



JIVERSAL EWS



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Negative-201

Life is spiraling out of control?





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Edir Macedo
Recipe to
overcome
evil



"The mass in my pancreas disappeared." **Gathering of Faith and Miracles**



Every Sunday at 10 AM



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OPINIONS

IN THIS EDITION

Negative energy

We've all heard the term *negative* energy. Usually, we think of it as that uneasy, drained feeling we get when we're around toxic people, stressful environments, or even our own troubling thoughts. As human beings, our instinct is to get as far away from that negativity as possible—because we know it leads to frustration, agitation, and can take a serious toll on our overall well-being.

But what if the negative energy you're feeling doesn't come from a specific person, place, or situation? What if, no matter how much you try to escape it, the negativity seems to follow you? How do you get rid of something that clings to your life like a shadow?

What many people don't realize is that negative energy isn't just a feeling—it can be a sign of something deeper: the presence of negative, spiritual forces. These forces—demonic spirits—have one mission. As the Word of God tells us, their goal is to *steal* your peace and happiness, *kill* your faith and hope, and destroy your life by causing confusion and chaos.

The only way to truly defeat these spiritual attacks is with spiritual weapons. If your life feels like it's spiraling out of control, negative energy might be affecting you. But here's the good news: you can take your life back. You can overcome negativity and experience peace again.

Every Friday at The Universal Church, we hold powerful services focused on deliverance and spiritual cleansing. Come discover how to break free from the negativity that's been weighing you down—once and for all.

No matter your situation, you can be free through faith. Join us this Friday at 7AM, 10AM, 4PM, and especially at 7PM. Your breakthrough starts now.

BEATING DEPRESSION

Depression is more than just feeling sad—it's a deep, overwhelming sorrow that weighs down the soul. It brings feelings of hopelessness, drains motivation, and makes even the simplest tasks feel impossible. In severe cases, it can even rob people of their will to live. Depression isn't just a state of mind—it's 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 who are battling depression. If you need support, we invite you to visit a nearby branch. Join a Chain of Prayer—a seven-week commitment where you'll receive spiritual strength through powerful prayers, practical guidance, and one-on-one counseling.

You are not alone in this battle. Thousands around the world have found hope and transformation through faith, proving that a Chain of Prayer can truly make a difference. You can be the next success story. You can overcome depression!





Bishop Edir Macedo

A

Recipe to overcome evil

After many years of serving God, we've discovered something powerful—a sure-fire recipe to overcome the devil! Want to know what it is? Then take a moment to reflect with us, because this could be the key you've been missing.

Let's think about something simple: How can someone avoid catching a cold or the flu if they never get vaccinated, don't eat foods rich in vitamin C, and constantly expose themselves to cold weather? It's almost impossible!

In the same way, how can anyone expect to be protected from the devil or break free from his influence if they never deal with the very things that attract or keep him in their lives? This is where a hidden plague comes in—PRIDE.

Sadly, proud people almost never admit they are proud. And someone who is envious or arrogant is unlikely to acknowledge those feelings either. Ask yourself: how often have you heard someone say, "Yes, I'm arrogant," or, "I think I'm better than everyone else"? Even when a person's life is falling apart, pride can blind them to the truth.

The Bible gives us a perfect example:

"But Naaman became furious and went away and said, 'Indeed, I said to myself, "He will surely come out to me, and stand and call on the name of the Lord his God, and wave his hand over the place, and heal the leprosy." Are not the Abanah and the Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?' So he



turned and went away in a rage." — 2 Kings 5:11–12

Naaman is a classic example of someone who let pride get in the way. Instead of humbling himself and following the clear direction from God—through the prophet Elisha—he expected a grand, dramatic healing. He thought he deserved the VIP treatment. But Naaman only overcame his leprosy after setting aside his pride and obeying God's instruction to dip himself in the Jordan River.

So what's the one essential ingredient in this spiritual recipe?

Step down from your pedestal and overcome your pride. That's it. Simple, but not easy. Pride is often the biggest barrier between us and the deliverance, healing, and transformation that God wants to give us. Break free from it, and you'll see what God can truly do in your life.



My suffering began in child-hood. I grew up in a troubled home, and at the age of 8, I had my first experience with sexual abuse. The abuse continued for five long years. When my mother finally found out, instead of supporting me, she didn't believe me—and she threw me out of the house. I was devastated. With nowhere to go and no one to turn to, I ended up living on the streets.

To numb the pain, I began drinking every day. Later, I took up smoking—two packs a day—and eventually got in-

"I was always doped up on medication just to alleviate my depression."

volved with other drugs as well.

After some time in this hopeless state, my grandmother took me in. I thought that would be a turning point, a chance to finally find peace and start over. But things didn't get better.

I entered multiple relationships, hoping to fill the emptiness inside me, but none of them worked out. My depression deepened. I developed panic attacks and lived in constant fear. I was always medicated to try and cope, but no pill could remove the deep pain in my soul. Suicidal thoughts overwhelmed me. I attempted to end my life three times.

Then one night, while watching TV, I came across a program

from the Universal Church. Something inside me stirred. I called the number and asked for help. That decision changed everything.

I began attending the church and took part in the chain of deliverance on Fridays and Sunday morning services. Little by little, I began to feel peace—real peace—for the first time in my life.

Today, by the mercy and power of the living God, I am a new person. My life has been completely transformed. I've been healed from depression and panic attacks, and I'm free from all addictions. The peace I searched for so desperately, I found in the Lord Jesus. I no longer think about dying. Now, I live—because Christ lives in me.

Experience the Power of God this Sunday



"The results showed that there was no cancer."

I was taking a shower when I felt a sharp pain in my left breast.

Worried, I went to the doctor, and they scheduled a mammogram. A week later, I was told to come back for a biopsy. That's when the doctor told me they had found two lumps in my breast. He said, "Ms. Campbell, it looks like you have cancer."

At first, I accepted it, but soon after, I became angry and refused to accept that diagnosis. I began using the blessed water, applying it to my breast and praying. I told God, "My sister and my grandmother both died from cancer—I will not be next." I washed my breast with the water faithfully and held onto my faith.

When I returned to get the results, the doctor looked at me and said the cancer was gone. The results showed nothing. It had completely disappeared!

—Ms. Campbell



"I don't need the cane to walk anymore."

The arthritis was so bad, I could barely walk. My foot had become so stiff that when I went to the doctor, they said I needed surgery—but I didn't want that. I couldn't take a step without using a cane.

I started drinking three sips of the blessed water every day, and today, I'm healed. I can walk again, and I don't need the cane anymore.

—Ann Clark

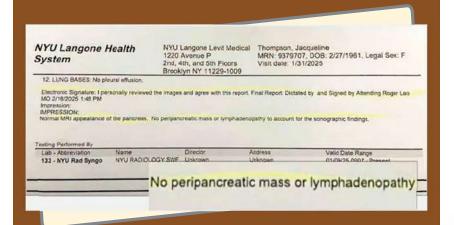


Ms. Ann walking without the cane.



"The mass in my pancreas disappeared."

Since January, I had been losing a lot of weight. I was in constant pain in my abdomen and kept throwing up something green and bitter. I went to the doctor, and they sent me for a sonogram. After the test, they told me there was a mass in my pancreas. I was then scheduled for an MRI to get a clearer picture of what was going on.



Every morning and night, I drank the blessed water and also applied some to my abdomen while praying.

When the MRI results came back, the mass was gone.

They couldn't find anything wrong.

—Jacqueline

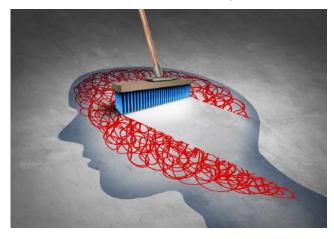




Receive the healing waters
this Sundayat your nearest Universal Church



The antidote for negative thoughts



There's a kind of "poison" we're all exposed to, whether we like it or not-negative thoughts. They come to everyone, no matter your age, background, or beliefs. If you're alive and breathing, chances are you've dealt with them too.

Negative thoughts don't wait for the right moment. They show up uninvited, stirring up doubts, fears, anxiety, and worry-often when you least expect it.

Have you ever been driving and suddenly pictured yourself getting into a car crash? Or felt a horrible fear

that something might happen to a loved one that day? Those thoughts sneak in out of nowhere.

Trying to ignore them doesn't work. You can't stop them from coming, but you can stop them from taking over. And that's where the antidote comes in.

It's simple, powerful, and surprisingly effective: Change your focus.

Start praising God. It shifts your mindset and strengthens your spirit. When you turn your attention to Him, the negative thoughts start to lose

their grip.

We cannot

avoid negative

thoughts from

coming to us,

but we can make

them powerless

against us.

"Therefore submit to God. Resist the devil, and he will flee from you." – James 4:7

The beautiful thing is, we have the incredible privilege of speaking

> directly to God. When we praise Him—even silently or in our hearts those heavy, dark thoughts begin to fade. You don't need to close your eyes or speak out loud. You can do it anytime, anywhere. And when

you do, you're staying rooted in

So next time negative thoughts try to drag you down, remember: you have the antidote. Use it.

May the God of the Bible bless

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | 16-3 | E- | JOHN 1 | JOHN 2 ✓ | JOHN 3 |
| JOHN 4 | 5 JOHN 5 | JOHN 6 | JOHN 7 | B JOHN B | 9 JOHN 9 | JOHN 10 |
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"I had no perspective on life"



afflictions began in my childhood, when I witnessed a crisis in my parents' marriage. When I was still very young, I experienced my father's absence and his abandonment of me to be with another family. My mother's suffering due to my father's betrayals led me to develop feelings of rejection and neediness. Since I was little, I suffered from insomnia, anxiety, and nervous attacks, but everything got worse in adolescence, when my parents separated for good. At the age of 11, I was molested by a man close to me. In addition to the sexual abuse, my mother's partner

started mistreating he me, prohibited me from having fun. I thought that everything

happening was my fault, and because of that, I became more needy and had an inferiority complex.

I started to do everything to attract the attention of boys, especially at school. At the age of 14, I suffered a second sexual abuse by the same man, who was under the influence of drugs. Because of the suffering and the need, I gave myself completely to someone. When they found out, my mother and her partner kicked me out of the house, and I went to live with my father, but my problems continued.

The resentment I harbored towards my father complicated our living together and brought several conflicts. All these difficulties led to depression: I started having several crying and anxiety attacks. I no longer had any perspective on life; all I wanted was to stay locked up and alone in my room.

After some time, I once again felt rejected when I was told that I could not continue living with my father. That was when I decided to move in with my then-boyfriend, who is now my husband. At first, I felt relieved, but then the inner emptiness and sadness grew.

In search of something to ease the pain in my soul, I proposed to him that we should have a child. So, at the age of 17, I became pregnant. However, this new attempt to fill the void did not work. As time went by, I got used to the negative ener-

> gy and normalized certain behaviors, such ing

I got used to the negative hurting myself and energy and normalized mistreatcertain behaviours... my husband. At

age of 20, tired of seeking solutions using only my strength, I went to a meeting at the Universal Church determined to change my life. I understood that it was time to stop victimizing myself, and I gave my life to God. It was not easy, but I decided that my story would be different from that point on.

Since then, my story has taken a different direction, especially on the inside. Faith has given me the confidence that God is with me and, through His Word, the neediness and sadness have been replaced by comfort and joy. Today I have peace within myself and in my home. Now I can be a good wife and mother. I am happy regardless of the circumstances and situations, all thanks to the Holy Spirit.

What's happening at the Universal Church

"My children entered the world of drugs; it caused me great suffering."



Maria Rodrigues saw her family fall apart when her children got involved with drugs. But by putting her faith into action, she saw God restore and transform their lives.

"I grew up thinking I knew God and that I was following His Word—but the truth is, my life didn't reflect what was written in the Bible. My family was completely broken. My children got involved with drugs, and that brought me immense suffering and anguish. There was no peace in my home," says Maria Rodrigues.

Many people say they believe in God and put Him first in their lives. But unless they practice the Word of God, they won't see the reality of His promises. That's why so many people believe in a great and loving God, yet don't experience the results of that faith in their daily lives.

"I was filled with sadness and constant worry about where my children's lives were headed. I felt completely powerless. I couldn't sleep—I suffered from insomnia. To fill the emptiness inside, I started going out to parties with friends and drinking, trying to numb the sadness and anguish I felt. But nothing worked. The problems kept growing, and the sadness only got worse."

Her lowest point came when her son was arrested. "That was the moment I broke down in desperation. Around that time, someone invited me to a meeting at the Universal Church. I'll be honest—I had a lot of prejudice against the church, even though I had never set foot inside. But my pain was greater than my prejudice, so I accepted the invitation."

God is never indifferent to our suffering. Even in our lowest moments, He gives us the opportunity to repent and change the course of our lives.

"By attending the chain of prayer services at the Universal Church, I began to learn how to use my faith in an intelligent and practical way. I realized that for God, there are no impossible cases. He can change any situation. I gave my life completely to Him—I put all my faith and hope in His hands. From that moment on, I began to see God's care for me and my family. I learned to trust Him fully. Through His mercy, my son was set free—and most importantly, he is now in God's presence."

Today, Maria's life is completely different. "My family is blessed. There's unity in our home. I no longer need parties or alcohol to feel happy—I've found true joy in the Lord Jesus. Now, my greatest joy is sharing this peace and hope with others. Just as God transformed my life, I believe He can do the same for anyone who comes to Him with sincerity and faith."

-Maria Rodrigues

"I tried to commit suicide twice."



As a child, I struggled with extreme aggression and overwhelming anguish. From as early as 7 years old, I suffered from insomnia. Night after night without sleep began to affect my performance in school. I was restless, easily agitated, and often got into fights. I remember reaching a point of despair, thinking there was no solution to my pain—and for the first time, I seriously considered ending my life. I believed death was the only way I'd ever find peace.

That aggression stayed with me into adulthood. Anytime I was under pressure or stress, I would explode. I also began suffering from chronic pain—severe stomachaches and migraines that would last for days, leaving me bedridden and completely incapacitated.

Despite having a good job and being in a respectful relationship, I was deeply sad, anxious, and empty. I couldn't understand why everything still felt meaningless. I sank into a deep depression. In an effort to escape, I moved to a new city, started a new job, and made new friends—hoping a fresh start would bring peace. For a while, things

seemed better. But once I settled into a routine again, the emptiness returned even worse than before. Now alone, far from my family, I began to feel a deep sense of abandonment. I was convinced I was truly alone in the world.

That's when I planned my second suicide attempt. I wrote a farewell letter explaining everything I had been going through, and how exhausted I felt. I even picked the place and time—I was going to throw myself onto the train tracks. But God had other plans. He used a woman that day to stop me. Afterward, I sat in front of my house for a long time, reflecting, trying to find some reason to keep going.

And then, help arrived—in the form of an old pamphlet lying on the ground. I recognized the symbol on it immediately. It was an invitation to the inauguration of a new Universal Church near my home. My mother had already been attending the Universal Church, and I remembered hearing about many lives being transformed there. So I decided to go.

That day was not just the opening of a church—it was the beginning of a new life for me. The peace I had searched for everywhere, I finally found in God. Today, I have everything I need. The emptiness I once tried to fill with work, relationships, and distractions was finally filled by the One who created me.

I am no longer tormented by negative thoughts. I am free from depression. I have peace, and most importantly, I have the certainty that God lives in me.

-Lucelia Colonel

50 Days of Transformation That Can Change Your Life



Faith has the power to move mountains, transform lives, and sustain us through every challenge. It is founded on three life-changing events: the crucifixion, the resurrection, and Pentecost. These aren't just religious traditions or opinions—they are real, historical, spiritual, and eternal truths. They form the very foundation of the Christian faith.

During the 50 days between the resurrection of Jesus and the coming of the Holy Spirit, you have a unique opportunity to experience true transfor-

mation. This is not just a season—it's a preparation for the fulfillment of the greatest promise Jesus ever made: the arrival of the Holy Spirit.

The Holy Spirit is everything we need, but He must also become everything we desire. He is not a "bonus" or an optional part of the Christian life. He is God Himself, living inside those who surrender fully to Him. When there is thirst, when there is true surrender, and when He becomes our priority, the baptism with the Holy Spirit becomes a reality.

That's why, beginning on Easter Sunday (April 20) and continuing through Pentecost Sunday (June 8), we invite you to take part in a powerful spiritual journey: 50 days of faith, surrender, and seeking the presence of the Holy Spirit.

This is a time to draw near to God and receive the greatest gift a human being can ever receive—His Spirit dwelling within us.

Come and join us every Sunday at 10 AM and take the first step toward a transformed life.

COVER STORY

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Spiritual problems are deeper than you think Spiritual problems are often much more serious and far-reaching than we imagine. While some people believe these issues only affect the mind or emotions, the reality is very different.

In truth, it's a mistake to treat problems in isolation. The body, mind, and soul are deeply connected—what affects one area can easily impact the others. That's why it's so important to take a holistic approach to healing. Take, for example, someone who's been battling a chronic illness for years. At first, the issue may seem purely physical. But over time, the constant struggle can lead to frustration, hopelessness, and even depression. What started in the body begins to affect the mind—and eventually, the soul. Self-esteem drops, hope fades, and the will to keep fighting begins to disappear.

That's why the Universal Church holds special Friday meetings focused on deliverance. These gatherings are designed to help people break free from the spiritual negativity that shows up in many different ways-like depression, addictions, unexplained illnesses, insomnia, and

When faith is weak, these spiritual symptoms can grow stronger, making it difficult to maintain healthy relationships, hold a job, or enjoy life. Emotional and financial problems often follow. That's why it's so important to address the root of the issue. Our Friday Deliverance Meetings are grounded in biblical principles and aim to help people rebuild their faith, confidence, and strength from the inside out. Through prayer, guidance, and support, you'll discover how to overcome negativity and find true inner peace. Join us this Friday and start your journey to spiritual freedom. (Check the back pages for more details on service times and locations.)

aria grew up in a household with nine siblings, surrounded by constant fights Land physical abuse fueled by her father's addiction. Desperate to escape the chaos, she left home at an early age. "There came a point when I couldn't take the pain anymore," she says. "At 14, I got involved path—from the 8th. with someone just so I could get out of the house. By 19, I was pregnant with my daughter. When she turned one, I separated from her father—and that's when my world fell apart."

Maria moved with her daughter to a new city and began attending the Universal Church. She remembered front of her, and later, her mother died beside her occasionally going to church with her older sister as a child. After the move, another sister invited her again. "I got involved in the things of God," she recalls. "Within a year, I was volunteering. But I was missing the most important part—the Holy Spirit. I didn't realize it at the time. After seven years, I drifted away from God."

At first, life seemed fine without God, but after a year, things took a dark turn. She began drinking,



IS YOUR LIFE SPIRALING OUT OF CONTROL?

"I was a bomb ready to explode."

smoking, partying, and getting involved in unhealthy relationships—with both men and women. "No relationship ever worked. I even got involved with married men. I was chasing something to fill the emptiness inside me. I acted happy around people, but when I got home, fear consumed me. I smoked two packs a day, drank every night to fall asleep, and left the lights on because I felt like something would come to suffocate me in the dark. I became aggressive and constantly got into fights."

One day, after a minor encounter on the subway, Maria lost control. "A woman asked me a simple question, and I snapped. I grabbed her head and slammed it into the metal until she bled. Someone had to pull me off her. I was a bomb ready to explode at any moment." After her daughter got married and moved out, Maria felt like she had no reason to live. Thoughts of suicide became constant. She lived in the same building where one of her sisters had taken her own life by jumping from the 10th floor. Maria was convinced she'd follow the same

"The devil convinced me there was no hope. I believed that death would finally bring peace. I thought I'd do the same thing my sister did." Her past was already heavy with trauma. She had witnessed her father being shot and killed right in from illness. "My biggest pain was remembering that I once served God—but when my mother got sick, I couldn't help her. During the 12 years I spent away from the Universal Church, life just kept proving to me that I had no future." One night, she cut the protective screen on her apartment window and prepared to jump. But before she could, her sister walked in and stopped her. "She said, 'Let's go to the Universal Church.' It was a Saturday night, and I was already drunk. The next morning, she knocked on my door again. I told



her I wasn't going—but something in me ran after her anyway." Maria arrived at church broken and hopeless. She had made up her mind: if she didn't leave the church different, she would throw herself in front of the next car she saw. But what she heard that morning changed everything.

"The pastor read Romans 8:38-39, which says nothing can separate us from the love of God. I had thought I knew God before, but I realized I never truly did. When I walked past the Altar that day, something changed. I felt lighter. I understood that I needed to know God for real." She began attending the Friday deliverance meetings and kept coming back. The more she listened and prayed, the more she felt her chains breaking.

"I was set free from addiction, the desire to end my life, and all the pain I carried. I got baptized in water and started seeking the Holy Spirit with everything I had. When I received Him, it was like being wrapped in pure peace and joy. I finally understood that real happiness comes from within—from God." She continues: "God gave me a new life. He restored me, gave me a happy marriage, and healed me. I'm not afraid of the dark anymore. I don't need alcohol to numb my feelings or cigarettes to calm my anxiety. My joy now comes from Him."

Looking back, Maria is amazed. "I never thought God would accept someone like me-not after everything I'd done. But He did. He embraced me, forgave me, and made me His daughter. I'm living proof that no one is too far gone for God to save."





NOTHING TO LOSE, EVERYTHING TO GAIN!

Born for the Altar (BFA)—that's the name of the event that brought young people from all across America to the heart of New York City this April. This three-day conference was packed with purpose, inspiration, and impact—not just for the youth, but for the community as well. For the first time ever, youth from our newest branch in Iowa joined in and experienced firsthand the excitement of the biggest event of the YPG (Youth Power Group).

Day 1 kicked off with a powerful Night Vigil, where a life-changing message was shared. The youth learned that God often chooses those who feel imperfect and limited—because when they surrender to Him and trust in His plans, they truly have nothing to lose. Turning away from the world and choosing to obey God becomes the turning point. That's when real transformation begins.

Day 2 was all about giving back. Youth groups visited more than six nursing homes, delivering care packages and praying with the elderly. Among the gifts handed out was the book "The Pleasure of Revenge" by Bishop Macedo, which teaches the importance of forgiveness in healing both body and soul.

Later that day, the spirit of unity and culture came alive through a vibrant Food Festival, where cuisines from different backgrounds were shared—from Haitian to Spanish and beyond. Dance performances showcased the talent and cultural richness of the youth. The day ended with a special screening of the movie Nothing to Lose, reinforcing the powerful message of surrender and purpose from the first day.

Day 3, Sunday morning, was a moment of consecration. Bishop Joshua gathered the youth and made a heartfelt call to those who felt the desire to serve God on His Altar. The message was clear: the Altar doesn't restrict your life—it gives you the freedom to live fully in God's will and serve Him wherever He sends you.

If you want to take part in something meaningful or get involved with YPG, don't wait. Find a branch near you and come be part of this growing movement. You have nothing to lose—and everything to gain.

















Your mindset matters

TOP 5 TIPS TO STOP MAKING THE SAME MISTAKES

1. NEVER SAY "NEVER"

One of the biggest mistakes you can make is telling yourself, "I'll never do that again." It sets the bar unrealistically high—especially if you've struggled with this issue before. Instead of setting yourself up for guilt, speak words of encouragement.

Say things like, "I'll do better next time," or "I'm not giving up—I've got this." These simple, positive affirmations can remind you that change is a process, and there's always hope for growth.

2. SET ACHIEVABLE GOALS

Identify your weaknesses. What keeps tripping you up? Is it drugs, alcohol, anger, insecurity? Whatever it is, be honest with yourself. Awareness is key—if you don't identify the root of the problem, you'll keep getting blindsided.

Write it down. Seeing it on paper helps you recognize what needs work and allows you to approach it with clarity and purpose.

3. CELEBRATE SMALL WINS

We're often too hard on ourselves for what we haven't done. But what about what you have done? Celebrate your progress. For example, maybe you used to have outbursts every day, and this week it was only four times.

That's progress! Focus on the process, not just the end result. When you do that, you'll stop beating yourself up and start seeing how far you've come.

4. KEEP MOVING FORWARD

By now, you've likely set some goals for yourself—great! But don't stop there. Keep going. Make these

new habits part of your daily life. Keep growing, keep pushing, and keep investing in yourself. Even when things start to feel easier, don't get too comfortable. There's always another step forward. You've come this far—don't stop now!

5. MAKE IT A LIFESTYLE

You didn't make these changes just to feel better for a week—it's a lifestyle. So treat it like one. If you slip up, get back up. Don't let one mistake define you. Let your transformation become part of who you are. Remember, you're doing this for you, not for anyone else.

"FOR AS HE
THINKS IN HIS
HEART, SO IS
HE." PROVERBS
23:7

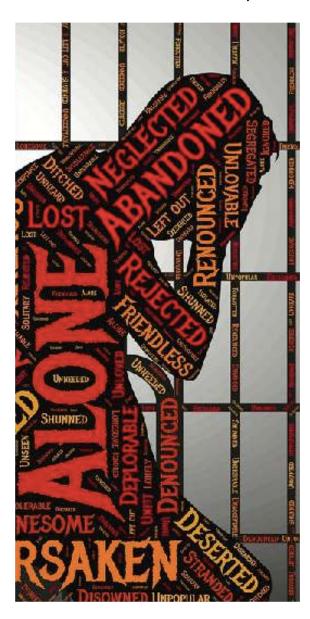
How do you see yourself? This plays a huge role in whether you break free from the cycle or stay stuck in it. If you constantly see yourself as incapable or a failure, you'll keep falling into the same traps.

But if you start seeing yourself as strong, capable, and worthy, your actions will begin to reflect that belief.

People will always have opinions—even when you're doing well. But the most important voice is your own. What have you been saying about yourself?

Don't give in to negativity. Shift your mindset and focus on what's possible.

You are not less than anyone else. You matter. You're valuable. Be your own cheerleader. Believe in God—but also believe in yourself.





Every day the UBB has a new episode for you.

There is something for everyone! Do you need guidance about faith, family, sexual orientation, curses, dealing with loss, addictions etc.?

"¿Hablas español? En la aplicación de Pando puedes encontrar segmentos de la UBB ¡también en español!"

UNIVERSAL BEYOND BARS

You are NOT alone!



FELT LIKE A FAILURE."

"I used to hold everything inside. The hurt and drive. I told myself, "This is it. You're worthless." pain I experienced as a child made me feel like a ticking time bomb." These were the words of Tapiwa. Find out what happened to him—and how he overcame it.

I was born into a family with five siblings, and I was the youngest. During my early childhood, I experienced something no child ever should. I was sexually assaulted by a close family friend.

As a child, you don't really understand why something like that happens or what exactly is going on-but deep down, you know something isn't right.

I kept it to myself for years. I didn't tell anyone not my parents, not even my siblings. I just buried it. But once I reached my teenage years, the memories started to resurface. The monster I had hidden for so long came back.

"I started lashing out uncontrollably. I got arrested multiple times. I truly believed that was it for me. Prison felt like my destiny..."

By the time I was in high school, my anger had completely taken over. I got into fights constantly-sometimes picking fights just to let out my



rage. Naturally, my choices caught up to me, and I was arrested. I'll never forget my first night in a jail

My future felt like it had vanished. I had lost all control over my life. It's not that I didn't have goals—I did. But my anger was stronger than my will. Every time I promised myself that I'd do better, I failed again.



I remember thinking: Is this anger going to control me forever? Am I going to keep living like this—stuck in a cycle of prison and shame?

decision, and fast. If I didn't, I was certain I'd end up right back where I started.

It was time to cut ties with the old friends and influences that dragged me down. I also had to leave my job in the entertainment industry because that lifestyle only fueled my bad choices—the drinking, the drugs, the womanizing.

That's when I made the real decision to give God a chance. I started attending the Universal Church (UBB) faithfully and committed to practicing what I was learning. Let me be honest—nothing changed overnight. I still had setbacks, made mistakes, and struggled.

But the difference now was that I had made a firm decision to change—and I was willing to do whatever it took. Slowly, my life began to move forward. I was set free from the trauma of my childhood. I overcame the depression, and more importantly, the deep anger that had haunted me for years.

I can truly say that God has given me more than cell. It was cold—not just physically, but emotion—I ever imagined. What keeps me grounded every ally. My thoughts were cold and lifeless. I had no day is the Holy Spirit. Without Him, I could nev-

er have been freed from the pain, the anger, and the darkness I lived with.

God helped me become a faithful man. The woman who was once my girlfriend is now my wife, and we have a blessed marriage. We've grown our family and welcomed our son into the world. Financially, we've been blessed beyond expectations—we started our own business, and God has given us the means to live well.

We can travel, we have our home and cars, and we eat where we want and when we want. God has truly given us everything.

I knew I had to make a I'm not saying this to brag—I'm sharing my story because I want you to know there's hope. I was once a young, angry kid, constantly in and out of jail, creating chaos everywhere I went. But I found a way out.

> I gave God a real chance—not just with words, but with actions. I showed Him I truly wanted to change, and because of that choice, my life was completely transformed.

> So don't give up. You can turn things around. Your life can change—if you're willing to let it, and if you give God a chance.



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BOOST OF FAITH | 10pm



















REAP PROSPERITY TODAY



gave my life to God, I learned to trust Him fully. I got baptized in water and began seeking the Holy Spirit."

Today, Andreia owns her own coffee shop and enjoys a blessed family life. But for her, the biggest change is internal.

"All of this—my business, my home, my family—is nothing compared to what God has done inside me. We live by faith and continue to sacrifice, and that's why I can say with confidence: we are happy and blessed."

Two years ago, Andreia Moreira, a 43-year-old businesswoman, felt like her life had come to a standstill—filled only with pain, loss, and hopelessness. "I was an unfortunate woman," she says. "I had gone through a divorce and was raising my son alone. Misery took over our lives." Her health began to deteriorate with daily bleeding that led to severe anemia. At one point, she didn't even have enough money for groceries. "I remember eating leftovers from neighbors because I couldn't afford food," she recalls. "When I got sick, I became desperate. I just wanted to die—and take my son with me. I saw no way

out."After a hospital visit, she learned she had a hemorrhagic cyst the size of an orange. "The doctor told me it could burst at any time and that surgery would be high-risk. I might not survive the operation. That's when it hit me—I didn't want to die. I wanted to live, to be healed, to prosper." Around that time, Andreia was invited to

the Universal Church during a special purpose of faith. "The pastor preached a message that felt like it was meant just for me. I even thought my mother had spoken to him," she says. "He kept saying things like, 'You're like the bleeding woman who came to Jesus to be healed. You need a cure.' Every word hit home."

Though she didn't fully understand everything, she believed—and surrendered her life on the Altar. She also began the Spiritual Treatment with Blessed Water. "I had always been in pain, but soon after starting the treatment, the pain disappeared. Even though I was new to the church, God healed me. He honored my faith and sincerity."

Andreia's health was restored, but she still faced financial hardship. "There were days when we had nothing to eat. But I trusted that God would provide." Not long after, her grandmother offered her a home rent-free. "That was the first open door I saw from God," she says. Soon after, she got a job. Then came a promotion—and a better salary. Her emotional struggles and suicidal thoughts vanished. "After I

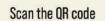


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