



# New Life

## Real or myth?

Many have experienced a total life transformation through faith and action in God's Word. You, too, can experience it. Learn how.



**"I have endured many traumas throughout my life, a journey that spanned over 20 years."**

Read Tanike's story on page 7



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**Bishop Edir Macedo**

Let him hear what the Spirit says to Christians: Accept or Surrender?

Watch the new season at 9 PM ET



One Man's Journey from Alcoholism to Engineering and Financial Success!



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### New Life: Real or Myth?

When you hear the word "new," what comes to mind? Most of us think of something fresh, never seen or done before—like a brand-new house, a business idea, a new pair of shoes, or a car. But have you ever wondered what it would be like to have a new life? Have you ever wished you could hit a reset button and start over? What would you do if you had that chance? How would you write your story?

Many people dream of living a different life—one where their family is united and happy, their love life is fulfilling, their health is good, and they have financial stability. But for a lot of people, even though they wish for better, they've come to accept life as it is. They think it's too late to start over, whether because of their circumstances, their age, or their past.

But here's the good news: no matter where you are in life or what you've been through, it's never too late to start again. With God's help and through the power of faith, a new beginning is always possible.

A new life doesn't have to be a distant dream. It starts with a decision—choosing not to accept things as they are and surrendering the life you don't want into God's hands so He can transform it. At The Universal Church, we have a special event called "Break The Yoke," designed to help you fight against spiritual bondages and overcome the problems that have been holding you back. It's time to break free and start fresh. Join us this Sunday at 10 AM at a branch near you to learn more. A new life is waiting for you.

## | BEATING DEPRESSION |

Depression is more than just feeling sad—it's a deep, overwhelming sorrow that affects the very core of a person. It brings feelings of hopelessness and creates a heavy void that can drain the motivation to do even the simplest things. In severe cases, depression can cause people to lose the will to live. It feels like a sickness of the soul. But who can heal the soul? Only the Savior, the Lord Jesus, has the power to restore a troubled heart.

Every Sunday, The Universal Church opens its doors to those seeking to overcome depression. If you're in need of support, you're invited to visit a nearby branch. By joining a Chain of Prayer—attending prayer meetings for seven consecutive weeks—you'll gain spiritual strength through powerful prayers, practical guidance, and personal counseling.

You are not alone in this battle. Thousands of people around the world have shared their stories, showing that a Chain of Prayer can truly make a difference. You can be the next success story. You can

**BEAT DEPRESSION**  
BEATING DEPRESSION THROUGH THE POWER OF FAITH!

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



### Bishop Edir Macedo



## Let him hear what the Spirit says to the Christians: Accept or surrender?

**H**ow many times have you accepted Jesus as your Lord and Savior, yet nothing changed in your life? The problem isn't that you accepted Him—it's that you didn't surrender your life to Him. Whether you accept Him or reject Him doesn't really matter. Nothing will change until there is total surrender.

How can someone accept Jesus without fully surrendering and still expect to receive a new life? It's impossible to receive a new life without letting go of your old one. You can't hold on to two lives at once.

The Spirit of God can only fill those who completely and unconditionally surrender their lives to Him—not those who simply accept Him. That's why the Lord commands us to "Put on the whole armor of God" (Ephesians 6:10-18). The armor of God is the fullness of His Spirit. In the same passage, He says, "Take up the whole armor of God." To take up or put on the armor of God, you must give or surrender your life to the Lord Jesus.

The Spirit of God is the Spirit of Faith. This faith allows a person to be born of the Spirit. This



faith transforms a person's character, turning someone who may have had bad habits into a new creation, filled with the Holy Spirit.

However, this faith requires sacrifice—giving up your current life to receive the new life the Lord offers. Putting on or taking up the whole armor of God is a personal decision, one that cannot be transferred. It's an act for those who genuinely want to change their lives.



## "Addiction was a common theme in my family..."

church, but I was still hungover from the night before. That day, I realized something was wrong. I had an addiction, and it wasn't going to go away on its own.

After that, I started going to church regularly. I'd go on Mondays, Wednesdays, Thursdays to pray for my family, Fridays, and Sundays. Little by little, I started seeing changes. The first thing I noticed was that I didn't really want to drink anymore. It didn't happen overnight, but soon I'd have one or two beers and think, "I don't want this anymore."

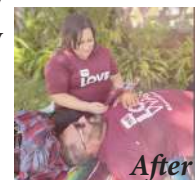
As I kept going to church, I realized I didn't need alcohol to fill the void or to run from my problems. I started facing them instead, and I left my worries at the altar. After I was set free through deliverance, I started attending church on Wednesdays to seek the Holy Spirit. I received the Holy Spirit on

a Sunday during a powerful prayer. I felt Him, I heard Him speak to me, and it changed my life completely.

My whole personality changed. I'm not the same person I used to be. I feel free. The Holy Spirit set me free from my past, and I feel like a brand-new person. I don't have anger anymore, and I don't want or need alcohol.

Coming to church makes me happy now. My husband and I are back together after almost getting divorced. We come to church as a family, and our kids are happy that we're back together. Life is so much better with God.

If it wasn't for the Holy Spirit, I wouldn't have the life I have today. I left the old me on the altar, and now I'm a new person. Monique Rosas



# HEALING WATERS



RECEIVE THE HEALING  
WATERS THIS SUNDAY  
at your nearest  
Universal Church



## "No more Leukemia"

I was diagnosed with myelodysplastic syndrome, which eventually turned into acute leukemia. The illness left me extremely weak, and I felt as though I was nearing death. The doctors told me I only had a year to live.

However, my sister, full of faith, anointed my body with oil and prayed for me. From that moment on, everything changed. I was completely healed. The leukemia is gone.



## "SHE NO LONGER NEEDS SURGERY"

I had been dealing with a serious blockage in my leg that left me in constant discomfort and pain. After seeing a specialist, I was told that surgery was the only solution to correct the problem, but I trusted that God could intervene. Before heading to the hospital for the surgery, I took a moment to anoint my leg and head with oil, praying by faith for healing. I knew that God could perform a miracle, even in a situation that seemed hopeless.

Once I arrived at the hospital, I was given medication to sleep in preparation for the procedure. When I woke up, however, the doctors came to me with surprising news: they couldn't find the blockage anymore. They had run all the tests again, but the problem in my leg had completely disappeared! I no longer needed surgery. What the doctors thought was impossible, God made possible. I walked out of the hospital with my leg healed, and today I'm grateful to God for the miracle that spared me from surgery.

## "No more stomach pain"



For eight long years, I suffered from constant stomach pain. It wasn't just occasional discomfort; it was severe and persistent. I went to doctors, tried medications, and changed my diet, but nothing seemed to work. The pain became a part of my daily life, something I thought I'd have to live with forever.

Before coming to church today, the pain flared up again, just as it always did. But during the prayer for healing, something incredible happened. I felt a warmth in my stomach. Slowly, the pain began to subside, and by the end of the prayer, it was completely gone. I couldn't believe it!

Now, I'm touching my stomach, pressing on the spot where the pain usually was, but there's nothing—no pain, no discomfort, nothing but relief. After eight years of suffering, I am healed! I know without a doubt that God has worked a miracle in my life, and I'm finally free from the pain that had burdened me for so long.



## "My neck doesn't hurt anymore"

For a long time, I was dealing with excruciating pain in my neck. It got so bad that I couldn't even turn my head without feeling a sharp, unbearable pain. Despite the medical treatments, the relief was only temporary. I would wake up each day hoping for some improvement, but the pain kept returning, making everyday tasks almost impossible.

However, after receiving prayer and seeking healing by faith, something incredible happened. The pain that had controlled my life vanished completely. Now, I can move my head freely without any pain or stiffness. My neck doesn't hurt anymore, and I no longer need injections or treatments. It feels amazing to finally have my mobility back! I am so grateful for this healing and the new freedom I have.

"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.

John 14:12



| MESSAGE |

Bishop Joshua

## TAKE THE FIRST STEP



How often do we find ourselves waiting for everything to be perfect before we start something? Whether it's launching a new project, improving our health, or building a better relationship, we often hold back, thinking we need everything in place. But here's the truth: you don't need to have it all figured out to begin. You just need to take the first step!

Think of someone training for a marathon. They don't wait until they're in the best shape of their life to start—they begin where they are, step by step. The same goes for faith and life. You take that first step, trusting that the rest will follow.

The Bible gives us a powerful example of this. When the Israelites stood before the Red Sea, with Pharaoh's army closing in behind them, God told Moses to take action, even though the way forward wasn't clear. He instructed Moses to lift his rod over the sea, and only then did the waters part. Moses didn't wait for the sea to split before he raised his rod—he acted in faith, and God responded.

The Lord said to Moses, "Why do you cry to Me? Tell the children of Israel to go forward. But lift up your rod, and stretch out your hand over the sea and divide it. And the children of Israel shall go on dry ground through the midst of the sea." (Exodus 14:15-16)

In this moment, God was teaching them—and us—that it's about taking the first step in faith, even when we don't see the full picture. When you move forward, God moves with you. He provides what you need along the way, but it all starts with you taking that first step.

What's your Red Sea? Where in your life do you feel stuck or hesitant to move forward? Take that step today. If you're waiting for everything to line up perfectly, you might be waiting forever. But if you trust God and walk in faith, you'll see doors open, obstacles removed, and His power revealed in your life.

May the God of the Bible bless you!

## "I HAD CONSTANT NIGHTMARES, WHERE I'D BE CHASED OR FEEL LIKE I WAS GOING TO GET KILLED."

Ever since I was young, I was always afraid of the dark. I would hear noises, and sometimes I'd hear my name being called when I was alone. That fear never left me; once it got dark outside, I couldn't go out because I was terrified. I always felt like something was watching me, something was going to come after me. I had constant nightmares, where I'd be chased or feel like I was going to get killed. I would even see doors opening and closing in my house, and I remember seeing shadows—like human shapes—moving on the walls and ceiling. I know I was awake. I would try to wake up my parents, but my dad would look around and say there was nothing there.

Things got worse when I played with a Ouija board. After that, my nightmares became more intense. I would see a shadowy figure in my dreams, and somehow, I just knew it was the devil. I couldn't approach it. It was like my mind was warning me not to. I woke up terrified, and more often, I would hear my name being called, even in broad daylight. I could be anywhere—outside, inside—and I'd hear, "Monica," but no one would be there.

One day, my sister invited me to church. She didn't say much about it, but I always turned her down. I'd tell her, "We're Catholic, we don't need to go to another church." But the truth was, we barely went to church—only for special occasions. Then I found out my husband had been watching a church program on TV at midnight. He told me about it, and finally, I agreed to watch. After a while, we decided to go because we were struggling financially and needed help.

The first time we went to church, I felt so good after the service. I felt light and relieved. They invited us to come back on Wednesdays and Fridays. When I found out that Fridays were for people with spir-



itual problems, I knew I needed to keep going. I spoke to the assistants, and one of them challenged me to come for seven Fridays and see if I noticed any changes. If I didn't, I didn't have to come back. I accepted the challenge.

For seven Fridays, I went to church and did the prayers. I started noticing a difference. I felt different. So I decided to do another seven Fridays, and then another. It went from seven Fridays to me being at church for almost 20 years now. My life has completely changed.



Today, I don't hear voices or my name being called anymore. I don't have nightmares of being chased or feeling like I'm in danger. I feel safe and at peace. Spiritually, I know I have God with me. The Holy Spirit has transformed my life. My love life is blessed—I finally

got married after years of being in an on-and-off relationship. I have three wonderful children, and financially, God has blessed us. My husband has his own business, and I recently started mine, too.

For me, the Holy Spirit means a new beginning. Before, I was a completely different person, but now I have peace and love in my heart. The Holy Spirit gave me a new life—a life of happiness, guidance, and security.

Monica Tejada

October 2024 Bible Reading						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 Ecclesiastes Ch. 1	2 Ecclesiastes Ch. 2	3 Ecclesiastes Ch. 3	4 Ecclesiastes Ch. 4	5 Ecclesiastes Ch. 5
6 Ecclesiastes Ch. 6	7 Ecclesiastes Ch. 7	8 Ecclesiastes Ch. 8	9 Ecclesiastes Ch. 9	10 Ecclesiastes Ch. 10	11 Ecclesiastes Ch. 11	12 Ecclesiastes Ch. 12
13 Malachi Ch. 1	14 Malachi Ch. 2	15 Malachi Ch. 3	16 Malachi Ch. 4	17 Romans Ch. 1	18 Romans Ch. 2	19 Romans Ch. 3
20 Romans Ch. 4	21 Romans Ch. 5	22 Romans Ch. 6	23 Romans Ch. 7	24 Romans Ch. 8	25 Romans Ch. 9	26 Romans Ch. 10
27 Romans Ch. 11	28 Romans Ch. 12	29 Romans Ch. 13	30 Romans Ch. 14	31 Romans Ch. 15 & 16		

## THE UNIVERSAL CHURCH HELPING MICRONESIAN COMMUNITIES IN THE U.S.



Micronesia is a subregion of Oceania, made up of around 2,000 small islands in the Northwestern Pacific Ocean. It shares a close cultural history with three other island regions: Maritime Southeast Asia to the west, Polynesia to the east, and Melanesia to the south, as well as with the larger Austronesian community. In the U.S., the Universal Church has outreach efforts for Micronesians in states like Iowa, Colorado, Washington (specifically in Seattle), and Oregon. Many social programs have been established to support the community and their families.

### Event for Micronesian families in Iowa

On Labor Day, September 2nd, 2024, at 4 PM, The Universal Church hosted a family day at Chris Larsen Park in Sioux City. Around 50 people attended, mostly from the Micronesian community. The youth played volleyball, children enjoyed the playground and ran around on the grass, while the parents relaxed, watched, and chatted over a shared meal. A special moment was set aside for a prayer and a Labor Day message.



### Evangelistic Work in Iowa



The Universal Church currently holds special prayer meetings on Sundays at 10 AM at the Stoney Creek Hotel, 300 3rd Street, Sioux City, IA 51101. For more info, please call [712-797-1280](tel:712-797-1280).

### Hospital Visits: Bringing hope and healing

One of the most significant outreach efforts of the Universal Church is its hospital visit program. Volunteers from the Church regularly visit local hospitals to offer support to patients and their families.



### Empowering Micronesian youths: The Universal Church's commitment to a brighter future

The Universal Church is committed to empowering Micronesian youths and helping them build a brighter future. Through educational support, cultural enrichment, and community engagement, the Church provides the resources and opportunities needed for these young individuals to thrive. By investing in the next generation, the Universal Church is not only transforming lives but also fostering a stronger, more vibrant community for all.



### House visits: A blessing for Iowa families

Pastor Valdo has leading a series of house prayers that have touched the hearts of many families. These intimate gatherings are not just about seeking blessings for homes but are also a time for fellowship, reflection, and spiritual renewal. Throughout the past months, countless families have shared their testimonies of how these house prayers have transformed their lives. From healing relationships to finding peace in times of uncertainty, the impact has been profound. Participants often describe a renewed sense of purpose and a stronger connection to their faith and community. If you live in Iowa and are seeking a blessing for your home or family, we encourage you to reach out to Pastor Valdo to schedule a house prayer and become part of this uplifting journey.



It's possible to have a new life

**H**ave you ever wished you could erase much of your past? Many people dream about waking up as a new person, with a fresh start and the chance to do everything differently. The good news is that this is possible, but it requires following a specific process.

Picture this: you have a book filled with blank pages, and starting today, you can write a new story for your life. This transformation hinges on one important decision: you must let go of your old life, along with everything that led you to make poor choices and experience missed opportunities.

You might be wondering what happens to the mistakes you've made. Can you really erase them or "tear out" the pages where they were recorded? Unfortunately, that's not possible. However, you can receive forgiveness for those mistakes. But there's only one way to achieve that.

Until you recognize that your unhappy life stems from your own choices, you'll keep repeating the same mistakes and end up with the same results.

Acknowledging your past mistakes is the first step toward the new life you envision. To truly embrace this new life, you must strive to live righteously, which often requires personal sacrifices. A key moment in this journey is marked by our personal surrender. It means to surrender your whole life to the One who can make all things new. It takes your participation, and God is more than willing to give you a new life.

The Word of God assures us that this transformation can happen. The book of Genesis shows that God chose to give humanity a second chance, restarting the world after the flood. Numerous other biblical passages highlight how the Almighty allows people to begin anew.

For anyone seeking a fresh start, it's crucial to take action and partner with the One who never fails: The Lord Jesus. We invite you to join us for our Sunday services, Gathering of Faith and Miracles, where you can explore this journey of transformation. We also hold deliverance sessions every Friday for those seeking total deliverance. Come and experience the change you've been longing for!



## New Life: Real or Myth?

### "I was diagnosed with PTSD, and I started drinking heavily."

**I**served in the military for eight years and was deployed to Afghanistan three times as an infantryman. On November 9, 2007, around 3:30 in the afternoon, we got ambushed from six different positions. It was chaos, and I lost friends that day. That large-scale assault took place in one of the most violent regions of the country, and it really distorted my mind. I wasn't thinking clearly. I lost my sense of self-preservation—I didn't care if I lived or died. I volunteered for every mission that came our way. I just wanted to make them suffer for what they did.

When I came back, I carried a lot of injuries with me, both physical and emotional. I was diagnosed with PTSD, and I started drinking heavily—really badly. I also got into cocaine. At the time, I had two kids and a baby on the way. My kids were terrified of me. I'd wake up high and stay that way all day long. I did things I'm not proud of, and I wasn't faithful to my wife.

For years, my mom kept telling me to come meet God and talk to Him. She said that He could remove the pain in my heart. I remember the first time I went to church; it was a Wednesday. I sat in the back, and from the start to the end of

the service, I cried the whole time. My sleeves were soaked, and even though I didn't say anything out loud, inside I desperately wanted to change.

At first, I would only come on Wednesdays and Fridays, but then my mom began teaching me about the different days and their meanings. She explained that Mondays were for one thing, Tuesdays for another, and so on. I decided to start with Wednesdays because I felt a weight lifting off my shoulders. I began to smile again, and for the first time, I felt hope that I could change.

The day I received the Holy Spirit inside the church was transformative. I asked Him to come into my heart and open myself to true peace and love. I wanted to become a person



who could show love to my family and be completely different. I knew He was the only one who could help me. I had tried to do it all alone for so long, and I just couldn't.

When I finally opened my heart to Him, it was the best decision I've ever made. The feeling was wonderful. Now, my kids jump on me and tell me they love me. It's an incredible change. I have this peace in my heart, and no matter what happens, I trust that I am taken care of.

In the past, I used to get really depressed, especially on anniversaries when I lost my friends. I'd shut myself in my room and shut down completely. But now, it doesn't bother me like it used to. I understand what happened, and I give God thanks for bringing me out of that darkness. Now, I know His plan for me is to help other veterans.

To all my fellow veterans, don't let your past define who you are. There's something more for us out there,

and it's God. He will take away that pain, that survivor's guilt, the bad dreams, and the thoughts that make you feel worthless. What we did isn't who we are; it's just something we had to endure. I encourage you to look for Jesus. Talk to Him the way I do. Open

your heart to Him, truly open your heart, and He will reveal who He is—our Savior. I encourage all of you to seek God. The Chains of Prayers worked for me, and I know they can work for you, too. - Juan Diaz

## “I have endured many traumas throughout my life, a journey that spanned over 20 years.”

At the age of 13, I was raped. At 14, I was molested by my uncle. I had a whole lot of traumas in my early age. I realized from my rape at 13, I wasn't able to sleep. I have endured many traumas throughout my life, a journey that spanned over 20 years. I was so traumatized that every time I lay my head on the pillow, I would wake up from my dreams, as if the triggers and trauma were repeating themselves. I was always tired and exhausted because I couldn't get sufficient sleep. My trauma and past left me with no escape, no refuge.



I love therapy on Thursdays, and, of course, deliverance on Fridays. Coming to this church has opened my eyes spiritually and brought me a deep sense of peace. I found God, and He blessed me with that peace.

There's no turning back for me now. I've never felt this at peace or this happy before. I go to bed without medication, without marijuana—just a word of prayer, and I'm out. That's the grace of God, and I'm truly grateful.

I understand what it's like to lie awake, haunted by your thoughts—whether it's triggers from the past, pain, heartbreak, or your own inner battles. It's time to take a leap of faith. Trust in the word of God. Make that commitment and sacrifice. Invite Him into your life, knowing that He can fix what feels broken.

If you've turned to medication or struggled with addiction, understand that these are not true solutions. I am living proof that God can make a way. You just have to build your trust in Him, dedicate your time to Him, and put Him first. When God is first, everything else will fall into place, and you will find true freedom. Strong prayer worked for me and I encourage you to come on Fridays to get delivered from all your sufferings. - Tanike Thorpe

In my early 20s, I turned to marijuana, thinking it was my safe haven. It provided temporary comfort and helped me try to sleep, but I quickly realized it was very addictive. I found myself unable to sleep without it. There were times I felt like I was screaming inside, yet no one could hear me. I was bottled up in fear—fear of sleep, fear of facing my trauma. It became so overwhelming that I lost my sense of purpose. I started self-harming, wanting to end the pain and darkness.

I came to a breaking point, feeling utterly hopeless.

Then one Friday night, I decided to go to church for a night of deliverance. To be honest, I didn't want to go; I was suffering from a migraine and felt weary. But I remember leaving that night feeling grateful. My headache disappeared, and I realized the devil tried to steal that night away from me, but he didn't succeed. I experienced deliverance and went home feeling a profound sense of peace. I can remember that night like it was yesterday.

Since I came to this church in October of last year, I haven't missed a Sunday. I attended financial night on Mondays, healing night on Tuesdays, Bible study on Wednesdays,

## I came to a breaking point, feeling utterly hopeless.

# 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!*

### “My journey from darkness to light”

My name is William, and I’m 42 years old. When I was just 11, I left home and got involved in the world of drug trafficking. Being so young, I followed the lead of others, doing whatever they asked, and I found myself getting deeper into a life of crime. In addition to dealing drugs, I began committing robberies and assaults, which eventually led to multiple incarcerations.



But despite everything, I felt empty inside—a deep sadness consumed me. I suffered from insomnia and couldn’t sleep anymore. I felt so unsafe that I started carrying guns everywhere, even sleeping with them at the four corners of my bed, afraid someone would break in and kill me. My unhappiness spilled over into my relationships,



and I caused others to feel the same. I’d pick fights with people whenever I could, which only created more enemies. My life was falling apart, becoming a disgrace. I went through three failed marriages

and had no faith in anything or anyone—not even God. For me, money became my “god.” Dark thoughts of death and violence filled my mind. In



one terrifying moment, a group of men broke into my house to kill me. I remember thinking, “God, please save me.” Miraculously, they fled without harming me.

That day, I went straight to the bathroom, dropped to my knees, and thanked God. It was a Sunday, and I decided to get ready and go to church. From that moment on, my journey with God began. I attended services faithfully, and one Wednesday night, I heard the message: “If you are not born of water and the Spirit, you cannot enter the



kingdom of Heaven.” It hit me hard. I thought, “I need to meet God.”

I took what I heard seriously. One Wednesday

night, I sat in the front row, determined to receive the Holy Spirit—and that night, I did. The joy was overwhelming. My life began to change. The bad habits started to fall away, my thoughts shifted, and the anger I once had was replaced with love for others. I even sought forgiveness from those I



had hurt, and many of them came to know Jesus as well.

Today, I share the Word of God with everyone I meet. I’m blessed to have a woman of God by my side, and I serve as an assistant in the church.

I also volunteer with UBB (Universal Beyond Bars), helping those who are imprisoned just like I once was. What God has done for me is beyond measure. I now have a family, and we are all blessed with peace and unity.



### “Who can I count on?”

Hey! Listen up UBB is in the House!! Send your letter, or E-Message to Bishop Bira Joshua 7075 SW. FWY. Houston, TX 77074. Be sure to include: Complete first and last name. Inmate number. Facility name, and complete address. City/State and Zip code.

“Teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen.” Matthew 28:20





# Vision and Behavior

The human brain primarily operates through vision—whether it’s what your eyes see, what your mind remembers, or what your imagination envisions.

Give your brain an image, and it will use all its power to pursue it. For example, when your stomach signals that it’s hungry, your brain brings up images of the food you want or what’s available.

You then begin searching for that food, preparing it, eating it, and finally, your hunger subsides.

Without the images stored in your mind—the database of all the food you’ve seen and tasted—you wouldn’t know how to satisfy your hunger. This also explains why you don’t crave food you’ve never seen.

This is how faith works; it follows a similar process. Faith “sees” what it desires through the eyes of imagination, fueled by the Word of God.

Whether it’s a cure for cancer, debt paid in full, forgiveness from sins, a transformed life, or freedom, faith begins with a vision.

Once this vision of faith is planted in the mind, the person unites their strength to bring it to life. Prayer, boldness, sacrifice, behavior changes—all of this is driven by the power of that vision.

For example, the cancer patient begins to declare that they’re healed. The incarcerated person starts to believe they’ll be home soon.

They no longer see themselves trapped in chemotherapy or prison; through the eyes of faith, they envision a clean medical report or a productive life outside prison walls.

And their behavior follows that belief.

The person in debt begins to see themselves debt-free. They take steps to pay it off, practice financial discipline, negotiate with creditors, give their tithes, and test God’s promises. Eventually, the vision turns into reality.

Everything in life first requires a vision before a solution can come. When your vision changes, your behavior naturally follows because vision dictates your actions.

So, where have you been looking with your physical eyes? What have you been recalling through your memory? And how are you using your imagination?



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 4pm with Bishop David

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"From bottles to blueprints:  
One man's journey from  
alcoholism to engineering  
success!"



I had people around me who called themselves my friends, but they were the same ones who offered me drugs and alcohol and took me to parties. In an attempt to please them, I ended up giving in and ruining myself," says Allen Gabriel.

Allen's battle with alcohol began to spiral out of control as his drinking became more frequent. "Alcohol left me exhausted and hungover. I started skipping college classes because I wasn't in the right frame of mind to study. It wasn't just my studies that suffered; I found myself in debt from spending so much money on my addiction. I thought I was getting the attention of my

friends, but it only pulled me further into a pit," he recalls.

As the problems mounted, Allen's life began to unravel. He wanted to escape his addiction but couldn't find a way out. "I felt so much sadness. My life was falling apart—I wasn't happy in my relationships, I wasn't able to focus on my studies, and my finances were a mess. My so-called friends were only leading me deeper into trouble."

Finally, Allen made a life-changing decision. After attending a church service, he decided to surrender his life to Jesus. "My eyes were opened. I knew I needed to distance myself from everything that displeased God."

Allen cut ties with toxic friendships, left the band he had been part of, gave up drinking, and was baptized. "I buried the old me and put the past behind me. I promised I would never be the same again, for the love of God and my own life."

With a renewed sense of purpose, Allen began to seek the presence of the Holy Spirit. "I wanted Him more than anything else. One day, while praying at home, I was filled with the Holy Spirit. It was like everything finally clicked into place."

Today, Allen's life is completely transformed. He faces

challenges like anyone else, but his hope and trust are firmly in God. "I serve God with my life on the altar, and with my experience, I can help others who are going through the same struggles. My purpose now is to serve, help, and strengthen those who are facing difficult times in their lives," Allen concludes.

—Allen Gabriel Nogueira, 31, Engineer



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