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UNIVERSAL NEWS



SCAN ME

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Your life matters

Anxiety, depression, and frustrations lead many people to think about suicide. But there is hope, and it is possible to overcome this struggle. Find out how in this edition.

Don't give up on it




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"That sadness, which I had once kept under control, spiraled out of control and turned into depression."

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Bishop Edir Macedo

Does happiness exist?



| IN THIS EDITION |

Don't give up on your life.

We have all felt overwhelmed at some point. While some people are overwhelmed with joy, most of us know the other kind of overwhelm—the one that comes from problems, loss, sadness, and disappointment. For many, life leaves them frustrated and hopeless, with no expectation for the future.

When things go wrong in one area of life, it is easy to feel discouraged. If nothing improves, that discouragement grows into constant frustration. Constant frustration feeds anxiety, and anxiety can lead to depression. From there, tragically, some lose hope completely and take their own lives.

Do you find yourself in that place? Have you given up hope that your life could change? Have so many setbacks and losses left you afraid to hope again? Maybe you have convinced yourself that dying is the only way to find peace or happiness. You may believe no one will miss you or care. But God does care. He wants to help. He will not force Himself on you. He is waiting for you to invite Him in and to give Him permission to work in your life.

I am not talking about religion. I am talking about giving God a chance. The Lord Jesus came to bring life and peace. As He said, the Father will send the Holy Spirit, who will teach us all things. Jesus promised, "Peace I leave with you. My peace I give to you. Do not let your heart be troubled, and do not be afraid." John 14:26. The peace the world offers is temporary. What God offers is lasting. It begins inside and does not depend on your outward circumstances. You do not have to die to experience this peace. You can find it now, right where you are, if you turn to God with sincerity and surrender the burdens that weigh you down.

If you want to find this peace, join us this Sunday at 10 AM at the Universal Church near you for our Gathering of Faith. You do not have to wait until Sunday. Our locations are open seven days a week and our prayer line is available 24 hours a day. Visit a branch near you, call, or send a text. Someone will be there to help you.

| BEATING DEPRESSION |

Depression is more than just feeling sad. It is a deep, overwhelming sorrow that weighs down the soul. It brings hopelessness, drains motivation, and makes even the simplest tasks feel impossible. In severe cases, it can even take away a person's will to live. Depression is not only a state of mind, it is a sickness of the soul. But what 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 will receive spiritual strength through powerful prayers, practical guidance, and one-on-one counseling.

You are not alone in this fight. Thousands of people 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.

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

Does happiness exist?



Have you ever seen someone chasing the wind? Imagine a swarm of frenzied cockroaches—that is the path humanity is on. People throw all their strength into a desperate search for happiness, yet the harder they chase it, the further it seems to slip away.

The strong trample over the weak to take possession first.

The poor cling to "luck," saying, "Who knows, maybe one day my life will change," only to keep moving from one fragile hope to another.

The sick place their happiness in physical healing, believing health is all that matters.

Others tie happiness to professional success, convinced that money is the soul of joy.

And for the lonely or frustrated in love, happiness lies in finding their other half. They treat relationships like a lottery, hoping chance will finally bring them peace.

Yet, without exception, everyone loses in this pursuit. The more they move around in search, the deeper they sink into the quicksand of frustration and anxiety. Many even come to doubt the very existence of happiness, just as atheists doubt the existence of God.

So does happiness really exist? If it does, where is it found, and how can one take hold of it? The truth is, no one can reach happiness without



first taking possession of life itself. The dead have no right to happiness. As long as a person remains spiritually dead in sins and errors, true happiness will remain impossible. First, he must be raised to life. And this is only possible through the Author of life.

The Lord Jesus declared, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live." John 11:25. To believe means more than agreeing—it means surrendering body, soul, and spirit into His hands. Only then does a person receive true life. And with that life comes the right to the happiness so many dream about. As Proverbs 22:4 says: "By humility and the fear of the Lord are riches, honor, and life."

This is happiness—not a fleeting feeling, but a gift from God. A happiness that begins here on Earth and lasts for eternity.



"Those who were supposed to protect me were abusing me."

Domestic violence

By twelve, desperate for escape, Margaret ran away from home with an older boy she thought would bring her safety. "What I thought was happiness turned into hell. He began to assault and humiliate me. I was ashamed to go outside because my face was swollen. At thirteen I had my first child and at fifteen my second, so I had to leave school to care for them. After six years of abuse, I tried to end my life by taking poison. I arrived at the hospital barely alive, but I survived. When I recovered, I left that relationship."

A destructive spiral

In the years that followed, Margaret tried to fill the emptiness with destructive choices. "I stopped caring for my children. I spent nights in clubs, drank heavily, and turned to prostitution. I became addicted to pornography and spent whole nights watching it. The suicidal thoughts grew stronger. I wrote farewell letters to my children because I believed ending my life would end the pain."

A hug that changed everything

It was during this dark season that she learned about the Universal

Church. "I went in as a last resort. The assistant at the church welcomed me warmly. It was the first time I received a hug without having to give anything in return. For the first time I felt loved and cared for. I kept coming and put into practice what I learned. As I obeyed God's Word, the pain and negative thoughts started to fade. Seeing how Jesus could make things new in my life, I surrendered my suffering to Him. I was baptized in water and sought the Holy Spirit. When I received the Holy Spirit, I finally understood what true love is and saw my worth for the first time."

A healed life

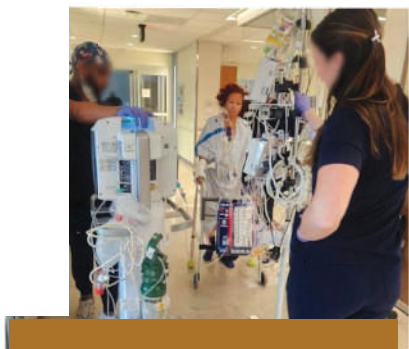
Today, Margaret is a joyful, fulfilled woman. "I remarried. My husband respects me and we are very happy. I no longer struggle with trauma or suicidal thoughts. I have no desire to drink or to watch porn. I forgave my parents for abandoning me. I asked my children for forgiveness for the years I failed them, and they forgave me. Now I am filled with the Holy Spirit and I help anyone in need. I love my life and would not trade it for anything."

—Margaret

Use your faith and see God's Power this Sunday

"I had open-heart surgery."

I spent an entire month in the hospital in critical condition. My heart was 98 percent blocked in all its veins. I went through open-heart surgery and was in very bad shape. One of the bishops from the church came several times and prayed for me while I was there. I made a promise that if I came out of that critical condition and got better, I would go to church.



After some time, they finally sent me home. One month later, wearing a life-vest and connected to a machine, I started going to church. For four months I lived with a defibrillator on me 24/7. During that time, I began drinking the blessed water, and that is when the miracle happened. I could see the difference as soon as I started drinking it every day. I had faith in God that He would heal me. Today, I am healed, thanks be to God.

—Iris

**RECEIVE THE HEALING
WATERS THIS SUNDAY**
at your nearest
Universal Church



"No more diabetes or high blood pressure"

I suffered from diabetes for 31 years. I used my faith and followed the instructions by drinking the blessed water.

A few months ago, I went for a blood test, and they took four samples. I kept asking myself why they needed so much.

This past July, I went back to the doctor to see the results. He told me, "Your X-rays look normal, your sugar level is normal, and there is no high blood pressure." I felt good, and I was so happy to hear this news because I had been taking so many medications.

—Ms. Angelina



The eye problem is gone

I had been dealing with cataracts for a few years. They were still small, but I had to wear glasses for reading and using the computer. I also started seeing little floaters in my eyes. I used the blessed water, prayed, washed my face with it, and even held it over my eyes. But when the floaters kept showing up, I said, "No, I rebuke this." I continued using the water with faith and never gave up.

Now I want to share something amazing—everything is completely gone. My vision is clear and bright! Thanks to God and to putting my faith into action by using and drinking the blessed water.

—Miss Jennifer





| MESSAGE |

Bishop Joshua

Does this sound like you?



Many people today are wandering through life like sheep without a shepherd, lonely, depressed, frustrated, lost, and unsure of where to go next. The pressures of the world, the weight of personal struggles, and the confusion of our times leave countless souls feeling abandoned and overwhelmed.

Does that sound like you? You do not have to stay that way.

"The Lord is my shepherd; I shall not want." (Psalm 23:1)

One decision, to make the Lord your personal Shepherd, can change everything.

Sheep are vulnerable animals. Without guidance, they get lost easily. They walk into danger and struggle to find food or rest. Spiritually, many people live the same way, confused, hungry for peace, anxious, and exposed to

harmful influences.

Psalm 23 shows us how God cares for those who belong to Him. He provides everything we need. He gives peace and rest, calms our storms, protects us in the darkest moments, and above all, He saves.

God is ready to care for you, to lead you, and to protect you like a true Shepherd. He will not force you, but He is waiting with open arms, ready to guide you into peace, healing, and a new life.

Come to The Universal Church near you and

make the Lord your Shepherd, not just in words, but in daily life. You do not have to wander lost anymore.

May the God of the Bible bless you!

One decision, to make the Lord your personal Shepherd, can change everything.

SEPTEMBER BIBLE READING 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1 SAMUEL 1 ✓	2 1 SAMUEL 2 ✓	3 1 SAMUEL 3 ✓	4 1 SAMUEL 4 ✓	5 1 SAMUEL 5 ✓	6 1 SAMUEL 6 ✓
7 1 SAMUEL 7 ✓	8 1 SAMUEL 8 ✓	9 1 SAMUEL 9 ✓	10 1 SAMUEL 10 ✓	11 1 SAMUEL 11 ✓	12 1 SAMUEL 12 ✓	13 1 SAMUEL 13 ✓
14 1 SAMUEL 14 ✓	15 1 SAMUEL 15 ✓	16 1 SAMUEL 16 ✓	17 1 SAMUEL 17 ✓	18 1 SAMUEL 18 ✓	19 1 SAMUEL 19 ✓	20 1 SAMUEL 20 ✓
21 1 SAMUEL 21 ✓	22 1 SAMUEL 22 ✓	23 1 SAMUEL 23 ✓	24 1 SAMUEL 24 ✓	25 1 SAMUEL 25 ✓	26 1 SAMUEL 26 ✓	27 1 SAMUEL 27 ✓
28 1 SAMUEL 28 ✓	29 1 SAMUEL 29 ✓	30 1 SAMUEL 30/31 ✓				

She attempted suicide 56 times



After suffering a romantic disappointment, 33-year-old Natasha Rodrigues began walking a path far from faith. She had already been a volunteer at the Universal Church for eight years when her boyfriend's betrayal stirred up hatred in her and led her to distance herself from the presence of God. At the time, she was just 22 years old.

Today, she recalls how she reacted to the infidelity:

"I discovered the world like never before. I began to get involved with both men and women. My motto was 'hook up without attachment,' and it became my way of punishing men for what had happened to me."

Natasha had first turned to faith in her teenage years, after experiencing sexual abuse and attempting suicide with a revolver that, miraculously, did not fire when she pulled the trigger.

While such trauma often causes people to avoid relationships, that was not the case for her. On the contrary, as an adult, her excessive relationships eventually led her into prostitution. But instead of fulfillment, her involvement with many men left her with a deep sense of shame—she felt dirty.

Over time, Natasha found herself torn between her life in prostitution and the memories of the presence of God she had once experienced. The pain of this inner conflict drove her to self-harm. She explains that whenever she thought about her past, she would cut her arms and legs—a habit that became an addiction. She also sank into deep depression, refusing to leave her room or eat. Her only desire, she says, was to stop existing.



In an effort to understand herself, Natasha enrolled in a psychology program. Although attending university had been a dream, she remained depressed and continued self-harming. She would even leave class to cut herself. When the university coordinators found out, she had to be accompa-

nied—even to the bathroom. Neither the degree nor therapy could free her from depression.

Meanwhile, Natasha continued working as a prostitute. She says she hit rock bottom one night at a nightclub when she ran into a family acquaintance who told her, "Your father did not raise you for this."

Not long after, a pornographic video of her surfaced online.

"That was a huge shock to my family. They couldn't understand it, since we always had financial stability," she recalls.

During that painful period—after ten years away from God—Natasha received an invitation to attend a youth night vigil at the Universal Church. She accepted, and the Word she heard there was like a seed planted in her heart.

After the vigil, she returned to her old routine.

But four months later, after an argument with her partner, she took a rope and headed toward a bridge to take her own life. By then, she had already attempted suicide in 55 different ways—causing car accidents, overdosing on medication, trying to drown herself, and more.

When she arrived at the place where she intended to end her life, Natasha remembered the Word of God she had heard at the vigil. At that moment, she came across a Universal Church assistant, who advised her to go to church. She followed that advice immediately.

Upon arriving at the service, she was welcomed and finally felt the peace she had been searching for. She describes those first days back in God's presence:

"Soon after, the campaign of faith came along, and that was my chance to place my entire life on the altar: the resentment, prostitution, addictions, depression, and self-harm. Not long after, during a conversation with God while seeking the Holy Spirit, I received Him. From that moment on, I experienced lasting peace and joy."

Today, Natasha no longer needs medication, self-harm, or others' approval to feel happy. On the contrary, she now uses her profession as a psychologist to help people who face the same struggles she once endured.

"Today I find joy in living and using my life to serve and help others. The rope that was meant for my death, by faith and through the hand of a man of God, became the help that lifted me out of rock bottom," she concludes.



What's happening at the Universal Church

Micronesian community outreach

Labor Day Fun day in Iowa

On Labor Day 2025, the Universal Church in Iowa hosted a special Fun Day for families in the community. The kids enjoyed plenty of activities like the bounce house, sack races, darts, and more. The youth and teens had a great time playing volleyball and football.



To close the event, everyone gathered for a special prayer asking God to bless the work of their hands and to bless the

Micronesian families both in the U.S. and in the Islands.

“Nothing is better for a man than that he should eat and drink, and that his soul should enjoy good in his labor.” Ecclesiastes 2:24

The Universal Church in Iowa is located at 4240 Hickory Ln, Lower Level, Sioux City, IA 51106. The church is open every day to welcome anyone in need of a change in their life.

22 years in the deepest abyss



Without the support of a stable family during her formative years, Sylvia drifted into a world of nightlife and addictions that consumed more than two decades of her life.

A broken childhood

“I came from a dysfunctional family marked by poverty, verbal and physical abuse. We struggled with constant financial problems. As a child, I even went through an attempted sexual abuse. After my father abandoned us, I was left to care for my younger sister as a teenager, since my mother was rarely home. Later, when I started working, I experimented with alcohol and tobacco and became drawn to the nightlife. I worked in bars and clubs from a very young age. I served strong drinks, but I also drank heavily myself.”

A long depression

“At the time, I didn’t even know what depression was, but I already lived with its symptoms. I became more and more isolated, had no desire to work, or even to leave the house. That battle lasted 22 years. On top of that, I faced spiritual problems: I saw shadows, heard voices, felt strange presences, and lived in fear of the dark. I even turned to fortune tellers and witches, desperate for answers, but nothing changed.”

The breaking point

“As the years passed, the problems piled up, and the addictions got worse. One night, while I was out partying, a man spiked my drink and sexually abused me. I was consumed by guilt and shame, and the negative thoughts only grew stronger. I lived without peace. Then, one day at work, I opened up to a young woman who invited me to the Universal Church. From the very first day, I noticed something different — I felt lighter.”

A new life

“I began attending the meetings faithfully, and the change in me was quick. In just over a month, I was baptized in water and began fighting to break free from everything that enslaved me. Then came the greatest blessing: I was baptized with the Holy Spirit. The addictions to alcohol and tobacco were gone, and all the traumas that haunted me no longer had power over me. Where before I had no strength or motivation to finish anything, today I have my own business that is thriving. My life is completely renewed. I am not the same person I was for 22 long years. Today, I am free, at peace, and full of joy.” — Sylvia

SUMMER GAMES

Unity on the Court

The YPG Summer Games brought young people together for an afternoon filled with energy, fellowship, and fun. A friendly basketball game gave everyone the chance to show their skills, grow in teamwork, and build stronger bonds. More than just competition, it was a celebration of unity, joy, and lasting memories.

A New Start

—C'ani

“YPG to me is like having a spiritual family.”

When I first came to church at 17, I was surrounded by many people but still felt alone. I was excited to come to YPG because I knew I would be around people who were on the same path as me. This group has helped me stay on track and grow in my spiritual life. Being with the people in YPG makes me feel at peace. Here, I have found happiness, strength, and most importantly love.

📍 JOIN US EVERY SUNDAY, 1PM
👍 @YPG USA
📷 @YPG.USA
☎️ REACH OUT NOW: 1 888 332 4141

Your life matters. Don't give up on it.

Anxiety, depression, and frustration drive many people to think about suicide—but it is possible to overcome this struggle. Here's what you should know. Every year, around 727,000 people take their own lives, and many more attempt suicide. Every suicide is a tragedy that deeply impacts families, communities, and entire nations, leaving long-lasting scars on those left behind. Suicide affects people of all ages and, in recent years, has been the third leading cause of death among people aged 15 to 29 worldwide. Some eye-opening statistics:

- In 2023, more than 49,000 people died by suicide in the U.S.
- That's 1 death every 11 minutes.
- 12.8 million adults seriously thought about suicide.
- 3.7 million made a suicide plan.
- 1.5 million attempted suicide.

(Source: <https://www.cdc.gov/suicide/facts/data.html>)

What's behind it?

Even though suicide is often surrounded by stigma and misinformation, its causes are usually tied to painful life experiences: the loss of loved ones, frustration, abuse, trauma, bullying, mental illness, family conflicts, or separation. That's why we hold a special gathering every Sunday to raise awareness about the value of life and to help people fight depression, anxiety, and suicidal thoughts. Through powerful prayer, many have found strength, healing, and a new chance to live.

Lifestyle and mental health

Psychologist Camila Galhego, who specializes in cognitive-behavioral therapy and schema therapy, explains that depression is one of the leading causes of suicide. "The number of people struggling with depression keeps growing in our country. It shows how little attention people give to their mental health. Lifestyle plays a huge role—fast-paced living, constant self-pressure, and excessive use of social media all contribute to social isolation, which can trigger depression in those who are emotionally vulnerable."

Negative thoughts

According to Camila, most people who take their own lives have been battling depression for a long time. "They often complain a lot, isolate themselves, and talk about suicide from time to time. Depression feeds negative and hopeless thoughts about oneself, the world, and the future."

Weakened bonds

Camila also points out that suicide rates are highest among older adults (70+), who often live in isolation due to health or physical limitations. "Next come young adults between 20 and 35 years old. Many of them have fragile family ties or lack a solid support system, which is essential for emotional stability."

Healthy habits can help

Still, Camila emphasizes that there is hope: "It doesn't happen overnight, but there is a way out. Certain habits work like natural antidepressants—getting sunlight daily (vitamin D), practicing self-care, balancing work and leisure, and maintaining a healthy diet. Exercise is also key, not only for depression but for anxiety too, because physical activity helps release hormones linked to joy and relaxation."

Professional and spiritual support

Finally, she highlights the importance of professional guidance: "Therapy helps change negative beliefs and behaviors. Psychiatric care may also be necessary since depression is often linked to low serotonin levels—the brain's 'feel-good' chemical. And for those who call themselves Christians, seeking spiritual support is just as important. As both a Christian and a psychologist, I see depression as having both spiritual and psychological roots. Each case needs to be evaluated carefully so people can receive the right help."

Economist Debora Hering, 33, is living proof that no matter how dark life may seem, God can completely transform it.

"Since my teenage years, I carried a silent struggle inside of me. Outwardly, I looked fine, but inside, I felt empty, restless, and without peace. It was like carrying a hidden wound that nobody could see. I tried to fill that emptiness with different things, but nothing worked.

For a long time, I kept my pain hidden because of pride and prejudice. I told myself I didn't need help, and I especially resisted the idea of going to the Universal Church. I thought it wasn't for me. But one day, when my marriage went through a serious crisis, I realized I couldn't keep living the way I was. That situation shook me deeply, and I knew I needed something greater than myself. I decided to go to the church. I still remember arriving there in tears, feeling completely broken. I expected judgment or coldness, but instead, I was welcomed with open arms. That reception touched me more than words can explain. For the first time in years, I felt that maybe there was hope for me.

Step by step, I began letting go of my old ideas and prejudices. I made a vow with God, and this time, I truly surrendered my life to Him. I chose to obey everything coming from the Altar without questioning. I understood that if I wanted a new life, I couldn't hold anything back. I abandoned alcohol, along with every habit and influence that was pulling me away from God. Slowly,

I started to see changes inside me. My marriage, which once seemed like it had no future, began to be rebuilt on a foundation of faith, respect, and love.

The turning point came when I received the Holy Spirit. That day, the emptiness I carried for so long was completely replaced by peace, strength, and joy. I no longer felt broken—I felt whole.

Today, I can say that my family is the result of this transformation. My husband and I have a blessed marriage, and God also gave me the greatest gift: my son. Every time I look at him, I'm reminded of God's faithfulness and how He can turn a story of pain into a testimony of victory."



"I kept my struggle a secret since my teenage years."



“I was constantly bombarded with negative thoughts.”

As a child, Natania Lima had respiratory problems that led to several hospital stays. While she lay in a hospital bed, her mother heard about the Lord Jesus and was invited to fight for her daughter with the weapons of faith and to attend the Universal Church. Natania grew up in the church, and even though she received healing, she stayed sad and isolated, never knowing God in His

fullness. Then the worst day came: the loss of her mother.

She wanted to take her own life

Natania shares how she coped with that loss: “I felt very alone. That sadness, which had been under control, spiraled out of control and turned into depression. I was constantly bombarded with negative thoughts, like the idea that I no longer had the strength to live. And instead of asking for God’s help, I did the opposite.”

During that period she found a group of depressed people on social media. “There, I entertained the idea of taking my own life. I remember a post saying that I did not need to be afraid of going to hell because what we were living was already hell. I embraced that idea even though I knew it was not

true. All that time I stayed in church, but I could not hear the Word.”

Using social media the right way

One sleepless night, Natania’s only thought was about ending her life. The next morning she saw news that two people had committed suicide in the area. That was the moment she realized she needed a different way out.

Even though she had been part of the Universal Church since childhood, she only truly saw her situation when someone on social media tagged her in a post: “12 reasons to live,” and the first reason was “you are important.” It might sound simple, but that woke her up. The caption explained that sometimes we do not feel important, but to God and our family, we are. She remembered that her father was also suffering after her mother’s death and would be devastated to lose his daughter, so she told herself, “I have to seek God’s help.”

The basics work

Natania stepped away from social media. She began praying, fasting, meditating on God’s Word, and following Bishop Edir Macedo’s messages. All of that strengthened her through the process of deliverance and helped her put God first.

Meditating on Deuteronomy 30:19 20, Natania went outside her home and declared, with Heaven as her witness, that she would choose life and choose God. The next day she received the baptism of the Holy Spirit.

“I felt great peace, a peace I had never felt before. Today people even tell me they feel peace when they are around me. I used to not even have peace for myself. This reminds me that everything good I have comes from Him and that God has waited for me all this time.”

Nicole Spedini has attended the Universal Church for two years. Although she grew up with Christian teaching, she took a different path in her teen years. “At 11, I suffered from depression and a hollow feeling. I became an isolated child because I did not feel comfortable anywhere,” she says.

At 12, she began self-harming and explains why: “It was an attempt to find relief. I wanted to die at all costs.” Two years later she started smoking, sometimes two packs a day. Then drinking and partying followed as she tried to fill what was missing and numb the pain. She looked for answers in friendships and relationships, and the addictions only grew stronger.

During her worst phase, between 16 and 17, she says she lost the will to live: “I would sleep until 8 p.m. and only get up to go to the bathroom. I was locked in my room, unable to eat or go out. When I did go out, it was only to work or to spend the night at parties and clubs.”

Frustrated attempts

She tried to fill the void in many



“I wanted to die at all costs.”

ways. “I even had relationships with men and women because I thought it would fill what I was missing, but everything only got worse.” By 18, she felt mentally broken. “All I could think was that I was not meant to be alive. I was an empty young woman, I felt alone, and I saw no other way out than to give up.” Her last relationship brought another deep disappointment. “I practically lived with the person. When the relationship ended, I decided to return to church.”

Rediscovering faith

Her return to the Universal Church came at her mother’s invitation. “I decided to surrender myself to God because I saw that He was the only one who could help me at that moment. Everything changed when I realized that my life was valuable to God. Maybe no one in the world looked at me with affection, but God did. He cared for me.”

She says that after receiving the Holy

“All I could think was that I wasn’t meant to be alive. I saw no other way out than to give up.”

Spirit she became a different person. “I no longer have depression or anxiety. I do not need cigarettes, alcohol, or friends to feel whole, and I do not self-harm.

Everything changed: the way I see things, the way I live, the way I think, and the way I act. Today I am complete, full of peace, and joyful. I have a new life,” she concludes.



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

When you feel trapped or hopeless, remember the prayer of Jehoshaphat

Sometimes life feels dark. “We cannot do this without You.”

Maybe that is where you are right now, stuck, overwhelmed, or unsure of what is next. Maybe you are carrying pain, guilt, fear, or a deep sadness that will not let go. When it feels like there is no way out, the Bible reminds us there is one, through honest and real prayer.

The story of Jehoshaphat (2 Chronicles 20)

Jehoshaphat was a king who received terrifying news: three enemy armies were on their way to attack. His people were outnumbered, and it looked like the end. He was afraid, and the Bible does not hide it. Fear is part of being human. We all feel it, whether it is when we lose someone, face consequences, or worry about the future.

What did he do with that fear?

Jehoshaphat did not pretend to be strong or try to handle it alone. He turned to God. He called the people to pray and fast together. He did not wait until he felt brave. While still afraid, he took a step toward God. You can do the same right where you are. In your cell, on your bunk, in the quiet, you can talk to God honestly.

Jehoshaphat’s prayer:

He prayed, “God, we do not know what to do, but our eyes are on You.” He admitted he did not have the answers. He told God,

God answered

Through a prophet, God spoke: “Do not be afraid. The battle is not yours, but Mine.” Imagine God saying that to you: “You do not have to fight this alone. I have you.” Jehoshaphat and his people did not even have to fight. As they worshiped, God stepped in and won the battle for them.

What about you?

You may not be facing an army, but maybe you are facing:

- Regret or guilt from the past
 - Fear about the future
 - Broken relationships
 - Feeling like no one believes in you, not even yourself
- Just like Jehoshaphat, you can:
- Be honest with God, no need to pretend
 - Pray, not as a last resort, but as your first step
 - Ask someone to pray with you, if possible
 - Trust God, even before things change. The battle is not yours. It belongs to God.

Jehoshaphat’s story reminds us:

God hears desperate prayers. He sees broken hearts.

Even behind bars, God brings freedom. He knows what you are going through. And just as He helped Jehoshaphat, He can help you too.

“We do not know what to do, but our eyes are on You.” 2 Chronicles 20:12

Support us so we can support them!

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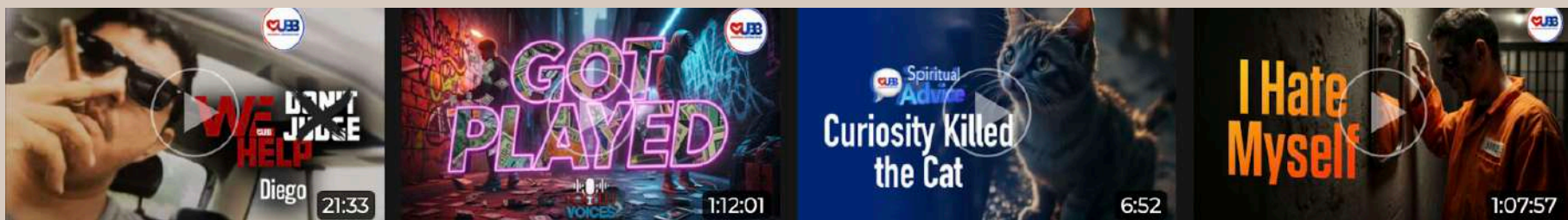
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“This is my story”

My name is Denivoldo Santana. I am 54 years old, and I spent 13 years in prison.

Before that, I worked for the government. I had a good job, but I still made bad choices. I got involved with the wrong people and committed serious crimes, including murder. That decision changed my life forever.

I was sentenced to many years in a closed prison. Life inside was hard, filled with pain, violence, and the fight to survive. I sank deeper into the criminal world. I joined a group, rose in the ranks, and became a leader. That meant doing even worse things, including ordering people to be killed. I thought that was the only way to survive and gain respect.

At one point, I lost all hope. I believed I would die in prison. I was ready to fight and kill until the end. We even tried to escape once, but it failed. I ended up in solitary confinement for 45 days. After that, they transferred me to another yard,



where I was set up to be killed. I only had four men with me. When the fight broke out, we killed three people. I got more punishment and more years added to my sentence.

But then something unexpected happened.

A pastor came to see me while I was in isolation. He gave me a Bible. I laughed and told him, “Leave it, I don’t want it.” But one night, alone in my cell, I opened it and started reading. Something inside me began to change. Back in the yard, I told one of the leaders, “From now on, leave the pastors alone.

Let’s hear what they have to say.” People thought I had lost my mind. But I just told them, “I was against it before because I didn’t understand it.”

Later, I went back to the pastor and said, “Teach me how to read this book. Right now, it feels like empty pages.” He smiled and told me, “One step at a time.”

That is when my real change began. He taught me about God, the Holy Spirit, and the Bible. I started to believe. Not long after, I had to go to trial again. My lawyer warned me that I could get more years. But I told him, “Now I have someone greater. God is my lawyer too.”

The trial lasted three days. I carried my Bible and prayed, “God, let Your will be done.” In the end, all seven jurors voted to set me free. The prosecutor was furious. He said I did not deserve freedom. But I knew it was God who moved in that courtroom. That day, I made a promise: “From now on, I will serve the God of my mother.” She had prayed for me for 30 years.

When I got out, I was scared. On my first day, I even strapped a gun to my waist because I thought I had to protect myself. I sat on a bench for hours asking God, “Do I kill, or do I forgive?”

That is when real repentance hit me. I realized God had already saved me. I did not need revenge. I needed a new life. I had nothing: no money, no possessions. But I had a choice, and I chose to follow God.

I started going to church. To be honest, at first I was looking for money, not God. I stayed in church for four years without really understanding the spiritual side.

Then everything changed after a motorcycle accident with me, my wife, and my daughter. I

broke three bones in my back. My daughter wore a brace for over a year. Lying in that hospital bed, I prayed:

“God, if You give me one more chance, I will truly serve You, not for money, but as a man of God.” From that moment on, my life turned around. I gave myself fully to God. I stopped chasing money and started seeking the Holy Spirit. I said, “I want to know You. I want to feel Your presence.” And I found a joy deeper than money, family, or success.

I began working again, little by little. People started to trust me. Even old enemies saw the change in me. Business grew. But more important than any success, my soul was healed.

Today, I can say with all my heart: I would not trade the Holy Spirit for anything. Not money. Not success. Not even family, and I love my family deeply. When you put God first, everything else falls into place. Peace comes. Change happens. Life finally moves in the right direction.

I used to live with no love for life or people. Now my greatest joy is telling others, especially those in prison, that God forgives.

No matter what you have done, murder, robbery, anything, God still loves you. He can forgive you. He can change you. He changed me. And if He did it for me, I promise you, He can do it for you too.



“I never imagined my life would turn out like this. Well... I didn’t think I would get caught. I thought I could keep doing the same wrong things, and get away with it. I’m stuck in this place, and stuck in my thoughts, I NEED help. I can’t do it anymore....I feel STUCK Stuck in my past, stuck in my thoughts, stuck with unforgiveness and grudge.

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1pm**

**FIGHTING THE UNSEEN
ENEMY 2pm**
with Bishop David

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4pm**

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FROM 60K A MONTH

TO NOTHING: MY WAKE-UP CALL



Chasing dreams, chasing money

At just 22, Alex Gonzalves had already built the life of a young entrepreneur. He had been attending the prosperity services held on Mondays at The Universal Church since his early teens. "I always had an entrepreneurial vision, and by faith, I went after my dream. I opened my first business at 18. But soon I realized that the more money I made, the more I wanted. I even opened four different stores," he recalls.

Hard work brought profit, but without a solid spiritual foundation, Alex lost balance. "I got attached to money and pushed God aside. I stopped making vows, giving offerings, and even stopped tithing. I made money my top priority and placed it above everything else."

At first, nothing seemed wrong. But soon, everything collapsed. "The store that used to make around 60,000 reais stopped selling. I found myself borrowing money from friends and even loan sharks

to cover debts. It snowballed until I couldn't pay anymore. I had to sell the businesses and give up everything," he explains.

Financial failure drove Alex into alcohol, drugs, and parties. "I lost a relationship, fell into depression, and even attempted suicide twice. Until I hit rock bottom and remembered how my life was when I was in God's presence. That's when I decided to return to faith and commit fully to God," he says.

Eventually, Alex paid off his debts and launched an online business. But the biggest change happened inside him. "I still work hard, but now the Holy Spirit comes first in my life. I have peace, real joy, and I understand that more than money, my greatest treasure is my salvation," he concludes.

PROSPERITY WITH
GOD

TIPS FOR MANAGING PERSONAL FINANCE

Have daily financial records.

Prepare a monthly budget.

Prioritize needs over wants.

Avoid debt for consumptive needs.

Provide funds for insurance.

Provide an emergency fund.

Provide savings for a frugal lifestyle.

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