diseases, which now contains 347 more diseases that cause damage to the physical or mental integrity of the worker, including depression.

It’s no surprise that depression makes headlines in the news around the world. An article on The New York Times website detailed the devastating way that depression and anxiety affect the body, highlighting that mind and body form a two-way street: “An untreated mental illness can significantly increase the risk of becoming physically ill and physical disorders can result in behaviors that worsen mental conditions.”

According to the American magazine Time, “There is a surprising increase in severe depression among teenagers in the United States.” You can read in the article: “(...) although anxiety and sadness are not new phenomena among adolescents, there has been a significant increase in the percentage of young people between the ages of 12 and 20 who reported having had a major depressive episode”.

When it comes to preschool children, another report from the outlet noted that they could suffer from severe depression. A study published in JAMA Psychiatry found that, in a group of 193 children aged between 3 and 6 years, 90 had a diagnosis of major depressive disorder.



“I WOKE UP AND COULDN’T FEEL MY BODY, WHICH WAS NUMB.”

The pain of abuse at the age of 8 devastated the self-esteem and value of Marciela, who began to live with silence and guilt. It affected her to the point where she didn’t feel like studying. “I started to suffer from insomnia; I felt a lot of sadness and body pain, as well as having bad thoughts and a desire to die. As a result of the abuse, trauma, and fear also arose, and soon, drugs entered my life. But it was at the age of 14 that I became aware of some symptoms that had already announced depression. My grandmother raised me, and I blamed my mother for what happened to me,” she says.

Marciela learned that her mother had been diagnosed with a skull tumor. “That was my rock bottom: The depression got much worse

due to the guilt I started to carry. Furthermore, I felt incapable of taking care of her. In the state I was in, how would I take care of my mother if I couldn’t even take care of myself?” she asks. That’s when, at

I even wrote a goodbye letter, and in it, I talked about the abuse and everything I felt.

age 26, she ended up in the hospital. “I was diagnosed with depression, anxiety,

and panic syndrome,” she says. She mentions that she faced trials. “There were those who saw my behavior as rebellion or that I was nothing more than a drugged person. For many, I was hopeless; for my family, I was a lost cause,” she says.

She says she attempted suicide. “I even wrote a goodbye letter, and in it, I talked about the abuse and everything I felt,” she reports. And so she continued to undergo professional monitoring. “The doctor prescribed strong medication to wake me up, another one in the afternoon to cheer me up, and one more at night so I could sleep. At first, I felt fine, but days later, my condition worsened as I woke up and couldn’t feel my body, which was numb. It was a shock, and, in my desperation, I remembered

that years before, a friend had taken me to the Universal Church,” she highlights.

She reports what happened when she returned to the church about four years ago: “On the first day, I slept well and, as time went by, I realized that I no longer needed to deal with the pain. Then, I realized that faith was the only chance that existed for me. In three months, I freed myself from medication and addictions,” she declares. Marciela, who lived with depression for more than 20 years, today guarantees that she is free. “I don’t have depression or complexes.



I granted forgiveness and forgave myself, too. I emptied myself of the hurts and traumas, and peace invaded my being. I had an encounter with the Lord Jesus, and since then, my life has completely changed,” she concludes.



worked all day and studied at night. So, I didn’t have time for almost anything, which burdened me a lot. I started having bouts of insomnia and reacted as if I were living a life without colors. Even though I was completing the course that was my childhood dream and had my whole life ahead of me, I couldn’t find a way out.”

Geyzon, who studied to take care of the health of others, did not see health in himself. “I already worked, lived with many depressive patients, and observed clinical treatment with therapies and medications. I came across people who

I saw death as a way to put an end to suffering.

were sedated, and many even committed suicide, including co-workers. Sometimes, I saw depression as an attempt to get attention, but when I started comparing the symptoms I had with those reported by patients, what distressed me most was knowing that, clinically, depression was a disease that had no cure and that, in most cases, progressed tragically. On several occasions, I saw death as a way to put an end to suffering, especially when I was driving my car,”

he says.

He was three years in this condition. “My maternal grandmother knew about the Universal Church, but I had a huge prejudice. One day, when I was driving on the road, returning home, I found myself very distressed, with many voices disturbing me. The only thought that was going through my head was that I would take my own life. So, I decided to turn on the radio so as not to do anything stupid. I stopped at a Universal Church program, and it was the voice of Bishop Macedo. When I was about to turn it off, he said: ‘You who are in that car, desperate, thinking about taking your own life, don’t do it! There’s a way out

for you.’ Then I thought, ‘Is he talking to me?’” Geyzon then decided to seek help. “I was very well received at the Universal Church and the emptiness I felt disappeared with just one prayer. I saw that there was something different in that place, and from that day on, I decided to give myself to the Lord Jesus and soon freed myself from depression. Today, I am a complete man, married to a wonderful woman, professionally accomplished. I have the opportunity to help people who come to the church in the same situation I was once in,” he concludes.



UNIVERSAL BEYOND BARS

You are not Alone!

SINCE I WAS A CHILD, I DREAMT OF BEING THE GIRLFRIEND OF A CRIMINAL.

My name is Dayane, and since I was a child, my dream was to be a criminal's girlfriend. I grew up where I would see a bunch of violence, and at the age of ten, this desire began; I was just a child, but this is what I wanted. As time passed, I made a lot of friends, but through these friendships, I started drinking, smoking, and using drugs. Through these friendships, they introduced me to a mutual friend who was incarcerated.

I asked them to allow me to have his contact so I could begin a relationship with him. I was 17 years old at the time and could not go to the prison so that we could converse over the phone, but as soon as I turned 18 years old, I went to the prison to see him.

My name is Ednei, I met Dayane when I was in prison. My friend knew of her from a mutual friend outside and introduced us. However, I didn't want to know anyone at this time. My thoughts were only when I would be released to get out, do my dirty work, and continue doing wrong. So, I wasn't thinking of having any relationship with anyone. But, through our mutual friends, I gave in and decided to give the relationship a chance.

After three and a half years, I was released. I met new friends in my neighborhood, and we started doing drug trafficking; I was the trusted man, and we brought the drugs to the house, but Dayane was the head. She would tell me what to do, to distribute the drugs.

DAYANE:

I felt like my dream was being fulfilled; I was always the first to enter and the last to leave. My "dream" was being fulfilled, but I never had happiness. We drank a lot, and we



used so many drugs, but I came to a point where I wanted to kill Ednei, I put a gun to his head.

Ednei:

Once again, I was arrested and went to prison; I remember I had a minimum sentence of eight years. But I remember I would always see one assistant from the UBB volunteering there. He would greet me, but he would always say one day, I would be on the other side helping him to save souls in prison. I started to think, so I made a vow to God there in prison.



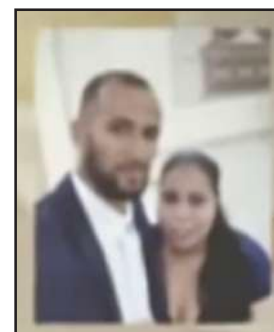
I asked God to give me a chance because I never made a prayer like this before; I wanted to see if God was real. I was set free not long after, and immediately, I went to look for the universal church.

DAYANE:

I suffered from insomnia and one night, I saw the bishop on the TV, and he made an invitation for all who watched. I decided to go to the Universal Church, and I obeyed everything I heard the pastor say. I received my deliverance, and not long after, I decided to get baptized in water.

After my baptism in the water, I went to seek the holy spirit; I made my vow in the church and presented it to God. I cut everything wrong I did and began to pray more, seek God more, and open my hands to God. I placed my life in His hands, all of me. My thoughts, depression, and insomnia all my life were on the altar. After this, I

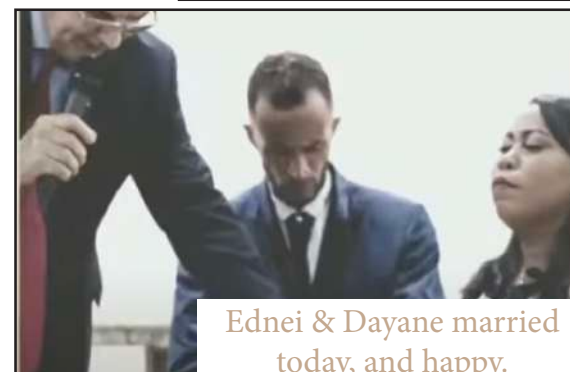
had the assurance that the Holy Spirit was in me. Immediately, I received joy and peace. I knew I was no longer alone. The greatest treasure is the Holy Spirit; I would not trade it for anything.



Ednei:

I saw a pastor there, and he spoke to me in front of the altar and said, if I place my life in the hands of God on the altar and do not take my life from there, God will transform my life. God showed me that the drugs I was taking were no good, and I threw away all of them.

I received my deliverance, was baptized in water, and began to seek the Holy Spirit. I told God, I need Your Spirit. I told Him if I do not have Your Spirit, I will not be able to persevere; the Holy Spirit transformed me; there was an old me and a new me. The most fabulous riches I have is the Spirit of God.



Ednei & Dayane married today, and happy.

"I'm tired of it here, I wish it would end, all of it..."

Stop Suffering. Speak Out! Send Bp. Bira Joshua your info to be added to his E-Message, and receive help today. Or send your letter to: 7075 S.W. Fwy. Houston, TX 77074. Be sure to Include:

- First/Last Name, Inmate ID Number
- Facility, City/State/Zip Code



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Tune into our weekly messages and take advantage of this chance to watch the ULFN and our Series: "Beyond Bars."

WHY HAVE I BEEN DISCOURAGED?

Discouragement and moments of weakness come to all of us. That's not the problem. The problem is when discouragement is part of your life, and the lack of strength becomes your normal state. You are usually feeling weak and discouraged. You have moments of encouragement, but your normal state is of discouragement. What could be behind this?

"For innumerable evils have surrounded me" (Psalm 40:12).

The psalmist, King David, knew well what it was like to be surrounded by evil and more evil. For many years, he was persecuted and hunted. He lived in hiding in caves.

Those words were from someone who knew what it was like to be surrounded by enemies. Problems may cover you, and there is no doubt that discouragement hits when we are like this.



But something else can also happen: a giant can be born. We can grow through these problems. You know that when a person faces a threatening situation, they discover a strength they didn't know they had.

If the person had not thought, he would not have jumped a high wall, but by seeking survival, they discovered a capacity that they did not know they had. You can awaken

this giant inside you and overcome all these evils, as David did countless times.

"[...] My iniquities have overtaken me so that I am not able to look up; They are more than the hairs of my head; Therefore my heart fails me" (Psalm 40:12).

Please pay attention: David was discouraged not because of his enemies but because of the iniquities that trapped him, so he could not look up. The discouragement, which many face daily (the person can't even take a shower or get out of bed), is because, perhaps, they are carrying guilt. You don't forgive yourself; this is in your head every day. And you stay in this state of death in life.

So, what's the way out? How did King David get rid of it? You find the answer in Psalm 51, when he opened his heart, humbled himself, confessed his sin, asked for forgiveness, recognized that he made a mistake, and threw himself at God's feet asking for mercy.

He believed not because he deserved forgiveness but because no one deserves forgiveness. And at that moment, God forgave him, taking away the burden and guilt. With his head held high, the one who could not look up now went to thank God and recovered what he had lost.

That's also what God wants to do for you. Suppose you are so bad that you can't look up. In that case, you can't say a prayer. Initially, look down and ask for forgiveness, repent of what you have done, and believe in the promise, "If we confess our sins, He is faithful and just to forgive us" (1 John 1:9). Make that promise come true in your life.

Once this weight of your guilt is taken off your shoulders, you will see that the guilt will leave you, and the strength will return.



STAY ENCOURAGED WITH DAILY PROGRAMS

Genesis follows the lives of Adam and Eve, Noah and his family, Abraham and Sarah, Isaac and Rebekah, Jacob (who God renamed as Israel), to Joseph, who was taken from slavery to become ruler of Egypt. (9pm ET)



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BREAKING THE SILENCE | 3pm

FIGHTING THE UNSEEN ENEMY
 4pm with Bishop David

MOSES & THE TEN
COMMANDMENTS | 7pm

GENESIS | 9pm

THE RICH AND LAZARUS | 11pm

LET THERE BE LIGHT
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WILL COMPLAINTS CHANGE YOUR FINANCIAL LIFE?

"Murmuring in the face of any situation is like a magnet attracting more problems. Therefore, you have to be willing to have a different reaction. See how..."

Denis had many financial issues for several years, which he only overcame when he understood he needed to stop complaining. He comments that he was always proud and that when he tried to solve problems, he used his strength and emotions to solve them.

Denis focused on being successful financially and professionally, and even after starting his family, his priority continued to be making money. His desires always came first, but this caused him to have more problems. He began to dedicate himself to working many hours a day and still could not have financial security. Instead, surprisingly, he went into debt. He reveals the reason for this: "I was unbalanced. I even had a good salary, but it wasn't enough for the lifestyle I was trying to maintain. For example, I went on many trips, and my debts only increased."

Many efforts to resolve his financial problem affected other areas in his life, including the marital one; after all, he did not give attention to his wife. Furthermore, the businesses he tried to undertake were not successful. Because of that, he was overwhelmed with negative thoughts and compared himself to others. Murmuring was frequent in his daily life. "I put myself in a victim position. I even began to doubt the existence of God. I fought about everything and always wanted to resolve things brutally," he comments.

However, the more he complained, the worse

the situation got. "My situation was so bad that when my salary was deposited into my account, it only served to cover the negative balance I had in my account. I even opened an account at another bank so I could at least have some of my salary to cover my basic needs," he recalls.

Without seeing the light at the end of the tunnel, Denis remembers that his wife invited him to a meeting at The Universal Church. He started going, but still, he didn't change his behavior. When his projects came true, through his prayers, he forgot about God. When problems arose again, he immediately ran to Him and asked for help, as he says: "I treated God like my waiter. I thought things had to be my way, and when they weren't, I started complaining again."

With a debt of almost \$200,000, Denis understood that he needed to stop running away from reality. "I decided to obey everything God said and asked for his direction. I started making the right decisions, especially when negotiating my debts, and always acted honestly. So miracles started happening," he says.

Denis started to put his priorities in order, and he began to experience true prosperity. "I put God first and then my family.



Today, I am completely transformed and have a happy family. I have a prosperous life and, above all, inner peace," he guarantees.

He says that the man who was previously insecure about facing problems gained wisdom and strength to overcome difficulties with the Holy Spirit: "Today, no matter how big the problems are, for me they are small because the God that I serve is great and powerful," he concludes.

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