



# DEPRESSION

## When the soul feels pain

Approximately 280 million people in the world have depression. More than 700.000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15–29-year-olds.

Source: <https://www.who.int/news-room/fact-sheets/detail/depression#SnippetTab>

**THERE'S SOMETHING WORSE THAN CANCER; IT'S THE CANCER OF THE SOUL.** (Read full story on page 6)



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**Why are you depressed?**



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**NOT TO BE SOLD**

## | IN THIS EDITION |

### Curse of Depression

Depression is neither a fatality nor a condemnation. Depression is the state of despair in the soul. Unfortunately, the depressed do not see that depression is a problem of the soul. And the more acute the level of depression, the greater the cry of the soul in search of help.

#### Symptoms of Depression

Imagine the person, at a particular moment, deciding to throw away everything good at home. As you look around, you notice the empty house and think to yourself: "I have nothing, I'm going to be in misery, I have no future, there's no hope for me, I'm lost, and I see no way out but death..."

The feeling of profound emptiness is the worst pain of the depressed. The symptoms of depression begin with doubt, then comes fear, emptiness, deep sadness, and agony, and it goes around.

#### Solution for Depression

To treat depression is to treat the SOUL. And to deal with the SOUL, there is only one way:

- LISTEN to the Word of God.
- MEDITATE in the Holy Scriptures.
- Finally, ABSORB the Spirit of the Bible.

The Lord Jesus said: "Man can not live by bread alone, but by every Word that comes out of the Mouth of God." Matthew 4.4

## | BEATING DEPRESSION |

Depression is a sadness felt in the deepest part of one's soul. It causes a great sense of hopelessness and exhaustion, such 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 sick soul.

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**



### Why are you Depressed?

**A**s faith brings life, doubt brings death. While faith stimulates dreams and hopes and raises self-esteem, doubt poisons dreams and hopes and promotes depression.

I doubt there is medicine that cures depression, as well as I also doubt that anyone practicing faith in the Word of God is depressive. From a spiritual point of view, depression is nothing more than a permanent state of doubt. I'm not an expert in conventional medicine, but I know the spiritual. Depression is a strictly spiritual problem.

What medicinal drug is capable of curing a spiritual illness? How many people commit suicide after depressive crises? And what have Freudian philosophies done to reverse this picture? Nothing. Why? If the problem is of spiritual origin, its solution is also spiritual. When it comes to a spiritual problem, there is no way to avoid appealing to faith.

Usually, when talking about faith, the unwary thinks immediately of the practice of some religion. That's where they're wrong! Biblical faith has absolutely nothing to do with any religion or the like. The Bible dispenses with any religion. In the biblical faith, you find Spirit and Life. Spirit and life that flows from the Source of Life.

Humans are a trinity: body, soul, and spirit. As the body needs physical care, and the soul needs love, only the Spirit of God's Word (Bible) can nourish the human spirit. If the human spirit is not fed, the person feels A HOLE INSIDE



#### THEIR CHEST.

It's not about religion or religiosity. But about the Spirit of Life. Do you want proof of that? Read any book. Whether philosophy, self-help, romance, or any other at your disposal. Then, do a self-analysis. Check if something inside you has changed. I'm absolutely sure nothing changed. On the contrary, your mind has become even more confused; you will realize this yourself.

Now, do another experiment. Read the Book of Life: the Holy Bible. Read Genesis, the origin of Good and Evil. Meditate on each sentence. Then, read Psalms, Proverbs, Isaiah, Gospel of Luke, etc.

You won't be the same way you were at the end of only one of these books. Do you know why? Because the Spirit of the Word of God will touch you.

Be enlightened in the Name of the Lord Jesus Christ!



### Suicidal thoughts were running through my mind constantly

Daniela Rodriguez suffered from depression for many years. Because of the anguish and sadness she felt, suicidal thoughts haunted her mind constantly. But all of this changed when she met the Lord Jesus. Discover her story:

Since my childhood, I suffered from depression; I felt very sad and angry and would cry a lot. It continued into adulthood. When I started taking medication in an attempt to resolve the depression, I lost the desire to leave the house; I locked my-

self in a dark room, and suicidal thoughts ran through my mind constantly.

With all this suffering, I couldn't be a present wife and mother. Later on, my depression only worsened when my family suffered a crisis and lost everything. We lost our business home; it was like the ground opening beneath my feet, and I couldn't see a solution to everything happening. In an attempt to solve my problems, I even sought help from spiritual rituals and even healers, but things only got worse.

One day, I went to my mother's house, desperate, carrying an inexplicable pain in my chest, with a desire to die, and a neighbor, seeing my condition, told me about the Universal Church's radio program. So I decided to

listen to the program and act on my faith by blessing and drinking a glass of water with the Pastor hosting the program. At that moment, I felt relief.

I realized that this was the help I was looking for. I decided to attend the church and started participating in the deliverance services on Fridays, making my chain of prayer. By acting on my faith, I was freed from depression and suicidal desires, and my life has been restored.

I will never forget the day I received the Holy Spirit, the peace I felt, and the conviction that God was with me, telling me: "My daughter, I'm glad you've arrived." Today, above all, I prioritize my Salvation! Without God, I am nothing; now I can say I am truly happy!

- Daniela Rodriguez

# Healing Supper

**“So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you.”**

*Exodus 23:25*



## “I was diagnosed with a rare disease.”



**Guilherme's face with the rare disease**

I had severe itching and black spots that turned into blisters all over my body. A white liquid started coming from my eyes, and

they stuck together like conjunctivitis. I was taken to several hospitals, yet I couldn't get a diagnosis. I was then hospitalized and diagnosed with

Stevens-Johnson syndrome, which is rare and caused by strong medication. I was in the ICU in isolation, and they told me I would spend at least 30 days in there. At this time, my wife was using her faith to heal me.

I was discharged after 15 days, and it surprised everyone. The wounds on my face started healing, and the white discharge stopped coming from my eyes. God honored our faith; I'm healed today.



**Guilherme today with wife.**



## “I suffered from stomach pains for two years.”

I had a colonoscopy, and the doctors observed that I had three large polyps. Each time I went to do the test, the polyps kept getting larger, and the doctors warned me that they could develop into cancer. I drank the Blessed Water, and today, I don't have polyps anymore or cancer.

I am healed! -Estella



## “She was healed from blood infection and a stone in her kidney”

I had an infection in the blood and kidney stones, but I didn't know. I ended up in the emergency room,

and I was vomiting with fever and diarrhea. The Pastor from the Universal Church came to the hospital to pray and bring me the blessed water. After that day, the fever went away.

To this day, the doctors are looking for the stone that I had in my kidney, but they have not been able to find it. The infection I had in the blood is gone, too. Now I'm very much alive! -Olive

**Olive in hospital**



## “Healed from pneumonia.”

I was suffering from pneumonia; I was in the hospital for about three weeks. I couldn't get out of bed or eat; I was just bound to the bed, and my body was very weak. I was depressed, and I couldn't even think right.

When I came to this ministry, I was given the Blessed Water. Each day, I felt better; today, I am completely healed!  
-Gwendoline

**BRING A BREAD AND YOU WILL RECEIVE THE WATER THIS SUNDAY**  
at your nearest Universal Church



| MESSAGE |

Bishop Joshua

LIGHT AS A FEATHER

**T**ry walking around with a 100-pound weight for one day. That would mean no matter where you go, when you wake up, when you go to work, while you're sleeping, while you're eating, or what you do for that day, you will be burdened with 100 pounds on your shoulders.



Now imagine if that 100 pounds represented your problems. Perhaps you're thinking, "It feels like more than 100 pounds; it seems like 200 or 500 or even 1000," because the way you think about all you are going through is crushing.

It may have been your reality for a long time. You have exhausted all your resources, but life still takes its toll on you. However, you are not alone in carrying this weight. In fact, you don't have to carry it at all. Remember, the word of God says:

**Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved. Psalms 55:22**

It is no longer yours to carry whenever you cast your burdens upon the Lord. The problems you're facing right now, He has a solution for. You've looked for help in other places and people, but they carry their burdens. The Lord can take your burdens away from you and solve them.

Those who trust in Him should not fear the weight of their problems. He will never allow them to be moved by worries, fear, or threats of this world. Your issues cease to be yours when you place them in the hands of God. He promises never to permit the righteous to be shaken. When you are righteous before God and entrust your problems to Him, He never returns them to you; He resolves them. Trust in this promise, turn over this weight and be free once and for all.

May the God of the Bible bless you!

*April 2024 Bible Reading*

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Acts 1 ✓	2 Acts 2 ✓	3 Acts 3 ✓	4 Acts 4 ✓	5 Acts 5 ✓	6 Acts 6 ✓
7 Acts 7 ✓	8 Acts 8 ✓	9 Acts 9 ✓	10 Acts 10 ✓	11 Acts 11 ✓	12 Acts 12 ✓	13 Acts 13 ✓
14 Acts 14 ✓	15 Acts 15 ✓	16 Acts 16 ✓	17 Acts 17 ✓	18 Acts 18 ✓	19 Acts 19 ✓	20 Acts 20 ✓
21 Acts 21 ✓	22 Acts 22 ✓	23 Acts 23 ✓	24 Acts 24 ✓	25 Acts 25 ✓	26 Acts 26	27 Acts 27
28 Acts 28	29 Haggai 1	30 Haggai 2				

❤️



## LIFE WITHOUT COLOR

That's how I felt when I lost everything

perous life, everything suddenly got dark; I could not understand what was happening to me. Apart from the pain medications, I had to take depression pills, which also did not help. I didn't want to see the light of day anymore; I stayed in a dark room for two months. I became suicidal and thought that it was the only way to end the pain in my soul.

Modeling and dancing have always been my passions; when I got to do both, it was like a dream come true. I succeeded in my career, traveling to different countries and meeting others. I was in interviews and lived a life I always dreamt of. I had money, my apartment, and three bank accounts, and I lacked nothing.

I felt that all my dreams were over; I didn't believe in anything anymore, life lost its color, and I had no more hope; I had no reason to live anymore; therefore, one day, I took all the pills that I had in an attempt to end my life, and I ended up in hospital. When I came out, life was just the same, and five months after, I attempted suicide again, and this time, my friend found me and took me to the hospital again. The doctors said that it was a miracle that my life was saved.

After some time, I started having pains in my legs. At first, I thought it was nothing, but as time passed, the pains began to affect my work as a model and a dancer. I went to different doctors and specialists, but none could find the problem; they said ev-

**Suddenly, there was a deep sadness inside of me. I was in anguish, and I would cry uncontrollably. I had no control over my emotions, and I became aggressive; I was always ready to fight. From such a beautiful and prosperous life, everything suddenly got dark; I could not understand what was happening to me.**

everything was well. They gave me pain medications, but they could not solve the problem.

With time, I started losing jobs, and since there was no more income, my resources were being depleted. Little by little, I saw my life going down; I had financial issues, like returned checks and unpayable credit card bills. I lost my job and the money; I started losing weight and felt ugly; life lost its color in my life. I felt hopeless and helpless and didn't know what to do.

This situation made me depressed. Suddenly, there was a deep sadness inside of me. I was in anguish, and I would cry uncontrollably. I had no control over my emotions, and I became aggressive; I was always ready to fight. From such a beautiful and pros-

After these two attempts, I heard about the Universal Church, and even though I had always said that I would never go there, I decided to take this opportunity since I had nothing else to lose. I felt hope the first day I went to the Universal Church and heard the Word from the pastor. It was like I had the strength to fight again. I, therefore, decided to start the chain of prayer for my deliverance from the sickness and the depression. I obeyed everything that I heard and committed to God. In turn, I received the total deliverance: I am no longer sick, I am no longer depressed, and life got back its color in my life. God has restored everything I lost to me, and even better, I am happy and live to serve My Lord.

Jacqueline

# What's happening at the Universal Church

## Born for the Altar

### 3 Day Youth Conference in Houston, Texas

### The Dream of Gods vs Yours



#### BFA

How often do you see more than 400 youths come together in one place to worship God? Very rarely. But twice a year, at the Universal Church, we host a three-day youth conference called the BFA (Born for the Altar), where youths from all over the country gather together and worship God. Youths from states such as California, New York, Florida, Hawaii, New Jersey, and so much more unite to show the world that you can be young, have fun, and serve God the right way.

This year, our youth conference was held in Houston, Texas, from April 12th to April 14th.



#### Night Vigil

Our three-day conference began with a night vigil on Friday, April 12th. The night kicked off with dancing, drama, and a friendly competition amongst the youths with a game called 'In the Classroom.' There were also performances from our local youth group, the Youth Power Group.

After much fun and entertainment, the youths received a special message from Bishop Joshua, the event's host, teaching and motivating them to understand their dreams and exchange their desires or plans for the Dreams of God for their lives. There were powerful testimonials from youths who came to understand and discover God's dream for them and turned their lives around. After this inspiring message, the youths received an opportunity to participate in the Lord's Supper and give their lives to God. More than ten youths decided to give their lives to God by getting baptized in water. The vigil left many youths thinking and understanding that their dreams don't

compare to the Dreams God has for them.



On Saturday, April 13th, the youths collaborated with the prison ministry of the church Universal Beyond Bars (UBB). They had the unique privilege of visiting a prison in Houston to interact with and bring hope to prisoners in incarceration. There was even a service with the inmates, which the youths could assist with and perform.

For many of these youths, it was an eye-opener as they met and spoke with

the inmates and even other youths their age and younger who were incarcerated. One youth said, "I've been to a few BFA's before, but this one was definitely a different experience because we got to go inside of prison and give back to those who had absolutely nothing to give us except the smiles they had on their faces. Being inside of prison made me realize that those people aren't bad; they just made bad decisions bad choices, and it opened up my vision to see that the smallest thing can lead me down the wrong path and that it's better to be young and be in the presence of God now, rather than being outside, not knowing what my future is." Jaelyn from New York.

After leaving the prison, the youths eat together and interact with one another. One youth said, "It was very refreshing to see youths younger than me, older than me, and even my age who had true confidence in God, which made them so radiant. It was very refreshing. I loved the testimonials. One thing I took away was also the forgiving of oneself. It's the worst kind of grudge. That helped me because I made some mistakes in the past and, at times, felt worthless and good for nothing. But now I have forgiven myself, sought God's forgiveness, and am moving forward." said Porsha



New disciples to serve God on the Altar

On the last day, Sunday, April 14th. The youths took part in the Sunday Service at 10 am. Some young men decided to serve God fully with their lives, not just with their words but with their actions, by leaving everything behind and becoming the future generation of Pastors for the work of God. These young men were blessed and presented to God on the Altar during the service. They had chosen to leave their old lives behind, which for some consisted of jobs, addictions, gangs, lifestyle, and even family, to show their love and devotion to God and for what He has done and is continuing to do in their lives.



#### New Attendees

It was my very first and unforgettable one. It was amazing, from the night vigil and expo to the last day. The powerful messages, surrounded by Godly people, and good vibes, etc. I'm forever grateful God allowed me to be there. It was worth the cost. I'm praying to attend the next BFA. And not to forget "GOD'S DREAMS VS MINE."

-Nei (Waipahu, Hawaii)



# DEPRESSION

It affects more than 300 million people around the world and is the second leading cause of suicide.

According to the World Health Organization (WHO), more than 280 million people worldwide suffer from depression. Despite this alarming fact, unfortunately, many still see this mental disorder as laziness, idleness, or even a lack of character.

Clinical psychologist Lilian Gonzalez explains that depression can be triggered by various stressful factors such as the death of a loved one, financial problems, loss of a professional career, existential questions, taking medications, hormonal changes, and diagnosis of a severe illness, among others. "Some symptoms can help us identify the disease, but the diagnosis can only be given by a field professional," she attests.

Depression is the fourth leading cause of suicide among people 15–29-year-olds and causes around 700,000 deaths per year. Maybe you have depression or live with someone who does and doesn't even know it. (Source: [www.who.int/news-room/fact-sheets/detail/depression](http://www.who.int/news-room/fact-sheets/detail/depression))

## Ten spiritual symptoms of depression

- Constant irritation: getting angry is normal at different times in life, but being perpetually angry is a sign that something is wrong
- Difficulty concentrating: the difficulty or even inability to concentrate, understand, or do something, no matter how simple it may be
- Persistent low mood: this persistent lack of desire to do

things, even when surrounded by family and friends who value you, or the lack of willingness to participate in a special event

- Chest tightness/anguish/sadness: you cry for no reason, there is apathy in your eyes, and even simple tasks seem to be extremely painful. Sometimes everything seems fine, but there is a constant feeling of suffocation

- Suicidal thoughts: if this feeling of frustration and loneliness from the past, present, and future continues for a long term, the person may believe the lie that death will be a relief from the pain in the soul

- Lack of perspective: when depression sets in, there is a feeling that nothing and no one can help. It seems that the losses suffered are irreversible

- Lack of interest: when disinterest appears in a generalized way in life, family, work, and people, this is serious and worrying

- Excessive hunger or lack of appetite: some people report an excessive desire to eat that does not go away even after eating. Others say they have completely lost their appetite and the pleasure of eating.

- Lack or excess sleep: difficulty falling asleep or waking up and being unable to fall asleep again. The head is full of worries, anxieties, and fears. If, for any reason, you are not able to sleep, then depression has already set in.

If you or a loved one is suffering from depression, there's help available for you. See the back page for locations.



## "THERE'S SOMETHING WORSE THAN CANCER; IT'S THE CANCER OF THE SOUL."

Lúisa Feliciano da Veiga says she was a happy child who led an everyday life. She went to school, had friends, played, enjoyed attending church with her mother, and had a healthy relationship with her family. At the age of 13, however, the death of her grandmother caused the first signs of depression to emerge and were noticed by the family. "I started to have a lot of bad feelings, and I didn't understand why God had allowed my grandmother to die because I grew up in the church; I saw a lot of people being healed, and she wasn't. Since then, I started to close myself off and ask a lot of questions; I even had doubts about the existence of God; I lost my faith and started to harbor a lot of hurt," she says.

Her mother, Regina, reveals that her daughter was always by her side, and they were companions. During her

adolescence, Luisa began to isolate herself. Luisa says that she stayed awake all night; during the day, she slept so as not to have contact with her family and spent several days without seeing them. At 18, she entered the worst phase of depression, as she had hallucinations and anxiety attacks, felt worms crawling through her body, and was unable to go to school. And, despite going to therapy and taking medication, nothing resolved her situation. Faced with this and because she thought there was no solution for her life, Luisa attempted suicide. The attempt failed, but the thoughts of death remained constant.

She was 21 when her mother noticed a swelling on her neck. "As if the depression wasn't enough, Luisa started to have more health problems. I found it very strange, and when I realized this, I took her to the emergency room. After

carrying out the assessment, the doctor told me that Luisa could not leave the hospital, as she had a malignant nodule in her neck and that it was Hodgkin's lymphoma," says Elis.

Luisa cried when she received the news and revealed that, as she always planned her death, she saw it as a way to die. "Then I realized that it didn't matter how I died since I would go to hell anyway if I died without getting rid of the thoughts and feelings I had and, above all, without accepting Jesus," she says.

Despite suffering an initial impact due to the news of Luisa's illness, Regina's reaction began a miracle: "I went home and felt my world fell apart, but I knew I had to do something, that I had to act on my faith, and I spoke to God: 'I don't know how the Lord will act, but I know that what I do will be the best for Luisa.'"

Regina points out that she didn't just want her daughter's cure but her salvation. So, she sought God at her home, where she left confident. "The fight, however, did not end there. It continued," she highlights.

As the expected results from the procedures did not initially occur, the treatment had to be more aggressive, and Luisa was hospitalized for a month. She details what her experience was like: "I started to see my hair fall out, I started to feel weak, and the chemotherapy made me feel sick. I still had cancer, but something inside me was happening, and

**At 18, she entered the worst phase of depression, as she had hallucinations and anxiety attacks, felt worms crawling through her body, and was unable to go to school.**



When Luisa left the hospital, a Campaign of Faith took place at the Universal Church, and, like her mother, she gave herself entirely to the Altar. "I knew there was a worse cancer, which was cancer of the soul, depression, because I spent my entire life fighting it. But this time, I didn't just want physical health because I already had it before and didn't take advantage of it. I wanted to have the Spirit of God within me. That was my request." That day,

Luisa suffered so much from the pain that she almost couldn't climb the Altar. "When I got down, the pain went away," she comments. That was a sign that her prayer had been heard, and she continued seeking the Presence of God.

One day, in the same room where she suffered so much from the anguish of depression while reading the Bible, Luisa began to pray.

"I was honest like I had never been before, and at that moment, I was sure. It was like God was hugging me. I received a joy that I had never had before. Even though I was bald and swollen because of the treatment, I thought I looked beautiful. I remember that the first person I went to hug was my mother, and as soon as I opened the door, she realized that I had received the Holy Spirit. God did complete healing within me, which started from the inside out. First, it was the healing of the soul, which was the most urgent, and then the physical healing of cancer," she explains.

**"Today, Luisa is cured. She repeated all the tests and did everything the doctor asked her to do. She received physical and spiritual healing, and a new Luisa is here, thank God," says her mother.**

today, I know that it was the response to my mother's sacrifice. This was very strong because I spent my whole life living with the desire to die, and suddenly, I was there with cancer. My body was dying, but life was being born inside me." One day, when she was alone in the hospital room, Luisa decided to give herself to the Lord Jesus.



## MAKE A CHAIN OF PRAYER

### IT WORKS!

A Chain of Prayer is when you attend a prayer meeting for a certain number of weeks without interruption in order to see a breakthrough in your life. Whether it is healing, a financial breakthrough or spiritual deliverance that you need, a Chain of Prayer helps you develop the faith and determination to overcome.

**Monday - Strong Nation  
7am, 10am, 4pm & 7pm**



Learn the secrets to overcome financially. Receive direction to grow and become a successful person.



**Tuesday - Prayer for healing  
7am, 10am, 4pm & 7pm**

Receive prayers for your physical, mental and spiritual well-being.

**Wednesday - Night of Salvation  
7am, 10am, 4pm & 7pm**



A meeting will be held for those who want to invest in a genuine relationship with God.



**Thursday - Family & Love Therapy  
7am, 10am, 4pm & 7pm**

The goal of the family meeting is to bring families together. No family is perfect, but they can be free from any hate, separation and other underlying issues.

**Friday - Deliverance  
7am, 10am, 4pm & 7pm**



There is a root to every problem. No issue can be dealt with permanently without removing its root. Every Friday, strong prayers is provided for anyone who is facing a problem that is influenced by negativity.



**Saturday - Impossible Cases  
8am & 12pm**

Have you ever looked at a problem or situation and thought, 'this is impossible, there is no solution to this?' If you want to see the 'impossible become possible', join us every Saturday.

**Sunday - Gathering of Faith & Miracles  
7am, 10am, 3pm & 6pm**



These meetings aim to help people connect with God, to empower people and teach them how to use their faith to achieve what they want in their lives.



## UNIVERSAL BEYOND BARS

*You are Not Alone!*

# BFA JOINS THE UBB

### First Stop, Lane Murray Unit!

The meeting took place last Tuesday, 04/09. Together with the UBB volunteers, the YPG group was in the women's prison. On that day, we could count on the theatrical presentation of the YPG Group and dances.



Bishop Bira had the opportunity to do the "Straight Talk" podcast with some inmates. We had the open call service with approximately 250 inmates. In the service, there was talk about the "Book of Life" the word that says, "And anyone not found written in the Book of Life was cast into the lake of fire." Revelation 20:15.



Maybe you say, what? That's not fair; how could God allow this to happen? Well, God did not allow us to go anywhere.

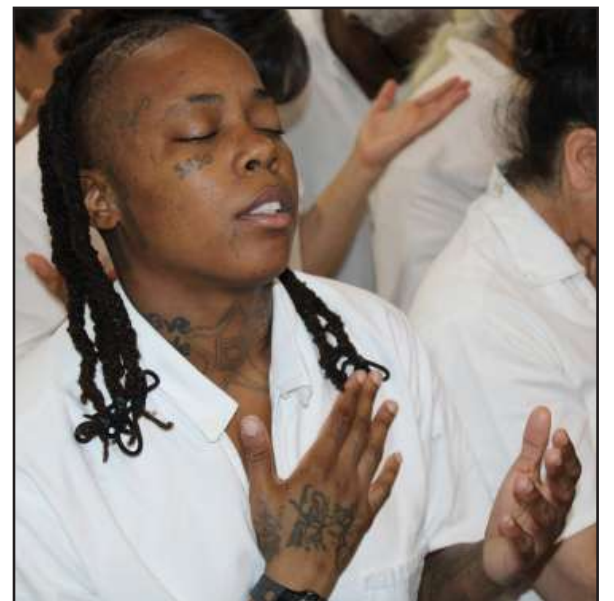
It is the choices we make here on Earth. Hell, or as the word says, the lake of fire, was not meant for us (humanity).



It was meant only for Satan and his demons. However, because God gave us free will, some have chosen sin instead of turning away from it, and because of their choices here on Earth, they end up cast into the lake of fire.



Jesus never wanted to be separated from any of us, but the choice of sin is what separated man from God.



For this reason, after learning about the Book of Life and the opportunity, The inmates were allowed to surrender their lives to the Lord Jesus and were called forward. They also received prayers for their family.



A notable highlight was the help of the UBB and YPG volunteers to assemble the furniture that the UBB sponsors donated to the inmates' dormitory. What a special day that was!





# PT.1 ARE YOU DOWN WITH UBB?



**SUBSCRIBE AND TUNE IN TO THE UBB ON THE PANDO APP! REAL TALK, NO CAP!**

## Next, we have Hobby Unit!

The meeting took place last Wednesday, 04/10. Together with the UBB volunteers, the YPG group was in the women's prison.



On that day, we could count on the theatrical presentation of the YPG Group, and this play was a perfect example of what many face nowadays. They have several distractions, such as relationships, addictions, partying, bad friendships, etc.



Which cause a person to be torn. The young girl in this play knew what was right from wrong. She wanted God but still gave into the world.



In the play, Jesus wiped her past away, but then she let her old friends come back, and little by little, they

brought back parts of the past. So then God kept trying to speak to her and say, why do you keep coding the world?

The main character would tell God, "No, I I'm not letting the past go." She would tell God with her lips, "Come back," God would say to her, "What about this person or this friend who you told me you'd let go?"

What about the party and everything else? She would say to God, "Oh yeah, okay, God and then return to the world afterward. In the end, God says you might as well take all of it back because it's like it's all or nothing with God. Apart from the play, the YPG danced, and together, the ladies at the Hobby Unit joined in for a fun time dancing.



Bishop Bira had the opportunity to do the "Straight Talk" podcast with some inmates. We had the open call service with approximately 400 inmates.

In the service, there was talk of "Never Again" (Psalm 1:1-6). The family made prayers, and the prayer was to cancel the sentence. During the meeting, we had many testimonies of the inmates who made the 21 days of Daniel's fast. We distributed Bibles and books in English and Spanish to those who still needed them. At the end of the meeting, the volunteers were available to those who would like to receive care and prayers.



*"I cry out to God; yes, I shout. Oh, that God would listen to me! When I was in deep trouble, I searched for the Lord." Psalms 77:1-2*

*Speak out, I am all ears! If you want to be added to my E-Message list, send me a letter with the correct info to: 7075 SW. Fwy. Houston, TX 77074.*

*Include: Name/ID #, Facility, Complete Address, City/State, and the Zip code.*



## STAY ENCOURAGED WITH DAILY PROGRAMS

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**LET THERE BE LIGHT | 12am**



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# The power of making a pact with God.

What is the secret behind success and financial, professional, and personal fulfillment? Studies, opportunities, and years of effort and dedication? These choices are undoubtedly crucial, but imagine what can happen when the first option is faith in God and a pact with Him.

**B**usinessman Fabrizio Yoshimitsu Matsumoto, 39, who has had a difficult life since childhood, can answer this question. “We lived in a rented house, which rained more inside than outside. Once, there was a shootout in the street, and we had to throw ourselves on the ground, as the wall was made of old wood. We left this house,” he recalls.

The change in environment, however, did not mean better living conditions. “We went to live in an apartment, which would be paid off in 21 years, and we thought everything would get better, but then my parents separated. My first official job was at a fast-food store. I was a cashier and earned just over \$300. I stopped studying early and had no expectation of a promising future,” he says.

--CHANGE--

Fabrizio arrived at The Universal Church in debt and suffering from panic attacks and depression. He was healed, but as he did not fully obey the Word of God, he still lacked inner peace. “My wife separated from me because I was still insecure, jealous, and possessive. At that time, we lived in a small back room in a backyard with several houses.

*We paid a partial amount of the rent with great struggle, to the point where we had to ‘hide because we couldn’t pay the full rent.’*

He already understood that change would come through a pact with the Word of God. He learned that at the “Strong Nation” meetings on Mondays at The Universal Church. “I expressed my faith and signed this pact. The first change occurred within me. I started to have confidence, strength, courage, and vision. He knew that everything would work out if he practiced what he saw through faith. I learned through a pact with God and faithfulness that wherever I would place my feet and,

even if there was no ground, God would make a way for me,” he says.

He tells how he learned to exercise faith even without having the perfect conditions to do so. “I started a business with no money; I worked in a restaurant, and customers asked me to come to their house. I started an event company that served celebrities and people in the media. My life started to change. I bought some items and paid off my debts. God placed confidence within me, and my relationship was restored, too; I married my wife again.”

For him, the pact made with God made all the difference. “Every time I attended a meeting, I left stronger, full of certainty, and with a different outlook. We have our family, our house, and a restaurant, and I continue with my events company.” Today, Fabrizio’s life is completely transformed and blessed.

9

## MONEY HACKS TO SPEND LESS

1

### LOWER PURCHASE COSTS

Wait for a sale, buy generic, buy used/thrift.

2

### GET THINGS FOR FREE

Use exchange boards, free boxes, tell people you’re looking for a thing.

3

### COLLECT CARD POINTS

Credit card points can redeem for cash, grocery store points can mean discounts.

4

### GET SOMEONE ELSE TO PAY

Account opening bonus, affordable housing lottery, plan for a gift/inheritance, couchsurf.

5

### USE EXTRAS AT YOUR JOB

Professional development, free coffee or lunch, FSA account to lower taxes.

6

### USE LOOPHOLES

Clip coupons, Try a 0% APR transfer, airfare glitch pricing, max an IRA, stay under a tax bracket.

7

### LEVERAGE YOUR SMALL BUSINESS

Use business income to pay for (legit) expenses, create a pass-through for income to lower taxes.

8

### SHARE THINGS

Share your car, bike, house, apartment, movie site login, food, tools, electronics...

9

### DO IT WITH OTHERS

Have an accountability buddy to report to, volunteer to save on entry, have a potluck, barter or trade.



### OR BRING MORE MONEY IN

Get a roommate or rent a room. Ask for a raise, or get new job or side hustle. Raise your rates.



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