The Magazine of the Redeemed Christian Church of God, United Kingdom

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THE HOLY SPIRIT - Pastor E. A. Adeboye

FOL AT 20 Great is the Lord!

PASTOR AGU: FROM LAW TO LEADERSHIP

- The Peter Wooding Interview

AFRICA MISSIONS So Far, So Good

GENERAL OVERSEER COMMUNITY RELATIONSHIPS FAMILY LIFE





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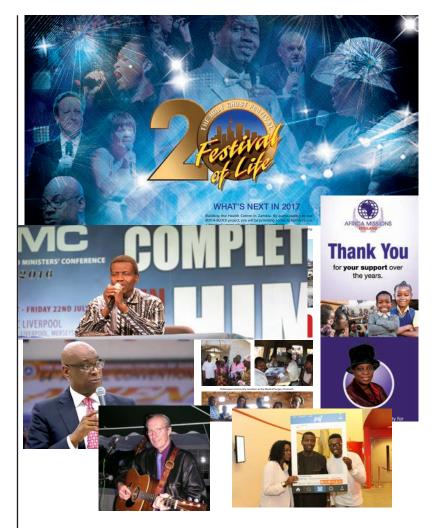


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ISSN NO:2042-6542 EDITORIAL BOARD

Editor-in-Chief: MODUPE AFOLABI Managing Editor: YINKA ODUWOLE Editor: ANDREA ONDUKU

Photographer (RCCG Events): KUSH; FEMI

Designed by: IFE SAMUEL

Published by: The Redeemed Christian Church of God (RCCG),

Central Office, United Kingdom

facebook.com/rccguk twitter.com/rccguk youtube.com/rccguk instagram.com/rccguk

All Correspondence to:
Sunrise Magazine, RCCG Central Office,
Redemption House,
Station Road, Knebworth, SG3 6AT

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Tel: +44 (0) 208 171 1030 Email: info@sunrisemagazine.org Web: www.sunrisemagazine.org www.issuu.com/sunriseuk

HOLY SPIRIT



By Pastor E. A. Adeboye

Who is the Holy Spirit?

he first thing you need to know is that the Holy Spirit is God. Some people get confused when we say that there is only one God and yet we say God the Father, God the Son, God the Holy Spirit. There is only one God but He manifests Himself in three dimensions.

To my children, I am Adeboye the father; to my mother, I am Adeboye the son; to my wife, I am Adeboye the husband. I am one man but I can manifest as father, son and husband. When I am Adeboye the son, I behave differently than when I am manifesting as Adeboye the father.

If for example, my mother should drop my China plate, what I would say to her is "Mama, gently, I hope you are not hurt"? I would be apologizing to her for breaking my plate. On the other hand, if my son breaks the same plate I would be angry.

The way God operates as God the Father, is different from the way He operates as God the Son and it is different from the way He operates as God the Holy Spirit.

The Holy Spirit is a Mighty Rushing Wind

Acts 2:2 describes The Holy Spirit as a mighty rushing wind. In Exodus 14 vs 21-28 when Moses lifted his hands towards the Red Sea, the Bible says there was a mighty rushing wind from the east: that created a way in the Red Sea.

When the Holy Spirit is moving as a wind, He makes a way where there is no way before. When that wind blew and created a way for the children of Israel, their enemies followed them; enemies that have been in their generation for more than four hundred years, but when the children of Israel came to the other side of the sea, Moses lifted his hand again, the wind withdrew, the sea came together and all the enemies of the children of Israel drowned in one day.

Whenever the Holy Spirit blows as a wind, all generational enemies will vanish in a single moment. When the Holy Spirit blew as a wind, the testimonies of the children of Israel became complete; they were set free before; now the enemy was pursuing them to bring them back into slavery but when that wind blew, suddenly their testimonies became complete.

In Ezekiel 37 v 1-10 the wind of the Holy Spirit blew again and dry bones

came back to life. Whenever the wind of the Holy Spirit blows the irreversible becomes reversed.

In 2 Kings 2 v 19 -22 after the wind blew, the opportunity that the people of Jericho thought they had lost forever, was completely restored to them. In the same 2 Kings 2 v 9-15 when the wind blew for Elisha, that very day, he entered into his destiny.

The Holy Spirit is a Fire

In Judges 15 v 14-15 the relatives of Samson brought him bound and handed him over to the enemy. As far as the enemies were concerned, an end had come for Samson but the Holy Spirit came down as fire and the ropes binding Samson were burnt by fire. He grabbed the jaw bone of an ass and destroyed those who would have destroyed him.

When the Holy Spirit operates as fire what he does is that those who want to truncate your destiny, He has a way of turning them to fuel so that he can burn them up, so that you can continue with your destiny.

In 1 Kings 18 v 36-38 we see the Holy Spirit again manifesting as fire. Elijah prepared an altar, put a bullock on it and cried to God: he





said 'Hear me O God, hear me; answer me by fire so they will know you are the one who sent me'. The fire fell, consumed the offering, consumed the wood, consumed stones, consumed the soil and even licked up water. Now you should know already that the kind of fire that will eat up stones and lick up water is not an ordinary fire. When the Holy Spirit is moving by fire He has a way of drying up your tears. He enjoys drinking up water; He likes to wipe tears away from your eyes.

In Mark 2 v 1-41 you will see that when the Holy Spirit functions as Fire, He has a way of turning the potential in a man to reality. Jesus had told Peter; I will turn you to a fisher of men. Jesus had said this three years earlier, but yet Peter had not yet won any soul. We read later in the Book of Acts that when the Holy Spirit came down like fire and sat upon that man, he preached a single sermon and he won three thousand souls at once.

The Holy Spirit is Oil

In, Acts 10 v38 the Bible says: 'How God anointed Jesus of

Nazareth with the Holy Ghost and with power'. In other words, the Holy Spirit can act as Oil for anointing. The moment God anointed Jesus Christ with the Holy Ghost and with power; the Bible says He went about doing good and healing all that were oppressed of the devil.



One of the things that the Holy Ghost does when He's operating as Oil is that He turns an ordinary man to somebody who can perform miracles.

In 1Samuel 16 v 11-13, Samuel had gone into the house of Jesse to anoint a King and when he got there, Jesse brought out his big boys, and God said 'I am not choosing any of these'. So finally, Samuel asked 'are these all your children?' Jesse replied that there remained only one boy but he is not the kind of person you will make a king. He was so reluctant to talk about David; so reluctant that the man of God said we won't sit down until you bring that boy. So they brought David and the man of God poured oil on his head and in an instant, the one who have been forgotten, became a king.

The Holy spirit is a very great friend, when He is blowing in your favor, things just will be happening in a miraculous way. But if he is blowing against you, you can ask Jonah what happened. Therefore, if for any reason whatsoever, maybe you have not yet made up your mind to surrender your life to Jesus and you want Him to begin to blow in your favor; please surrender your life to Him.



Like Peter for example, an ordinary fisherman but when the Holy Spirit came upon him, his shadow began to heal the sick. Don't write yourself off, and please stop believing that you are not going to do wonders for God. When the Holy Spirit begins to act as Oil, He empowers you to go about doing good; to begin to heal, to begin to set the captives free.



Website: www.eaadeboye.com

Twitter: @PastorEAAdeboye

Facebook www.facebook.com/PastorEAAdeboye

eaven is such a musical place. Nowhere in the Holy Scriptures is this picture so clearly painted as in the vision of John the Apostle recorded so vividly for us in the Book of Revelation. Positioned at the end of the Bible, the Revelation to John is perhaps a wise

reminder that our heavenly home is a habitation overflowing with unending blissful worship of Almighty God - Father, Son and Holy Spirit. Worship music pervades Heaven, glorifying God for who He is and all His wonder-

ful works in creation. Praise, honour, glory and power to God forever.

"Great and marvellous are your deeds, Lord God Almighty. Just and true are your ways, King of the ages. Who will not fear you, O Lord, and bring glory to your name? For you alone are holy. All nations will come and worship before you, for your righteous acts have been revealed", sing the triumphant saints in Heaven as recorded in Revelation 15:3-4). As we worship and praise God's holy name in this 20th year of the London Holy Ghost Festival of Life, it is apt to remember all His great acts of faithfulness, kindness and mercy to us.

From a modest meeting that began

with the obedience of our Father-inthe-Lord Pastor Enoch Adejare Adeboye in 1996 here in London, we are witnesses today to the tens of thousands that gather to praise God and pray for revival in the land at the Festival of Life. Many more join in the meetings though satellite television | Which is why this special 20th anni-

Great is the LORD, and greatly to be praised in the city of our God, in the mountain of his holiness. Beautiful for situation, the joy of the whole earth, is mount Zion, on the sides of the north, the city of the great King. ** (Psalm 48:1-2)

> and various online platforms. Without doubt, this 20th anniversary celebration is the fruit of a divine partnership between our General Overseer and Almighty God. Friendship with God has benefits. Obedience to divine instructions, in spite of the facts on the ground, always yields astonishing testimonies.

> That which we celebrate this season with regard to the Festival of Life (FOL) is a testament of God's amazing faithfulness. Indeed, it does lead one to joyfully sing, "This is the Lord's doing; it is marvellous in our eyes" (Psalm 118:23). When we give the glory to God, He of course does more for us in return. Importantly, it is fasci-

nating to note the agency of the Holy Spirit in all the move of God regarding FOL. We believe revival is on the horizon for the United Kingdom once again in this generation, and that it is being birthed by the Holy Spirit.

versary edition of Sunrise is dedicated to the Holy Spirit, the promise of the Father, given to us through the Son. What a picture of divine cooperation! As John the Baptist announced Him long ago: "I indeed baptize you with water unto repentance, but he that cometh after

me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire:" (Matthew 3:11). May the Spirit's fire purge you and renew your fervour for Heavenly matters as we celebrate our great God.



-Pastor Modupe Afolabi is the Editor-in-Chief of Sunrise. Twitter: @MoAfolabi



elebrate that which is splendid and profound.
The irony of majesty in natures footprints all around,
The winter solace and springtime joys,

The wonders of the world.
Painted skies and forest glades, woodland spruce and meadows shades.

Joys of days gone by and the wonders we are yet to see. The harvests of the seasons and the summer revelries, The tides of the seas and the sands of time and man, the joys of the moment like lovers holding hands.

Carousel rides and festive spread tables laden with good things to eat,

Thanksgiving everglades, promises given and accomplishments praised.

Festivities and merriment, families all in one moment of time

Like the hands of the clock, they have their moments in language and rhyme.

Diction and fortitude, all in free speech like the wisdom of poets woke up from sleep.

Joyful and passion, flowing in praise, in fun and the laughter of yesterday's raves.

All in the moment of mankind's great mirth, joys of the Christ child's nativity birth.

Lest we forget the reasons to see, the wonders of life on the celebrate tree.

Like the grandiose moments and the good times still yet to be.

There are many scriptures that encourage us to celebrate the goodness of God. Psalm 21:13 says "Rise up, O Lord, in all your power. With music and singing we celebrate your mighty acts". Psalm 102:21 says "And so the Lord's fame will be celebrated in Zion, his praises in Jerusalem". Psalm 135:3 says "Praise the Lord, for the Lord is good; celebrate his lovely name with music". Many times we become so accustomed to the splendour of God all around us that WE DON'T ACTUALLY TAKE TIME TO THANK God for His wondrous works as David did in these psalms of praise that we referred to.

The poem that we just read encourages us to take time to celebrate what is all around us. Nature reminds us of God's wondrous creation. I love the fact that in November in America, a day is set aside called Thanksgiving where everyone takes a holiday, families cook lunch together and share all that they are thankful for. Then of course Christmas is coming where we celebrate the birth of our Lord and Saviour, Jesus Christ. Indeed, these last months of the year can be termed months of celebration as we celebrate all the accomplishments and testimonies of the year and begin to look forward to the New Year with excitement of all the wonders to come.

We are especially excited in this season as we are celebrating 20 years of Festival of Life. 20 Years of God's faithfulness, 20 years of testimonies, 20 years of souls being saved, 20 years of changed lives and 20 years of growth and progress authored by God in RCCG UK. Truly as a team here at Sunrise we are overflowing with praise for all that God has done and continues to do through the Festival of Life. Please take time to meditate on the goodness of God as you flip through the pages of this special edition of Sunrise as we showcase just a little of what God has done over these 20 years.

Let not your celebration end though. Indeed, as a child of God, every day should be a celebration. 1 Thessalonians 5:18 says "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus".

There are many articles and material in this edition of Sunrise as always to encourage, strengthen and challenge you to greater heights so that you can continue to testify of God's greatness in your life. As I always say, this is your magazine, please get in touch with your testimonies, news, articles and feedback. I look forward to hearing from you.

God Bless you richly,

Andrea Onduku Editor





PASTOR AGU IRUKWU'S UNEXPECTED JOURNEY FROM LAW TO LEADERSHIP

By Peter Wooding

hen Pastor Agu Irukwu moved to the UK from his home country of Nigeria to study law at Warwick University his plan was to follow in his family's tradition of working in the legal profession. However, he never expected to take a completely different path by leading Jesus House Church as well as the UK's largest church denomination Redeemed Christian Church of God (RCCG).

"Leading Jesus House Church in London didn't happen in such a planned way," explains Pastor Agu.

He added: "I trained as a lawyer primarily because 90% of my family are lawyers, so it was the kind of thing you just want ahead and did."

But all that changed when Pastor Agu, who'd grown up in a Christian family in Nigeria, dedicated his life to Christ in 1991 at the Redeemed Christian Church of God in Lagos. While trying to run a law practice he found himself becoming more and more called to church ministry:

"When I became a serious Christian I got very involved in church. I found that I was spending more and more time doing things related to the church and less and less time doing the legal stuff and chasing after briefs."

Just three years later he returned to the UK to take care of a small up and coming church in London, never realising he'd still be there 22 years later:

"I was asked to keep an eye on a young church that was just two months old. The idea was to stay just for a month, while they found a substantive pastor. That was Jesus House church more than 20 years ago and they obviously haven't found another pastor in those 20 something years. So here I am pastoring Jesus House."

More than two decades later Jesus House For all the Nations in Brent Cross sees regular attendance exceeding 2,000 each week.

They run three family services each Sunday, in addition



to services for children (Kidz First), teens (TM4:12) and youth (Raised Up In Christ). As well as their many Sunday services the church provides a prayer ministry, counselling service a CAP group, youth ministry and even a radio station.

With a four-fold vision to mobilise the church to pursue God, discover purpose, maximise potential and impact lives Pastor Agu says their passion for the growth and development of the individual is reflected in the vision of the Church, and they are committed to making a positive impact in their local and the international community.

You can understand why he was voted the UK most inspirational black person in 2012, when you hear how he's overcome so many challenges in his life by maintaining such a positive outlook on life:

"I'm one of those people the glass is always half full, so there are very few lows in my life. I see the bright side even when I'm going through difficulties and challenges; I just believe very strongly that it's a learning process. It's part of your journey and that's my general philosophy of life. I believe that all things work together for good. I really absolutely believe it for those who love God, who are called according to His purpose. So I don't have many lows.

"I've had some challenging times; including the most difficult was when my late wife passed away after a bout with cancer and that was challenging big time. There are all the other challenges of life in ministry, but I take it in my stride. That's life. If you're going to try and do a lot for God you must expect some stripes. You must carry some scars and go through some battles. I'm glad I have a great team around me. I have a great family in my wife and the kids and that's precious to me and I have a great ministry team around me and that gives me support and strength."

For many years he's also had a passion for men's ministry and will be speaking at a key event at Stoke City Stadium next May called We Are Men United. He explains why it's so vital to reach men at this time:

"Anyone who knows me knows for 16 years I've been very involved in men's ministry. I started the men's Mandate conference in 2000 and it grew significantly in terms of attendance and participation. It's a big thing the number of black people who are in prison, proportionately to the population, how we treat our wives, our daughters, how we take responsibility for our civic responsibilities. We just need to get out there and do it right. I've heard that if a man comes to faith, comes to know Christ, his entire family comes to know Christ. So there's a pivotal role that the man plays in the family in every community in our society and we just have to get that right. So that's why I'm excited about speaking at We Are Men United next May."

Pastor Agu somehow also finds time to oversee RCCG UK's 700 parishes and is chair of Festival of Life a prayer gathering that regularly attracts 45,000 people. But he says leading this growing movement always keep him humble:

"You realise your weaknesses and frailties your failings and inadequacies and you're left in no doubt that this surely has to be God because you just know that. Because you didn't have this strategic plan put together it wasn't like you had all these skills and all these skilled people that put it together. You are as amazed as people are at what God is doing and then you're grateful that you're part of the journey. So that's the way I feel just a lot of gratitude to God to be part of this journey.

"The problem is you might have been successful up until now, but you've got a big challenge on your hands if you don't somehow reinvent yourself to become relevant to reach out to a millennial generation. Otherwise the church is going to die. It's as simple as that, so that's where we find ourselves and we're grappling with that."





Countries covered: Zambia, Madagascar, Kenya, Angola, Malawi

'For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger, and you took me in... I was sick, and you visited me'

MATTHEW 25 v 35 - 40

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to visit our stand at the back and sign up for our mailing list will be given a goody bag!!!



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ENGLAND CHAPTER

WHAT WE HAVE DONE SO FAR

- · Medical mission trips to Chibongwe, Zambia
- Provision of Missionary Support (Bikes for Pastors, Mini Buses)
- Acquired several acres of land towards building projects that will provide health, education and the gospel to less-privileged people.
- Building and planting churches



An on-going building project in Antananarivo, Madagascar

 The Redeemers House Orphanage in Nakonde, Zambia, built from scratch by Africa Missions UK; formerly homeless orphans now have a place where they are being catered for.



Redeeemers' House in Nakonde, Zambia

All our projects are carried out alongside ministrations and counselling with many people giving their lives to Christ as a result.

WHAT'S NEXT IN 2017

- Building the Health Centre in Zambia. By participating in our BUY-A-BLOCK project, you will be providing access to health care in a deprived community that desperately needs this.
- Completing the International Worship Centre which is to serve as the RCCG regional head-quarters in Zambia once completed.



The RCCG Intertionational Worship Centre, Zambia in progress

Would you be interested in visiting the mission fields on behalf of African Missions England in 2017 or can you help in communications or fundraising, please send email to:

info@africamissionsengland.org





Chibongwe community members at the Medical Surgery Outreach



Medical outreach team



Drugs used in the medical outreach



Pastors and Zambian ministry officials at the foundation laying ceremony of the medical outpost in Chibongwe



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We thank the Lord Almighty for all He has done through you and we continually covet your prayers and support.

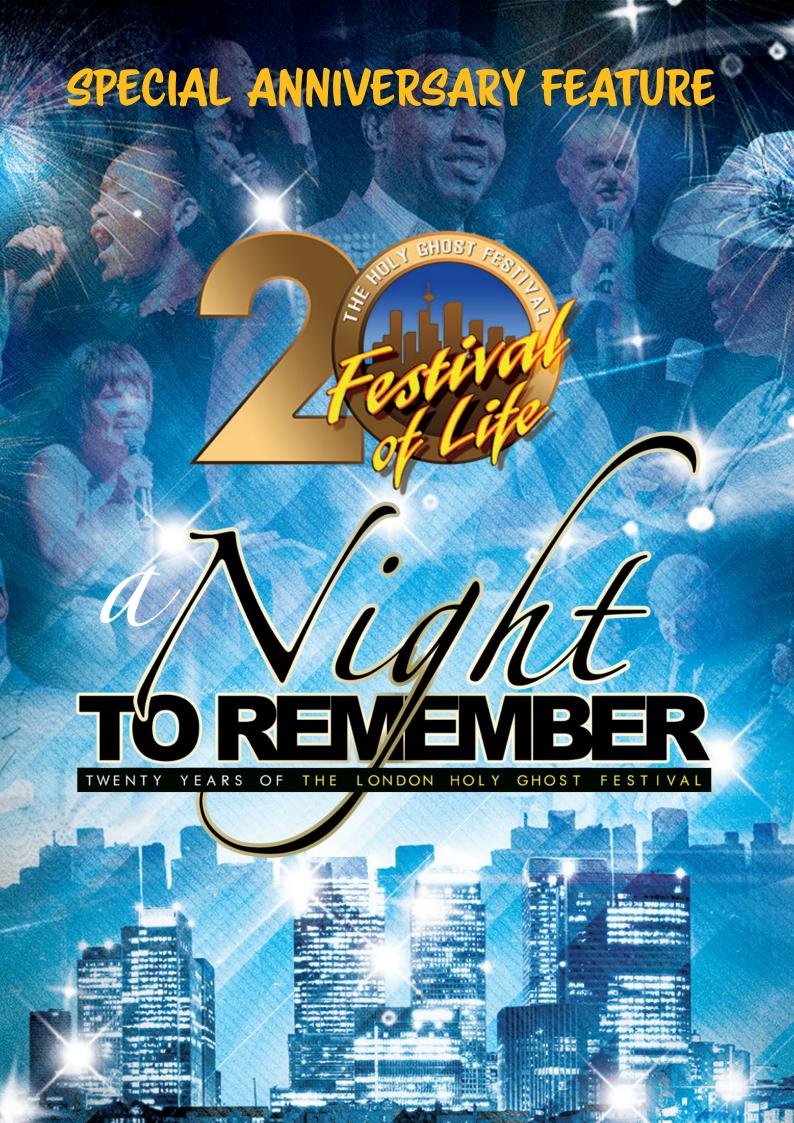
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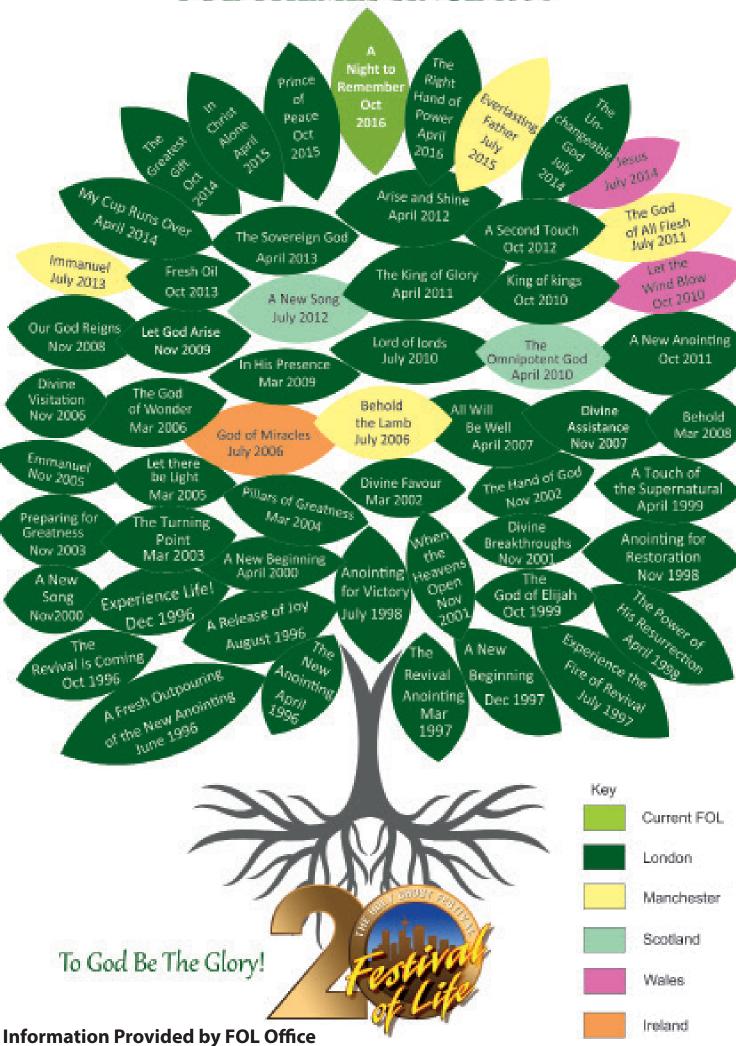
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FOL THEMES SINCE 1996





OUT OF AFRICA

he year is 1986 and the place is the outskirts of Lagos, Nigeria. At the time, the once enormously prosperous African country is still coming to terms with the unfolding reality of a sustained economic downturn and its perplexing impact on all aspects of social life. Unsurprisingly, many struggle to adjust

to the disorienting socio-economic situation all around them. In a relatively serene corner of the nation, a dynamic pastor with a passion for soul-winning, evangelistic pursuits and an apostolic vision is having a guiet dialogue with God. The conversation soon turns to a divine offer to the preacher to request a gift for his forthcoming birthday. The pastor makes what, for many, would be a most astonishing entreaty: he asks the Lord for a miracle for every member of his church as a birthday present. God's response? An instruction to invite everyone to a special meeting called the 'Holy Ghost Service'. In obedience, this divine directive is carried out, thus birthing the monthly Holy Ghost Services at the Camp Ground of the Redeemed Christian Church of God (RCCG) near Lagos.

Few would seriously dispute that the supernatural growth of the Holy Ghost Services hosted by the <u>General Ove</u>rseer of RCCG Pastor Enoch Adejare

Adeboye soon came to epitomise the genesis of a spiritual revival in Nigeria which is beginning to spread to other parts of the world. Each month at the RCCG's Redemption Camp, hundreds of thousands of worshippers now gather to worship the Lord, pray for nations and receive manifold blessings from the Lord. Interestingly, while praying ahead of one of the Holy Ghost Services, the Lord hands another pleasant surprise to Pastor Adeboye: permission to start similar Holy Ghost Services in the United Kingdom. The UK is understandably special to Pastor Adeboye as God had used him to plant the first parish of the RCCG in the country some years before in modest circumstances.

The story of the supernatural birth of the Holy Ghost Service and its spread around the world is best heard from Pastor Adeboye, as told again in response to an interview shortly before the Chicago Holy Ghost Service which took place in September 2016: "Festival of Life started some 30 years ago. I was approaching my birthday when I heard God speak loud and clear. He said, "Son, what do you want for your birthday?" Since I wasn't aware that God could be interested in anybody's birthday, least of all mine, I asked Him back, "Lord, please if that's you, could you repeat the question?" And He repeated the question, and I told Him that all I want is that every member of my congregation would get a miracle.

"And He said "If that's what you want, then gather them together and I would grant their requests. We did; it was supposed to be a one-off event, but there were so many miracles, so many testimonies as a result, that the people requested if the thing could become an annual event. And after some

time, they requested, "Why can't we have it every month?" So, in Nigeria every month, we have what we call the Holy Ghost Service – that is also called the Festival of Life. And because of the way God has been

bury Rt Rev Justin Welby who is the spiritual leader of the Church of England and Head of the Anglican Communion worldwide. Other leaders of the main Christian denominations in Britain regularly attend the Festival of Life to worship and pray as one, that God's Kingdom may come once more in the nation.

"Everywhere people hear about Festival of Life or Holy Ghost Service – whatever term you want to use – they want to come because they have learnt from experience that when you attend, God does answer prayers at these meetings."

Public office holders including the former Prime Minister David Cameron have been in attendance, famously telling tens of thousands of worshippers that the Festival of Life has become an established part of British cultural landscape. Other

answering prayers at this all-night prayer meeting, it has become something that has gone outside of Nigeria ... to other parts of the world...."

senior public officials who have attended include the past Mayor of London and current UK Foreign Minister Boris Johnson, as well as senior British politician Stephen Timms MP amongst others.

REVIVING THE UNITED KINGDOM

Indeed, in the UK, the Festival of Life has grown phenomenally, being used by God as a platform for bringing together Christians of various denominations to pray in unity for revival in the country. The vision of birthing a spiritual revival that would inevitably permeate every other fabric of socio-economic and political life is, therefore, at the heart of the motivation of RCCG's UK Chairman Pastor Agu Irukwu to keep growing the Festival of Life. Pastor Agu, as he is fondly called, is not daunted by the prevailing wave of post-modern thinking which now keeps many Britons away from church. He is unshaken in his focus that God's hand is upon the vehicle of the Festival of Life and that through it, walls will come down which will ignite the spark for revival once again just like was witnessed in the days of the Welsh Revival of 1904 to 1905 which transformed the spiritual lives of many in Great Britain and beyond.

Today, many in the wider body of Christ, the media and government acknowledge and celebrate what the Lord is doing through the Festival of Life in Britain. Worshippers at the Festival of Life have included such persons as the Archbishop of Canter-

The Chief Executive Officer (CEO) of the Festival of Life charity Pastor (Dr) Shola Adeaga believes that people keep coming to the Festival of Life because "they have correlated FOL with the blessings they have received from God" and secondly, due to the fact that "the FOL has become a platform that speaks for Christians in the UK". In an interview with Sunrise, Pastor Adeaga adds: "By God's grace, the Festival of Life has become a phenomenon both within the Body of Christ and in the secular community." "You can't ignore 40,000 people; you can't ignore the fastest-growing denomination in the country", states Pastor Adeaga.

WHAT'S NEXT ON THE HORIZON?

For what is easily the UK's largest single gathering of Christians, the Festival of Life can only continue to record such significant impact spiritually and socially, given its divine foundations and the commitment of its facilitators to the God-given mandate for the assembly. As the Holy Spirit continues to move in the midst of God's people and in the wider society, there is a conviction that great change is coming, one which will help birth a godly nation once again. As we celebrate 20 years of the Festival of Life in the UK, let somebody shout hallelujah!

























FOL Lestimonies

"They overcame him by the blood of the Lamb and by the word of their testimony;" (Revelation 12:11a)

Over the past 20 years, the Lord has perfermed so many wondrous miracles at the Festival of Life (FOL) meetings. Many have testified publicly to divine healings, deliverance from spiritual oppression, career breakthroughs, miraculous instances of child-bearing in spite of complex medical conditions and usually after long periods of trying unsuccessfully, financial blessings and prophetic guidance from the Holy Spirit through the servant of God Pastor E. A. Adeboye. A few of these testimonies are reproduced here to give glory to God and encourage many more.



I am Healed from Cancer – Sis Winnie

"Last year July I found out I had cancer on my cheek. I came to Festival of Life last year for the first time and when Daddy G.O. (Pastor E. A. Adeboye) was preaching, he said he received a message from God saying, 'There is someone here whose head is going to be transformed'. I held onto the prophecy, believing it was me. After the FOL programme, I started my treatment and while receiving my treatment, I got an infection and was admitted to the hospital. I stayed in intensive care for 3 weeks; I could not talk or eat and they had to put a breathing tube down my neck. For three weeks I had to write on paper to communicate with people, but today I am standing here to tell you I am healed and that Jesus lives! (Sis Winnie testified at the FOL in April 2015 themed In Christ Alone).



I was Healed from Brain Tumor – Sis Opeyemi

"Four years ago I was diagnosed with brain tumor cancer and the doctor said I had less than a year to live. I was paralysed, could not talk and basically could not do anything. I was taken to Daddy G.O. He prophesied that I will be healed and no death will come near me. Today the brain cancer tumor has disappeared, and I can walk, talk, eat and can do anything. (Bro Opeyemi testified at the FOL in October 2015 themed Prince of Peace).

I Sowed into FOL at 20 and got a Breakthrough – Sis Chinwe

"I want to thank God for the salvation of my soul and proving Himself strong in my life. I was among those that sowed the seed of £1000 for the 20th FOL Anniversary. I asked God to grant me secondment by my Hospital to study Adult Nursing and help me to meet the requirements for the university. I thank God that He granted my request. Praise the Lord." (Sis Chinwe submitted this testimony at the FOL Partners' Reception with Pastor E. A. Adeboye in October 2016)



My Son Recovered from Heart Problems – **Sis Ayo**

"I am coming straight from St. Thomas Hospital to give this testimony. My son just recently had an open heart surgery, and after the surgery my son kept having heart seizures and eventually went into coma for five days. The doctor told me he might never wake up again. I took my phone and sent a message to Mummy G.O. (Pastor (Mrs) Folu Adeboye), detailing all what the doctor said. Mummy G.O. replied to me, saying "Son, you are made whole". I put the message by my son's bed; I and my church members joined hands and started praying. While praying, my son woke up. On hearing this, the doctor came again and said they needed to operate on him

again, as his heart is still not performing well. The doctors performed another surgery on him and after the surgery, the doctor said there was no change and I should come with my husband to spend the last days with our son. I said 'No! Mummy G.O. said my son is made whole.' I began to pray despite the doctor's report, and they were draining 1.5 litres of fluid from my son daily. This morning, my son can now pass out fluid himself, can walk and can talk; so I came directly from the hospital to give this testimony." (Sis Ayo testified at the FOL in April 2016 themed The Right Hand of Power).



I Got a Breakthrough with the Home Office – Sis Tessy

"For ten years, I have been battling with the Home Office. Last FOL, Daddy G.O. prophesied saying, 'Someone will laugh last!'. I took the word and I believed in it. On the 2nd of January 2015 I went to court and won the case against the Home Office. Two weeks later the Home Office appealed against the decision saying, "There was an error of law". I went to the tribunal again to appeal the decision. In FOL 2015, Daddy G.O. prophesied saying: 'Your Downwards Journey ends and your Upwards Journey begin. A door was shut on your face and in less than 2 months, that door will be opened. I told you before you will laugh last, your greatest package of joy is receiving finishing touches and will be delivered to you very soon. Your major breakthrough will begin from the end of this year and will continue

to next year.' All these prophecies came to pass in my life. As Daddy G.O. said, that door was opened in less than 2 months last year - on the 10th of December. Today I am able to get a better job and my daughter got admitted into a university." (Sis Tessy testified at the FOL in April 2016 themed The Right Hand of Power).



We were blessed with fruit of the Womb after 5-Year Wait – **Sis Abimbola**

"As at October 2013 FOL, my husband and were waiting on the Lord for the fruit of the womb and that same day was my birthday, and the only birthday gift I requested from God was the blessing of the fruit of the womb. I made a vow to God that if he did it for me, I will come back here to testify. That same day after the service, I was privileged to sit on Daddy G.O.'s chair, and my one request was 'God, please give me the fruit of the womb.' In January 2014, Daddy G.O. declared a 100-day fast and he said that for those who took part in a similar fast 18 years ago, their lives never remained the same. My husband and I found this fast as an opportunity for a turnaround in different aspects of our lives. We diligently partook in the fast believing the God of RCCG and trusting His Prophet Daddy G.O.'s word. At the end of the 100-day fast, our God the Promise Keeper kept to His world and I conceived. What seemed impossible, the

Lord made it possible for me after waiting 5 years. (Sis Abimbola testified at the FOL in October 2015 themed Prince of Peace).



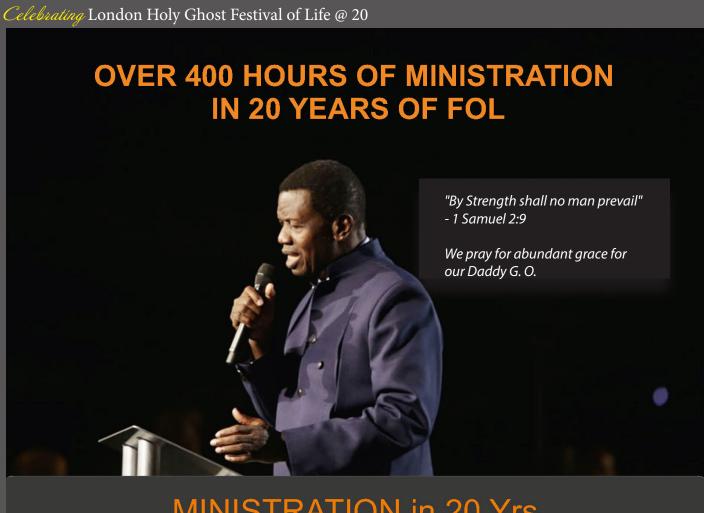
By this Time Next Year – Sis Primrose

"I came to the FOL last year in April and I remember Daddy G.O. said, 'By next year, your child will be 3 months old when you come to the next FOL.' Glory be to God, my child will be 3 months on the 22nd of this month!" (Sis Primrose testified at the FOL in April 2015 themed In Christ Alone).



I am Healed from High Blood Pressure – **Pastor Philip**

"I was suffering from high blood pressure for over a year and in July this year at the Wales FOL, as I came up on the altar serving, within 5 minutes a Word of Knowledge came through our Father in the Lord Daddy G.O. that, 'There is someone here suffering from high blood pressure and it is common within your family, that God said tonight, the high blood pressure will cease.' I received it by faith and to the glory of God, I have been cleared of high blood pressure." (Pastor Philip testified at the FOL in October 2014 themed The Greatest Gift)



MINISTRATION in 20 Yrs





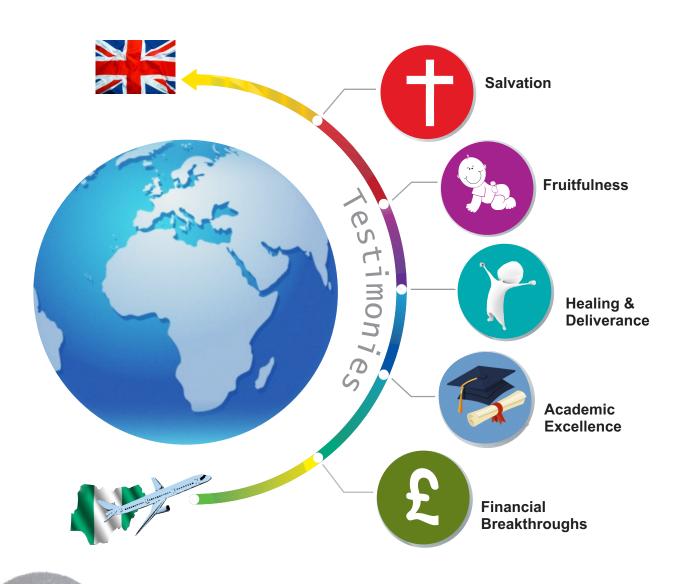
London April 2016 London Oct 2015 Manchester July 2015 London April 2015 London Oct 2014 Scotland July 2014 Wales July 2014 London April 2014 London Oct 2013 Manchester July 2013 London April 2013 London Oct 2012 Scotland July 2012 London April 2012 London Oct 2011 Manchester July 2011 London April 2011 London Oct 2010 Wales April 2010 London July 2010 Scotland April 2010 London Nov 2009 London Mar 2009 London Nov 2008 London March 2008 London April 2007 London Nov 2006 Manchester July 2006 Dublin July 2006 London Mar 2006 London Nov 2005 London Mar 2005 London Nov 2004 London Mar 2002 London 2001 London 2000 London 1999 FOL London 1998 FOL London 1997 FOL London 1996 500 1000 1500 2000 2500 Number

Numbers are estimated figures from the FOL Counselling Office

To God Be The Glory!

MILES TRAVELLED TO FOL UNITED KINGDOM BY PASTOR E. A. ADEBOYE IN 20 YEARS

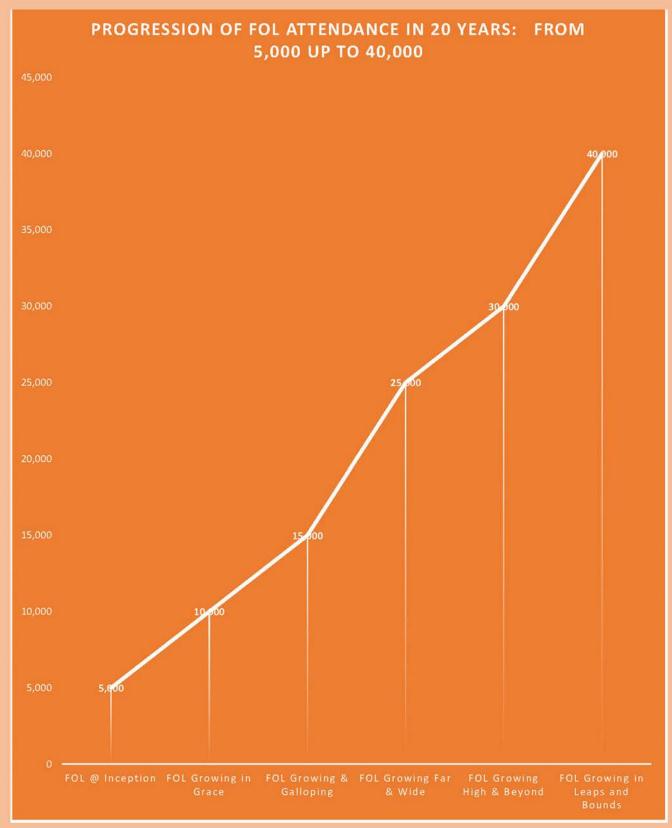
= 360,000 Miles





Pastor E. A. Adeboye

The distance is an approximate figure from Google



Estimated Figures from FOL Ushers

TO GOD BE THE GLORY!



THE REDEEMED CHRISTIAN CHURCH OF GOD
UNITED KINGDOM

Congratulations

to our
General Overseer
PASTOR E. A. ADEBOYE
and

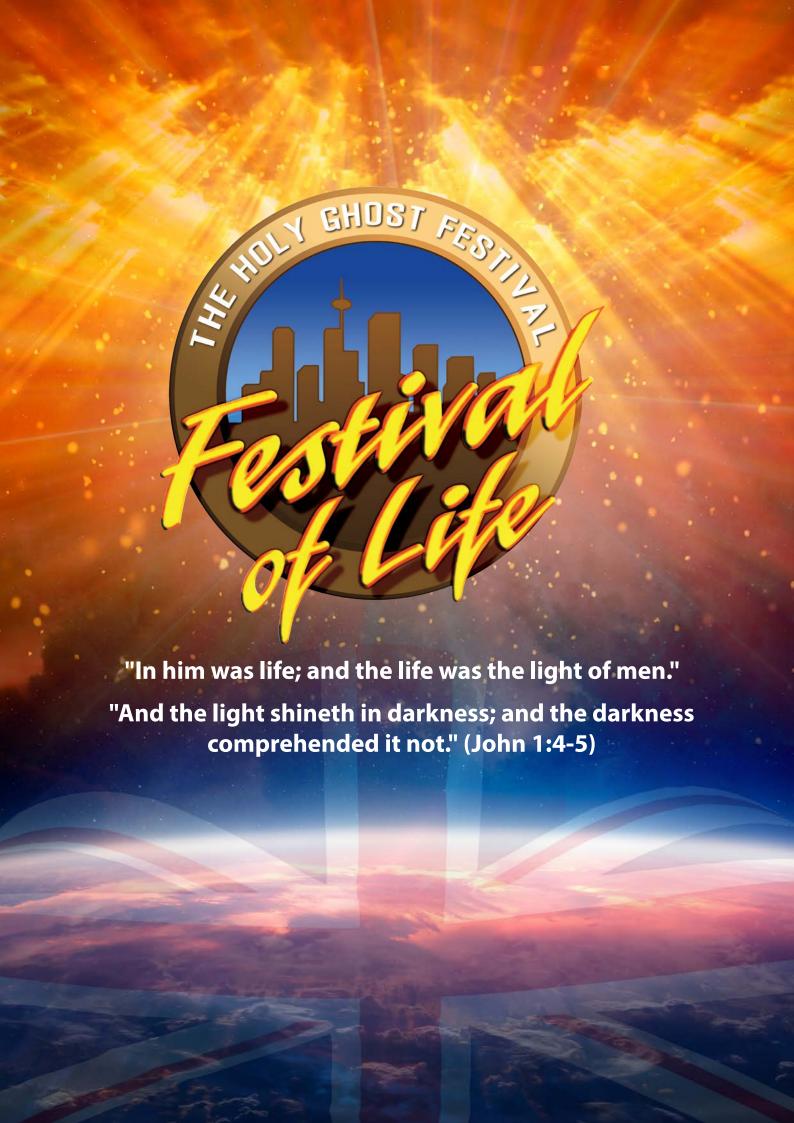
Mother - in - Israel PASTOR (MRS) FOLU ADEBOYE

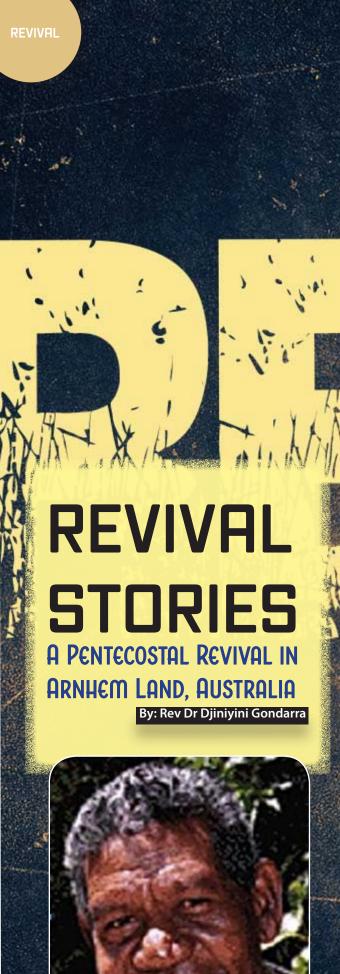
on the 20th Anniversary of the London Holy Ghost Festival of Life



RCCG Central Office On behalf of RCCG UK







aliwin'ku, Elcho Island, experienced a revival that began on 14th March, 1979. That year was a very hard year because the churches in Arnhem Land were going through very difficult times. There was suffering, hardship and even persecution.

Earthly values became the centre of Aboriginal life. There was more liquor coming into the communities every day, and more fighting was going on. There were more families hurt, and more deaths and incidents happening which were caused by drinking. Whole communities in Arnhem Land were in great chaos. The people were in confusion and without direction. The Aboriginal people were listening to many voices. The government was saying you are free people and you must have everything you want, just like the other Australians. And there were promises from one to another.

I thank God that I was being called back to serve my own people in Arnhem Land, especially to Galiwin'ku. In 1975 I had just completed my theological training in Papua New Guinea in Raronga Theological College and was appointed to Galiwin'ku parish. My ordination took place in 1976 in Galiwin'ku parish, and I was ordained by the Arnhem Land Presbytery. I was appointed then to Galiwin'ku parish as parish minister.

This celebration took place when there were lots of changes happening and when the church was challenged by the power of evil which clothes itself in greed, selfishness, drunkenness, and in wealth. As I went on my daily pastoral visitation around the camp I would hear the drunks swearing and bashing up their wives and throwing stones on the houses, and glass being broken in the houses. And sometimes the drunks would go into the church and smoke cigarettes in the holy house of God. This was really terrible. The whole of Arnhem Land was being held by the hands of Satan.

I remember one day I woke up early in the morning and went for a walk down the beach and started talking to myself. I said, 'Lord, why have you called me to the ministry? Why have you called me back to my own people? Why not to somewhere else, because there is so much suffering and hardship?'

I then returned to the manse where Gelung, my wife, and the children were. This was our last day before we left for our holidays to the south, visiting old missionary friends.

It was almost 6.30 am and it was my turn to lead the morning devotions. The bell had already rung and I had rushed into the church. When I got there, there were only four people inside the church. We used to have our morning devotions every day early in the morning because this system had been formed by the missionaries in the early years.

God had given me the Word to read and share with those four people who were present in the church with me. The reading I selected was from the Old Testament, Ezekiel 37:114, the valley of dry bones. Most of you know the story very well, how God Yahweh commanded the prophet Ezekiel to prophecy to the dry bones, and how that the dry bones represent the whole house of Israel, how they were just like bones dried up and their hope had perished. They were completely cut off.

After the morning prayers, Gelung, the children and I were ready to leave for Gove and then go on to Cairns in North Queensland. We were away for four weeks and returned on 14th March, 1979.

To me and all the Galiwin'ku Community, both the Aboriginal Christians and the white Christians, these dates and the month were very important because this is the mark of the birth of the Pentecost experience in the Arnhem Land churches or the birth of the Arnhem Land churches. To us it was like Pentecost in this 20th Century.

It happened when Gelung, the children and I arrived very late in the afternoon from our holidays through Gove on the late Missionary Aviation Fellowship aircraft to Galiwin'ku. When we landed at Galiwin'ku airport we were welcomed and met by many crowds of people.

They all seemed to be saying to us, 'We would like you to start the Bible Class fellowship once again.' It seemed to me that God, after our leaving, had been walking on and preparing many people's lives to wait upon the outpouring of his Holy Spirit that would soon come upon them. Gelung and I were so tired from the long trip from Cairns to Gove and then from Gove to Galiwin'ku that we expected to rest and sort out some of the things and unpack. But we just committed ourselves to the needs of our brothers and sisters who had welcomed and met us at the airport that afternoon.

After the evening dinner, we called our friends to come and join us in the Bible Class meeting. We just sang some hymns and choruses translated into Gupapuynu and into Djambarrpuynu. There were only seven or eight people who were involved or came to the Bible Class meeting, and many of our friends didn't turn up. We didn't get worried about it.

I began to talk to them that this was God's will for us to get together this evening because God had planned this meeting through them so that we will see something of his great love which will be poured out on each one of them. I said a word of thanks to those few faithful Christians who had been praying for renewal in our church, and I shared with them that I too had been praying for the revival or the renewal for this church and for the whole of Arnhem Land churches, because to our heavenly Father everything is possible. He can do mighty things in our churches throughout our great land.

These were some of the words of challenge I gave to those of my beloved

brothers and sisters. Gelung, my wife, also shared something of her experience of the power and miracles that she felt deep down in her heart when she was about to die in Darwin Hospital delivering our fourth child. It was God's power that brought the healing and the wholeness in her body.

I then asked the group to hold each other's hands and I began to pray for the people and for the church, that God would pour out his Holy Spirit to bring healing and renewal to the hearts of men and women, and to the children.

Suddenly we began to feel God's Spirit moving in our hearts and the whole form of our prayer suddenly changed and everybody began to pray in the Spirit and in harmony. And there was a great noise going on in the room and we began to ask one another what was going on.

Some of us said that God had now visited us and once again established his kingdom among his people who have been bound for so long by the power of evil. Now the Lord is setting his church free and bringing us into the freedom of happiness and into reconciliation and to restoration.

In that same evening the word just spread like the flames of fire and reached the whole community in Galiwin'ku. Gelung and I couldn't sleep at all that night because people were just coming for the ministry, bringing the sick to be prayed for, for healing. Others came to bring their problems. Even a husband and wife came to bring their marriage problem, so the Lord touched them and healed their marriage.

Next morning the Galiwin'ku Community once again became the new community. The love of Jesus was being shared and many expressions of forgiveness were taking place in the families and in the tribes. Wherever I went I could hear people singing and humming Christian choruses and hymns! Before then I would have expected to hear only fighting and swearing and many other troublesome things that would hurt your feelings and make you feel sad.

Many unplanned and unexpected things happened every time we went from camp to camp to meet with the people. The fellowship was held every night and more and more people gave their lives to Christ, and it went on and on until sometimes the fellowship meeting would end around about midnight. There was more singing, testimony, and ministry going on. People did not feel tired in the morning, but still went to work.

Many Christians were beginning to discover what their ministry was, and a few others had a strong sense of call to be trained to become Ministers of the Word. Now today these ministers who have done their training through Nungilinya College have been ordained. These are some of the results of the revival in Arnhem Land. Many others have been trained to take up a special ministry in the parish.

The spirit of revival has not only affected the Uniting Church communities and the parishes, but Anglican churches in Arnhem Land as well, such as in Angurugu, Umbakumba, Roper River, Numbulwar and Oenpelli. These all have experienced the revival, and have been touched by the joy and the happiness and the love of Christ.

The outpouring of the Holy Spirit in Arnhem Land has swept further to the Centre in Pitjantjatjara and across the west into many Aboriginal settlements and communities. I remember when Rev. Rronang Garrawurra, Gelung and I were invited by the Warburton Ranges people and how we saw God's Spirit move in the lives of many people. Five hundred people came to the Lord and were baptized in the name of the Father, the Son, and the Holy Spirit.

There was a great revival that swept further west. I would describe these experiences like a wild bush fire burning from one side of Australia to the other side of our great land. The experience of revival in Arnhem Land is still active in many of our Aboriginal parishes and the churches.

Renewal Journal 1: Revival(c) Renewal Journal 1: Revival (1993, 2011), pages 29-36

https://renewaljournal.wordpress.com/2016/02/27/pentecost-in-arn-hem-land-bydjiniyini-gondarra/



THE REDEEMED CHRISTIAN CHURCH OF GOD



Commiserates
with the Government
and People of the State of Israel
On the passage of an illustrious
Son and renowned Statesman

SHIMON PERES

(2nd August 1923 - 28th September 2016)

Who served his nation as President and Prime Minister

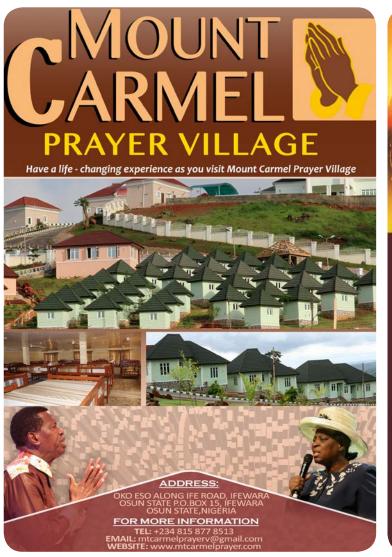


As friends of Israel, we remember and salute the laudable contributions of Shimon Peres to the building of the State of Israel.

"Pray for the peace of Jerusalem: they shall prosper that love thee." (Psalm 122:6)









RCCG MANDATE

- **TO MAKE HEAVEN.**
- TO TAKE AS MANY PEOPLE AS POSSIBLE WITH US.
- TO HAVE A MEMBER OF THE REDEEMED CHRISTIAN CHURCH OF GOD IN EVERY FAMILY OF ALL NATIONS.
- TO ACCOMPLISH No. 1 ABOVE, HOLINESS WILL BE OUR LIFESTYLE.
- TO ACCOMPLISH Nos. 2 & 3 ABOVE, WE WILL PLANT CHURCHES WITHIN FIVE MINUTES WALKING DISTANCE IN EVERY CITY AND TOWN OF DEVELOPING COUNTRIES AND WITHIN FIVE MINUTES DRIVING DISTANCE IN EVERY CITY AND TOWN OF DEVELOPED COUNTRIES.
- WE WILL PURSUE THESE OBJECTIVES UNTIL EVERY NATION IN THE WORLD IS REACHED FOR JESUS CHRIST OUR LORD.

JESUS CHRIST, THE SAME YESTERDAY, TODAY, AND FOREVER (HEBREWS 13:8)



ack in the late 1960s and early 70s, great changes were taking place in Churches across Great Britain. Many Christians were experiencing the new spiritual awakening which was sweeping the land. Most Christian Denominations were affected, although, interestingly, one of the earliest Churches affected was the Church of England at All Souls, Langham Place, and inspired its Minister, Michael Harper, to write a couple of booklets about the experiences he and other people were having including the gifts of prophesy, healing, speaking in tongues and the Biblical basis for them.

Unfortunately, if a Vicar or Minister had not personally received this blessing themselves and was a traditionalist, he or she often found themselves unable to support those members of their flock who had been newly enlivened. They were seen as rather too revolutionary in

Lyrics of Bind Us Together

BIND US TOGETHER, Lord, Bind us together With cords that cannot be broken. Bind us together, Lord, Bind us together, Bind us together with love.

There is only one God, There is only one King; There is only one Body, That is why we sing:

Refrain

Made for the glory of God, Purchased by His precious Son; Born with the right to be clean, For Jesus the victory has won.

Refrain

You are the family of God, You are the promise divine; You are God's chosen desire, You are the glorious new wine.



wanting to change Church Services into a more free-flowing and spontaneous form, which they felt the Spirit was inspiring them to do.

In consequence, to find a way to express their new-found joy, folk started to meet during the week to sing and pray in one another's houses. Soon these groups became known as the House Church Movement and, as the 1st Century Christians had met in one another's houses, there wasn't really a lot the traditional-

some tried to argue against this, seeing it as subversive and a threat to the traditional church order.

I have greatly simplified what happened during those years, but I have recounted it because it was an exciting time that I lived through, and it had a direct bearing on how "Bind Us Together" came to be written.

A small group of a dozen or so folk had started to meet on a Tuesday evening in the front room of a couple called Ken and Maureen. They lived in Seven Kings and, through inter-Church contacts (I was a member of a Baptist Church in Stratford at the time), I was invited to come along to one of these gatherings; I was hungry to learn more about what God was doing through this outpouring of the Holy Spirit. I was immediately struck by the warmth and vibrancy of the people who came from various Churches in the area. The one thing we had in common, was that we all had had a profound experience of the Holy Spirit, and wanted to express our joyous feelings in worship.

I was in my 20s had been and writing songs since I became a Christian at the age of 13.

One evening in 1974 at Ken and Maureen's house, I remember a group of us were all praying together; I had such an emotional feeling come over me, and I felt a ists could disagree with although real need to do something con-

cerning the unity of God's people. It was then that the words "Bind Us Together" dropped into my mind; they were immediately followed by "With cords that cannot be broken," and "Bind us together with love." Also, a tune popped straight into my head and I stood up and sang it out to share it with everybody. Afterwards, Ken said, "Bob, I think there's more to come." He was right, but it seemed the Lord wasn't going to do everything for me, and it took a few weeks of meditation before the verses came to me as well.

Around this time, I was also involved in a multi-Church Christian Musical, which was on tour in the London area. After one performance, when the choir was sitting around relaxing, I sang "Bind Us Together;" to my surprise, they all joined in. It kind of took off after that, and thenceforth was passed from person to person and Church to Church.

During the following years, what has been both a shock as well as a blessing, is that so many Ministers have come up to me and said, "I've just come back from.... (say) Ghana, or the U.S.A., or other farflung places, and they are singing your song there."

I have always been very humbled by this, because I feel God has taken "Bind Us Together" and used it to send His message of love and unity all over the world, to places that I will probably never visit in my lifetime.

Although I'm listed as the Composer (published by Thank You Music), I don't really see it as my song. I was just the mouthpiece God used, and for that I am truly grateful and blessed.

Bind Us Together was written by Bob Gillman

ECUMENISM in ACTION

Focus on Churches Together in England (CTE)

What is Churches Together in England?

hurches Together in England (CTE) is a visible sign in England of the Churches' commitment as they seek a deepening of their communion with Christ and with one another, and proclaim the Gospel together by common witness and service. Its strength comes from people from different traditions finding new ways to work and worship together.

Churches Together in England has a long history. As one of the successors to the British Council of Churches in 1990, Churches Together in England is known as the formal 'ecumenical instrument' for the agenda that the churches in England have committed themselves to. As Called to be One puts it (p127):

Jesus prayed to God the Father that all his followers might be as one as he and the Father are one so that the world might believe and trust him. Over the centuries his followers have become divided. These divisions have damaged our witness to the loving purposes of God and have hindered our participation in Christ's mission to heal and transform the world.

Following the Swanwick Declaration in 1987, Churches Together in England committed themselves:

- To seek a deepening of their communion with Christ, and with one another, in the Church which is his body, and
- To fulfil their mission to proclaim the Gospel by common witness and service in the world to the glory of God, father, Son and Holy Spirit.

Churches Together in England has partner bodies in Ireland, Scotland, and Wales and Churches Together in Britain and Ireland is the successor body to the British Council of Churches, and co-ordinates the work of the four nations. Partner bodies relate to the Conference of European Churches and the World Council of Churches.

As a whole, Churches Together in England is represented by Presidents from the major traditions of Member Churches. Currently there are six Presidents of CTE who each sign a Covenant which describes their commitment to each other and to the churches in England. The CTE Presidents are the following:

Archbishop Justin Welby

The Archbishop of Canterbury

Cardinal Vincent Nichols

The Cardinal Archbishop of Westminster

Revd Dr Hugh Osgood

The Free Churches Moderator

Revd Canon Billy Kennedy

The President nominated by the New Churches, the Religious Society of Friends (ie the Quakers) and the Lutheran and German-speaking Churches

HE Archbishop Gregorios of Thyateira and Great Britain

The President for the Orthodox Churches

Bishop Dr Eric Brown

The Pentecostal President





Left to right: Revd Dr Hugh Osgood, Revd Canon Billy Kennedy, Bishop Dr Eric Brown, Archbishop Gregorios, Archbishop Justin Welby, and Cardinal Vincent Nichols.

The CTE Presidents meet regularly and liaise on a wide variety of issues of common interest and concern. In the past, they visited the Holy Land together.

At a national level Churches Together in England has Member Churches, Co-ordinating Groups, Bodies in Association and other networks and agencies. Churches are also continuing to develop ecumenical commitment locally and at intermediate (county) level. Member churches of Churches Together in England are denominations in England at a national level. There are agreed parameters for belonging, and a recognised process for requesting membership.

Churches Together in England is served by a small staff team that works under the direction of the Enabling Group that brings together the representatives of the member churches.

As a member church/ denomination of Churches Together in England, The Redeemed Christian Church of God fully supports the vision of CTE and plays active roles towards achieving these lofty ends. God bless Churches Together in England and a strong & united force let it be for the advancement of the gospel of Jesus Christ and the Christian faith.

Source: CTE website: www.cte.org.uk



Pastor (Dr) Marcus Chilaka is Denominational Ecumenical Officer for The Redeemed Christian Church of God, United Kingdom

The Importance of Christian Drama as a Ministry

By Lola Arigbabu



rama is a very powerful ministry tool. It can be used to impact the church and the world for Christ. We would like to encourage more Christians and churches to be involved in drama ministries.

[1] Let's start from the beginning. The bible is full of drama! Some examples from the Old Testament can be seen in the

Songs of Solomon, Ezekiel and Hosea. In Songs of Solomon God adopts the art of poetry in His communication. There is a dramatic dialogue between the characters with responsive chorus. It is written in scenes like in a drama and is full of imagery and metaphors. The reader's heart is warmed and impacted by its message of love.

In Ezekiel, drama is used as a tool to communicate God's message. God is the writ-

er and the casting director. He instructed Ezekiel to build a set. The scene told a story that captivated the audience, making it possible for Ezekiel to deliver a powerful message from God. This can be said to be the birth of drama ministry! This scene in Ezekiel brings to mind a quote by shakespare "All the word's a stage, and all the men and women merely player..."



Another dramatic story is found in Hosea. God casted Prophet Hosea as an actor in this intimate story which God used to illustrate his redeeming love.

In the new Testament, we see the example of Jesus. He adopted the method of story-telling in communicating with his audience. Mathew 13:34 "Jesus always used stories and illustrations like these when speaking to the crowds. In fact he never spoke to them without using such parables." I cannot imagine Jesus telling a boring story. He would have livened up his stories with different gestures, facial expressions, voice tones. He may even have asked someone in the audience to act as a character in his illustrations as he did with child in Luke 9:46-48 "... so he brought a child to his side. Then he said to them, anyone who

welcomes a little child like this on my side..." This is drama!

God chose to communicate through arts and drama. This clearly shows that Christian drama as a ministry is important.

(1) We are genetically compelled to love stories. Thus a very good way of captivating our attention is by telling a story. Once

the preacher has the attention of his audience he can impact them with a very a powerful word from the Lord.

(1) We remember plays or movies we saw many years ago, especially the very good ones. We have the tendency to recall pictures and images or things that we see and hear together. So if a message is communicated via drama we will remember it.

(1) When a sermon gets too long, the tendency is that the audience will lose concentration. The hour long lecture style usually works best with the young students. Not very many people can take in a one-way stream of information for long. However if the Preacher includes stories or drama in his sermon, he will mostly certainly retain the full attention of his audience.

(1) Drama can be used to meet people, especially unbelievers, on their ground as encouraged by Paul in 1 Corinthians 9:19-23; "Yes, I try to find common ground with everyone, doing everything I can to save some"

Oscar Wilde, a very successful playwright of the late Victorian era in London states "I regard the theatre as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being."

(1) Weekly, millions of people worldwide both Christians and non Christian spend money, travel long distances across town, juggle their schedules, endure long cinema/theatre queues and sometimes uncomfortable cinema/ theatre seats to watch a really good movie, whether it is a secular movie like the 'Titanic' or a Christian movie like 'War Room'!

It is suggested that more people attend the cinema and theatre weekly than churches! The industry of performing arts knows how to captivate its audience. It is an industry that generates millions of income yearly. The industry understands its audience. People want to be entertained; they watch movies or plays to find meaning or purpose or to be informed.

The percentage of secular moves made is huge in proportion to Christian movies! Why? This is because Churches have not fully grasped the importance of Christian drama as a ministry.

We have been given the gift and medium of art and drama to impact our world for Christ!

When the movie, The Passion of Christ by

Mel Gibson was made, millions of people flocked to the cinema to watch it. Millions of people worldwide were impacted by its message.

Early this year, I was invited to a friend's church to watch the movie 'War Room' at their 11 am service. I found it interesting that a church would show a movie instead of having a sermon. God stirred up something inside me whilst watching the movie! I consider myself to be a prayer warrior but I was stirred up to a higher level. I had an intensified fire and passion for prayer. When I arrived home that day, I called my mother and sister and that night we took authority over our household and I prayed like I have never done before. Something shifted that night when we prayed!

So what next?

Drama is just as important as other areas of ministry and should be invested in. Some Christian movies and plays have the tendency of coming across as very cheap; this discourages people. Thus it is important that Christian Drama is done with excellence so that people can be impacted!

'Drama is a very powerful ministry tool. It can be used to impact the church and the world for Christ. We would like to encourage more Christians and churches to be involved in drama ministries.'

Lola Arigbabu is Consultant Administrator of RCCG Drama Academy UK. The Academy has a part - time professional acting course which runs from September to August. Classes are held twice monthly. Our Vision at RDA UK is ultimately to advance the kingdom through creative arts and drama ministry. For further information please contact us on info@rccgdramaacademy.co.uk or visit us on www.rccgdramaacademy.co.uk







MOVIE REVIEW

TITLE: War Room

RATING: PG

Genre: Christian Drama Length: 120 minutes

Year of Release: 2015

Directed by: Alex Kendrick

Written by: Alex Kendrick and Stephen Kendrick Produced by: Stephen Kendrick & Gary Wheeler

CAST:

Priscilla Shirer: Elizabeth Jordan
T.C. Stallings: Tony Jordan
Karen Abercrombie: Miss Clara
Beth Moore: Mandy
Michael Jr: Michael

Jadin Harris: Jennifer Stephens Tenae Downing: Veronica Drake

War Room, is a faith based drama which emphasises the power of prayer! It toppled the predictions of box office predictions by scoring a magnanimous opening-weekend gross.

It is the fifth movie by the Kendrick Brothers, Alex Kendrick and Stephen Kendrick whose previous first films include 'Fire-proof' and 'Courageous'. It stars Priscilla Shirer (New York Times best-selling author and Bible teacher) and T.C Stallings (Courageous).

Elizabeth Jordan (Prciscilla Shirer), an estate agent and her husband, Tony, a pharmaceutical salesman (T.C. Stallings) both successful have what appears to be a perfect family; a beautiful daughter and a big house. As the story unfolds we begin to see that their marriage is in trouble. Tony is verbally abusive with Elizabeth and has thoughts about being unfaithful. He is also practically never there for Danielle (Alena Pitts), their only child.

Elizabeth, meets a new client, Miss Clara (Karen Abercrombie) who senses the stress she is under. Miss Clara is a peculiar yet

wise elderly widow. She introduces Elizabeth, to her prayer closet which she calls her 'War Room'. She encourages Elizabeth to fight for her marriage by praying for her husband. She teaches her how to pray. "Give me one hour a week and I will teach you how to fight the right way with the right resources," Miss Clara says.

Whilst trying to help Miss Clara sell her house, Elizabeth herself receives a greater help. In her desperate and hopeless attempt to keep her marriage and her home from falling apart, relying on her own strength and wisdom, she meets Miss Clara who teaches her how to bring her marriage troubles to the Lord in prayer. Elizabeth learns how to pray and depend on God.

As Elizabeth begins to fight her battle in the right way, she begins to see the effect of her prayer on her husband's life; her marriage and home take on a different direction!

Although 'War Room' has been given positive reviews and comments, it did also get negative reviews by some secular critics. Sadly as they do not believe in God, they struggle to understand how we can win our battles through prayer.

Talking about the movie, the Kendrick brothers said, "People have plans for everything in life: careers, finances, health. But what about a strategy for prayer to affect our lives, our spouses and our children?" Director and co-writer Alex Kendrick says, "we want to inspire, challenge and motivate families to not just react but plan through the right kind of battles - - and to use the best resources possible"

I believe that this is a uplifting, inspirational movie which impacts the audience. I encourage people to watch it. It teaches us how to pray and to trust in God in desperate circumstances.

Reviewer: Lola Arigbabu



trange, how memory works. Sometimes, the mind makes a sudden backflip to an incident which occurred a long time ago all on its own accord. Those moments often leave one momentarily puzzled, until you meditate carefully on the recollection and then realise the message your subconscious is telling you.

It must have been at least 20 years ago when this episode happened. As a news reporter, I happened to have had the privilege of travelling internationally on a presidential flight. Out of habit, I fished out a book by a Christian author I was reading at the time, settling down to devour it during the journey. The book was about the gifts of the Holy Spirit. As a young born again Christian, reading all about the awesome spiritual power available to Believers left me breathless with excitement. 'Could all this be real? I want this power!'. I reasoned.

Soon, one of the flight attendants comes along and quietly takes a seat across from me. "What are you reading?", he asks? With barely contained excitement in my eyes and voice, I hurriedly tell him the book's topic and focus, although curious about whether he was a practising Christian and would understand. Surprisingly, his gentle response is that he was also a Christian! I can hardly believe this seeming coincidence. So, I proceed to pepper him with accounts from the book about what the power of God's Spirit could enable one to do!

All this while, he is listening in silence, nodding at times only in affirmation. Then, out of the blue, he delivers a thunderbolt: "It is good to seek the power of the Holy Spirit, but it must be balanced by also manifesting the fruit of the Spirit." As soon as he delivers this profound insight, off he goes to continue serving the powers-that-be seated towards the front of the airplane. I still recall the humility with which he offered those



wise words to an excited and zealous fresh convert.

It seems that the hurdle many of us who are disciples of Jesus Christ have to climb is getting and maintaining the right balance between being carriers of the power of the Holy Spirit and manifesting His character. We seem often anxious to walk in the power of the Holy Spirit, but less quick to keep stride with Him in the humility and obedience that help the fruit of righteousness grow in our lives.

Let us now attempt to pose a philosophical question: For the Christian, which comes first? The power or the character of the Holy Spirit? The answer may well be that both are divinely simultaneously deposited into our lives at salvation, although manifesting consistent Christ-like character develops over time as we walk in the Spirit. "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:" (John 1:12). The fruit of the Holy Spirit is the character of Jesus: "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." (Galatians 5:22-23)

When we open our hearts to the Lord Jesus and receive Him as Lord and Saviour, we immediately receive the power to live righteously, to become like Him. Why then do we sometimes rise and fall from time to time in our Christian walk? The short answer is that we have a spiritual enemy who, seeing that you and I have made the life-changing decision to become children of God, works tirelessly to stunt the growth of our Christian character.

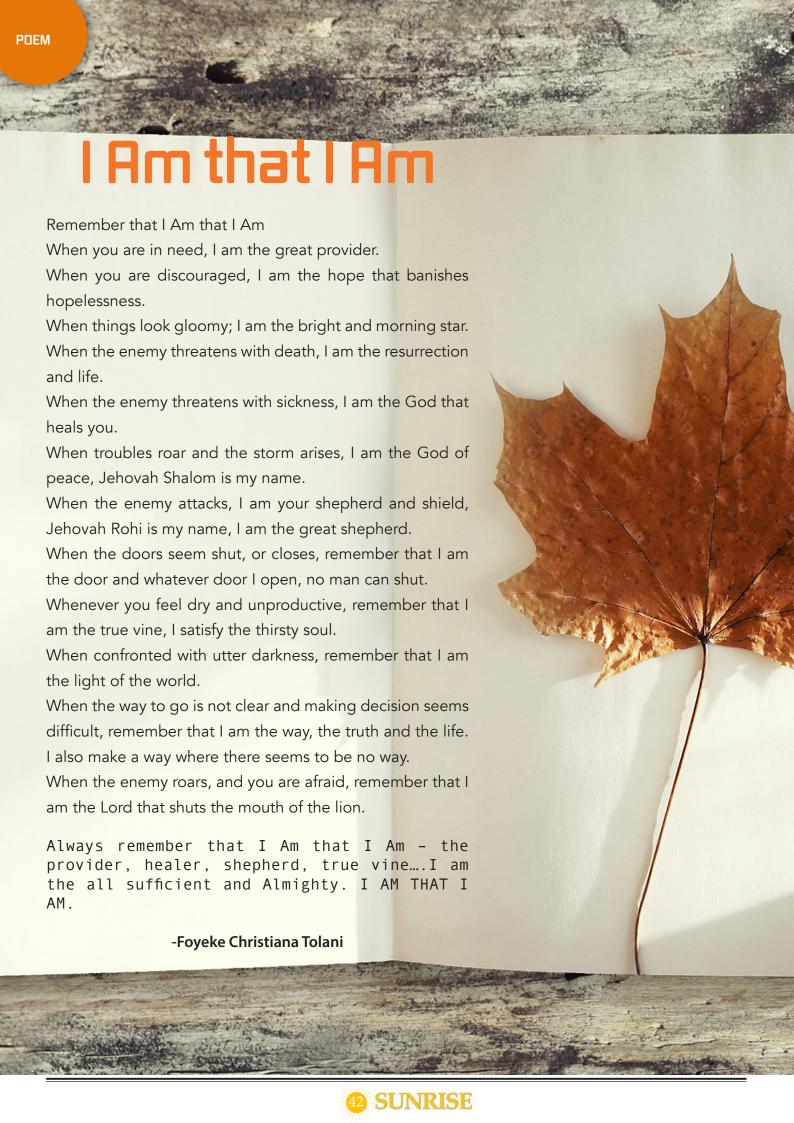
The enemy's weapons? The lust of the flesh, the lust of the eyes, and the pride of life. "And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat." (Genesis 3:6). Also, 1 John 2: 16 instructs us: "For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world."

Thankfully, we have the power to both do exploits for God and to be like Him in character.



Dr Oduwole is the Managing Editor of Sunrise and the Parish Pastor of The Risen Christ, Knebworth

Twitter:
@YinkaOduwole





Date: Saturday 19th November 2016 Time: 10am - 5pm

Venue: Cranage Hall Conference Centre Holmes Place, Cheshire CW4 8EW

The retreat usually offers an opportunity for female ministers to fellowship, relax, be refreshed and bond together.
The event is only open to Ordained Female Ministers and wives of Ordained Ministers in the RCCG UK Region 1.

Admission is free, but registration is required and limited to 400 persons on a first come, first served basis. Registration closes on 11th November 2016.

Please register to attend at www.rccguk.eventbrite.co.uk

Travel Information

The train ride from London Euston to Holmes Chapel is approximately 2 hours and a coach transfer service will be provided for the delegates to and from the train station which is a 5-minute drive from the venue.



The Ben Nevis Challenge

The inspiring story of how RCCG'S Pastor Taiwo Olugbenga mobilised his parishioners to climb the highest mountain in the UK as a fundraising challenge towards a new church building.



couple of years ago, it became evident that the RCCG City of Favour parish needed not only more space to accommodate our growing congregation but also a permanent place of worship which could incorporate the many services we rendered besides our normal Sunday services.

As a church, integrating the Leicester community and its surroundings is one of our core missions. Over the years, we had gained momentum within Leicester by getting involved in different projects where meeting the needs of different people within the community was apparent. The urgency for a new community centre and youth centre was also of utmost importance. Our pastor, Pastor Taiwo Enoch Olugbenga made the proposal to us as a church explaining his vision for the building and everyone immediately got excited about the new proposed church building and community center.



In the last two years, we have had several fundraising campaigns but none quite like the Ben Nevis challenge.

One faithful Saturday, at the start of the New Year 2016, the church building project | The mountain is located in the meeting with Pastor Taiwo also in attendance. It was time to think up new ideas to raise money for the new 2016 year. With bellies full of food and warmed up by hot drinks, the committee plunged into a brainstorming session. was here that the idea to climb Ben Nevis was birthed.

A member of the committee who had completed the climb up the Ben Nevis Mountain in Scotland brought up the suggestion to take this challenge. The year before, he and his wife had gone on this beautiful adventure and he was very certain that the challenge would put a positive spin on the building project campaign.

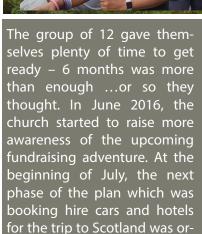
Now this is no ordinary mountain; Ben Nevis is known to be the highest mountain in the United Kingdom standing in at 1,346 metres (4414 ft) above sea level.



committee called a breakfast | Scottish Highlands with an amazing scenery surrounding it. At the summit of the moun- Finally, on Friday the 29th of perature is -5 degrees celsius.

> With all the facts in front of everyone, this was a challenge They left their base in Leicester that was definitely worth considering but not for the faint of 3 cars. hearted. After all, if climbing this mountain could help raise After hours of driving they had to be done.

> of the committee members committed themselves. It was going to happen at the end 8 hours and two pit-stops later was going to raise a mini- just before sunset. mum of £1000. After a few an- After checking into their Ben Nevis.



tain, the average annual tem- July, the climbers set off on the journey to Scotland – an adventure of a lifetime.

ganized.

at around 11.30 am in a convoy

money for the project, then it started to approach the highlands. The magnitude of the adventure became surreal in Pastor Taiwo was the first one everyone's minds as they saw to come forward to volunteer, all the different mountains that now the pressure was truly surrounded them but they all on. In all the excitement, most knew what was at stake and it was now too late to back out. in attendance agreed and No one had come this far to "chicken out" now.

of July 2016 and each person they finally arrived at the hotel

nouncements and talks about rooms, they had dinner, prayed it, we finally had a total of 12 and settled in for the night in people that made concrete anticipation and maybe a little commitments to climb the bit of anxiety of the journey that lay ahead the next day.



The Climb

Bright and early Saturday the 30th of July, after demolishing a hearty breakfast, the climbers set out of the hotel at approximately 8:45am all dressed up in their gear and ready to embark on the adventure of their lives.

They all assembled at the bottom of the Ben Nevis Mountain to begin the ascent. They started out by praying and asking God for strength and guidance – they were going to need all the help they could get.

They started their ascent at about 9.30 am, with the group all merry and chatty. The first cry for a rest came after about 20 minutes. Slowly the group disintegrated into smaller groups. The breaks became longer and more frequent. From all the different accounts of the climbers, the beginning didn't seem too bad. There were laughs and good conversation on the way up until the "fitness gurus" started to make their way up a lot quicker.

Eventually, they arrived at a lovely waterfall - a flow of beautiful spring water from the mountain. It was at this part of the journey that everyone stopped for a general break. But hearing from people descending that this was the half way mark was truly daunting.



They had already been climbing for about 3 hours and at this point many of them started to have a moment of reality check but the beauty of unity resonated within the group. Pastor Taiwo though visibly tired, gave everyone a word of encouragement to carry on.

The real test of the climb was still to be encountered. As the climbers started to approach the clouds, visibility became poor and many of the climbers were now very tired.

A member of the team started to have asthma episodes. At this point, it was almost certain she would have to turn back but she insisted and with the help of her husband they carried on. Another member of the team started to battle with nausea and dizzy spells. But nonetheless, encouragement came from all ends. Through all those hours that seemed like eternity, through the rain, the extreme temperature drop, through the fog, up the precarious rocks, they all trudged onwards and upwards. Slowly but surely they all made it to the top after 5 hours.

All the fatigue, sickness and uncertainty miraculously disappeared. What seemed like endless hours of climbing was finally rewarded by reaching the summit.

The joy of everyone making to the top was priceless. It was definitely a wonderful moment to behold. Despite the different obstacles they encountered, they were all there together in that moment. Everyone had shown a true sense of bravery and resilience which strength alone would have never sufficed.

The Breaking of Bread at the Summit

After all the selfies and videos were taken, with the euphoria still in the air, they proceeded to break bread on the top of the mountain. Yes, by the leading of our Pastor, they prayed and had Holy Communion right there. It was a great but solemn moment on that mountain. Close to the heavens, gathered together in one accord. It was indeed an incredible moment; one none of the climbers would forget in a hurry. He had shown the true meaning of what the bible described as a good shepherd and it was quite easy to imagine how it felt to be one of Jesus's disciples.

It is important to note at this point that on record, RCCG City of Favour is the first and only church to ever have the Holy Communion at the summit of the Ben Nevis Mountain.

The excitement soon quickly faded away as the frost bites crept in and reminded them that they had stayed long enough on the mountain top.

They started the decent a little after 4pm - wrongly believing that going down would be far easier than climbing up. Yes it was quicker, but it was more painful. It was now slowly getting dark and everyone wanted to be back in the hotel where it was nice and warm. Climbing down was just as challenging with the last set of climbers finally making it down after 12 hours in total. One thing was for sure, God had given them the victory and now they had conquered the mountain that many had started but failed to complete. They all came down in one piece.

These are the names of those that bravely took on this challenge:

Oluwaseun Osinowo, Gabriel Ogundana, Oluwaseun Shodeinde, Pamela Shodeinde, Oyinda Dada, Ayo Owoade, Liz Owoade, Mayowa Blessing, Wande Blessing, Ade Anifowose, Yinka Oni and finally, our very courageous Pastor Taiwo Enoch Olugbenga.



Whilst many choose the path of employment to: make ends meet, look after the family and meet their financial needs (or wants), the option of having your own business should never be overlooked. Many more people today are exploring the opportunities of starting their own business and taking control of their income. God Himself commanded man to be "boss" in the Garden of Eden: giving him dominion, power and authority (Gen 1:26-28). The death and resurrection of Jesus Christ on the Cross has given that Kingdom right to the regenerated man - you and I.

KINGDOM BUSINESS

You might ask yourself what a Kingdom Business is. The answer is a relative one and depends on who you are asking, their background and experience of business in the Kingdom setting. The term "Kingdom" is with reference to the Kingdom of God here on earth. When Jesus taught on prayer, He taught them to pray, "Thy Kingdom come on earth, as it is in Heaven". It is evident from this that it is God's desire that His Kingdom will come, be experienced here on earth and in this dispensation before we get to eternity. The Kingdom of God here on earth denotes that God is majestic, having both rule and reign over that which is in His Kingdom or set apart as His here on earth.

Therefore, a Kingdom Business is a business that is subject to and operates under the governance, ordinances and principles of God. It is a business in which God's nature and characteristics are intrinsically infused into the DNA of the Business.

KINGDOM MINDSET

As children of God, royalties and citizens of the Kingdom of God, we should have a Kingdom mindset, which is evident and overflows into in our business. It is not enough to wear the title of "Christian". If our lives are in Christ and we follow Him, then this has to be evident in our business as we engage with both Christians and

non-Christians alike.

Jesus was a champion for the Kingdom of God and at every opportunity spoke about the Kingdom of God; often He kept saying "the Kingdom of God is like...", especially when he spoke in parables.

My question to you today is this:

- » If God were going to reference your business and ministry (in the same way that he continuously referenced the Kingdom of God to everyone), what would He say?
- » Which of the many parables is a positive reflection on the business that you run?
- » Does your business edify the body of Christ and minister to the needs of the people even though it is not run in the Church and perhaps doesn't directly benefit the church?

The fact that you run a profit - making business does not mean that it cannot be a ministry which impacts and transforms both saved and unsaved lives!

Every child of God who runs a business should run a Kingdom Business without compromise and exception. Such business should be one that:

- » Reflects integrity like Joseph (Gen 39);
- » is resourceful and managed diligently like Jacob did, such that others are blessed as a result (Gen 30:27);

- » Operates in the field of excellence like Daniel (Dan 6:3);
- » Stays highly committed to serving and transforming the people like Paul.

KINGDOM THINKING

What Kingdom principles have you employed in your business?

What core values are important to you and are they reflective of your Christian values? What does your business say about you as a citizen of the Kingdom of God?

What does your business say about the Kingdom of God?

Our father in the Lord Pastor E. A. Adeboye is commonly known for saying, "I know God is here because I brought Him with me".

What about you?

Can you boldly say that you operate a Kingdom Business where God sits on the throne and reigns because you brought Him into that business?

By Debbie Akinkunle



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Life is a Riddle

In the book of **Judges 14:14**, it is written "Out of the eater came something to eat, And out of the strong came something sweet".

he above riddle was posed by Samson to the Philistines as a game. He challenged them to solve this riddle within the seven days of the feast of his wedding and the prize of the game was spelt out by him. What is a riddle? In the advanced learner's dictionary, a riddle is defined as a question that is difficult to understand, and that has a surprising answer, that you ask somebody as a game. The second definition states that a riddle is a mysterious event or situation that you cannot explain. In the preceding verses of this scripture, we read that Samson encountered a lion who came roaring at him and the Spirit of God came mightily upon him and he tore the lion apart. He later looked at the carcass of the lion and found a swarm of bees and honey, he took the honey and ate it and gave some to his parents to eat. There are some life situations or circumstances that sometimes pose a threat to our lives. They roar like the lion and we shrink with fear in our heart and in our distress we cry out for help. Ironically, what sometimes appear like a harbinger of death becomes a sustainer of life, a pleasant surprise from an unpleasant situation, a formidable task that was meant to destroy your career becoming the springboard for your lifting.

Some challenges in life sometimes defy an appropriate explanation. For instance, how can we explain the situation of a Sister who came to know the Lord early in life and served the Lord faithfully, who kept herself

pure, got married and had to wait on the Lord for the fruits of the womb for many years. She and her spouse were certified okay after several medical tests. Meanwhile, her counterparts who were busy messing around before getting married are settled in their matrimonial homes blessed with children. Or how can we explain another scenario where a brother with a high qualification with distinctions struggling to make a living because he could not find a good job and his counterpart with a lower qualification has a good job and is living a fulfilled life? In the secular world, people could explain it away that life is a sheer luck. Some believe that there is a supreme being up there who through a random selection made some people to be fortunate while some are not. In other words, making it in life is simply reduced to a simple probability. In the body of Christ, we sum it up with the

three concepts of mercy, favour and grace which doesn't seem to be given to all in equal proportion and we believe that our God is not a respecter of persons. (Act 10:34).

In our society, knowledge is on the increase. Government is investing heavily on research to understand major trends in the economic, political and social milieu. There are on-going research in the social sciences to understand social phenomena so we can function better in a society where there is avalanche of knowledge. The medical sciences are researching and carrying out investigations to understand the sources and prevention of terminal diseases in order to ensure longevity of life. There are new discoveries in understanding human behaviour in the behavioural sciences. All these endeavours are tailored towards having a clue to solving the mysteries



of life. Research findings invariably have to generate more research because there would always be gaps in research embarked on and the pattern goes on. The scientists have come to realize that even though science has pushed our understanding of the living world to new heights, some things are still baffling. It seems that the more they uncover about life on planet earth, the deeper the mysteries grow. But we have a God who is the solution to life itself. Our God is Omnipotent, Omnipresent and Omniscience who knows all things and the scripture says all things were created through Him and for Him and He is before all things, and in Him all things consist. (Col.1:16 & 17). In the light of this, let's examine some tips in solving the riddles of life:

Seeking the Lord: In solving the riddle posed by Samson to the Philistine, we read that for three days they could not explain the riddle until they approached his espoused wife to help them solve the riddle. They went to the rightful source for help. Our God knows the end from the beginning and nothing is hidden from Him. He is the author of life and that is why we have to seek Him alone. As we grow in the Lord we develop an intimate relationship with him where prayer becomes not just a monologue but a communication where you get feedback from Him. In Isa.55:6, the scripture says "Seek the Lord while He may be found, Call upon Him while He is near". This scripture suggests there are times God may not be found when seeking Him and may be far when calling on Him. God is everywhere and that is why He is Omnipresent. How do we find God? We find God by seeking Him and the assurance of finding Him is through the manifestations of His power in our lives. Sometimes, where His manifestation is lacking, it implies that God is not there. Our God is a Holy God who cannot condone iniquity (Isa.59:1-3). God cannot be found where iniquity abound, when we harbour sin in our lives and we call on him, he will be far from us until we do away with sin then we can see the Spirit of God at work in our lives.

Holding on to Him: We don't give up in seeking Him to solve the riddles in our lives. We keep seeking Him in prayers because in Him lies our salvation and nowhere else. In our walk with the Lord we'll have to get to a point where we'll say to the Lord like Peter said to Him in John 6:68"..... Lord, to whom shall we go? You have the words of eternal life". We'll have to wait on the Lord until He shows up, it is the salvation from the Lord that will endure the test of time. Whatever help we get from elsewhere cannot

help we get from elsewhere cannot last. The signs of the end time are here and the love of many for God are waxing cold. Many have abandoned their altars of prayers and are seeking for alternatives for quick solution. Jesus was speaking in **Luke 9:62** "No one, having put his hand on the plow, and looking back, is fit for the Kingdom of God". Some of us have gone far with the Lord, looking back is not an option to be considered at all, lest we become an object of ridicule to the enemy of our soul and his cohorts.

Be a problem solver, a solution to others: In the midst of life's challenges and riddles, we can still reach out to people to impart

lives. We have to be willing to give help to others when necessary. We can be proactive in giving help, we look for how to be a blessing to others even without been asked. Sometimes our attitude to-

wards giving stem from our cultural orientation but whatever our background, the word of God is able to transform us to be more like Him. Jesus was speaking in Matt.10:42 "And whoever gives one of these....., he shall by no means lose his reward" Our God operates on a reward system where whatever good you do in the name of the Lord can never go unrewarded. I recently heard about the testimony of a church that was moving from one venue to the other for

many years because they could not find a permanent place of worship even when they had all the resources to get a place of their own. Some of the members took the initiative to sweep the streets in the community so that the streets could look tidy. The local council got to know about it and acknowledged their good work. In no time with the help of the council the church was able to secure a permanent place of worship.

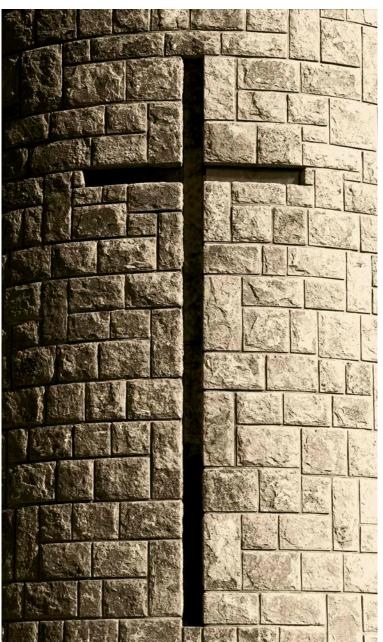
Indeed our God is not a respecter of persons! He is the sovereign Lord and He does as He pleases. In 1 Cor.13:9, the scripture says "For we know in part and we prophesy in part". Whatever knowledge we have or prophesy that we're running with, it's always a part of a whole. The truth is, we cannot fully understand all things or know all things because that is an exclusive characteristic of God's sovereignty. In another scripture, Deut. 29:29, it is written "The secret things belong to the Lord our God, but those things which are revealed belong to us......" God can decide to reveal some secrets when we seek him and at other times He can withhold secrets but whatever God does is for our good. We have heard again and

again that heaven will be full of surprises because the riddles of life will be unveiled before us. We'll get to know all things and understand all things but as long as we remain in the flesh, we will continue to seek the Lord and

walk with God by faith. Having done all, we can still stand, He is a just God and faithful who will not allow us to be tempted beyond that which we are able (1Cor.10:13). As much as His grace enables us, we can keep carrying on in faith until Jesus is revealed. Shalom!

Ekpen Olayemi Onasanya

The Church and Mental Health



n the previous edition of *Sunrise*, we began a discourse on the subject of Mental Health and The Church. We looked at the very origin of sicknesses and death in the story of mankind. We gained the understanding that ever since the fall of man in the garden, the seed of sin was sown and the fruit borne out of it was death.

We also have the understanding that Man was made in the image of a Triune God, and therefore created as a tripartite being. Essentially, man is a spirit living inside a body and having a soul. The body being the container of Man's spirit and soul and, the visible part of Man with which he interacts with the physical world. If the body gets damaged to the extent that it is no longer able to interact with the physical world, then the spirit of the man takes leave of him, together with his soul. Apart from physical trauma, the major event that leads to the damage of the man's body is ill-health, brought about by diseases. Therefore, physical health is an indication of the well-being of a person's body.

Moreover, we understand that a man's soul is the seat of his mind, intellect and emotions. It is the part of the man that defines his or her personality. As a man's body or his physical aspect can be affected by sicknesses and diseases, his soul can also be so affected. In Mental health, an attempt is being made to determine the well-being of a person's soul (mind, emotion and intellectual capacity).

1. MENTAL HEALTH VERSUS PHYSICAL HEALTH

From our previous discourse, we have agreed that for a man or woman to be deemed as being healthy, he or she must be healthy mentally as well as physically. If we agree that the brain of a man is the physical representation or the seat of his or her soul, then if anything happens to this organ, definitely the mental state of such a person would be affected. The mental health status of a person can largely impact upon their physical health also.

This is why it has become very necessary that individuals seek help from doctors to treat mental illness in the same way they do with physical illness. Mental illness can eventually lead to a host of physical problems also. It is rather shocking that more attention and funds are being geared towards physical healthcare compared to that of Mental Health although many charities are endeavouring to raise awareness of the dangers of minimising the effect of the mind on the body.

2. THEOLOGY, FAITH, SPIRITUALITY AND MENTAL lifetime. HEALTH.

the interplay of faith, spirituality, theology and mental health. Attempts have been made to answer questions like:

"Are all Mental Health problems traceable to the Spiritual Realm?"

"Does your faith in God guarantee sound Mental Health?"

"What roles, if any, can Theology, Faith and Spirituality play in Mental Health care delivery?"

Christopher Cook, Professor of Spirituality, Theology and Health in the Department of Theology and Religion at Durham University, and an Honorary Consultant Psychiatrist at one of the NHS foundations in the United Kingdom, wrote a book titled, "Spirituality and Psychiatry." He also edited another book titled, "Spirituality, Theology & Mental Health", which is a compendium of writings from multidisciplinary perspectives. Browsing through these two

books, it is very easy to conclude that the importance of Theology and Spirituality in bringing help and relief to members of her community that are Mental Healthcare delivery has been undervalued for a long time. Though in Medieval times, spirituality had been the major recourse to mental healthcare delivery. However, during the recent times of great advancement in Medicine, it seems that the role of spirituality and faith in mental health has been relegated to the background and a lot of "faith" has now been placed in the ingenuity of modern-day medicine and medical practitioners.

Interestingly, a revival in the acceptance of a major role for faith and spirituality in the matter of Mental Health is currently taking place in the 21st Century. Through the works of many professionals and clergies like those contributors to the books mentioned above, it is now clear that faith and spirituality have been proved very effective in the treatment of some psychiatric illnesses.

3. "THE IMPACT OF THE FALL"

The major outcome from the fall of man in the Bible is that the seed of sin was sown. The seed of the "Weed" was introduced into the "Wheat" Farm. Henceforth, the harvest would no longer be pure wheat, but wheat containing varying amounts of tares or weed-although it is important to note that the tares would look very much like the wheat to the untrained eyes. What we are trying to say is that since the fall of Man, sickness and disease became the norm. The fact is that majority of us will suffer one physical or mental ill-health or another in our

A lot of research and academic work has been carried out on Another truth, which is the answer to one of the questions we posed earlier on is: the fact that you are deeply religious and highly spiritual does not preclude you from being mentally unwell. We have an appropriate example in the Bible, of that great Prophet of God called Elijah. After a major supernatural experience with Jehovah, which resulted in a national spiritual revival, Elijah plunged into the valley of despair, depression and suicidal tendencies. What caused this sudden mental upheaval for someone with such spiritual stature? He received a piece of horribly threatening news from the Queen of the land who was known to be an agent of the Evil supernatural. Another example is the case of the man of the Gadarenes whom Jesus

healed in the Gospel, it was obvious that his mental health was restored only after Christ had prayed for him. So we see in these two examples, that many (not all) mental health issues have spiritual origins. Therefore, for many of these issues, the ONLY effective solution would have to be through the spiritual realm.



4. THE CHURCH **MUST ARISE!**

The Church-the Body of Christ, must arise and play her role in

going through one Mental Health problem or the other. The key virtue and grace that need to be deployed by the Church is Compassion; deep compassion for that matter.

In almost all the cases when Jesus Christ performed one miracle or the other, we were told that He was moved with compassion for the people or the individuals concerned. He never condemned anybody and neither did He put a "label" on them. This is the major problem that the people in the church have today. We are very quick to put one label or the other on people, especially if they are suffering from one mental ailment or another. After the "labelling" process, we then proceed to pass one judgement or the other on them. We forget that we ourselves are not perfect in all our ways and lives. So why should we think we are better than others?

The Church of God must reach out with love and compassion in our hearts and give support to members of our communities experiencing mental health challenges. We must rise up by organising Support Groups that would be committed to prayers and other "talk-therapies", both for the people with these conditions as well as their families.

> By: Pastor Akinola Soroye **RCCG Victory Centre, London**

Young, Christian Yet Lonely?



t a particular point as a young, not yet married Christian, all I really wanted was what I thought really mattered: meaningful friendships, a husband, a family. Without these things, loneliness would eat away at every quiet moment in the day. Life felt somehow empty, as if just whittling away the time until the 'main' event of marriage would happen.

Once marriage and later children came along, I found myself looking back at those days and wishing that I had spent less time whittling away time and more time living God's purpose for my life while I had undivided attention. Now the responsibilities of life leave little time for loneliness. But do you know that you can be in a room with all your friends or your spouse and children and still feel lonely? How can this be, you may ask? You see loneliness is not just about filling the empty moments. Loneliness is about not feeling heard or understood. It is about not being around someone who truly sees you and gets you.

I could advise you to throw yourself into Christian service. This is a good endeavour; indeed, it is what I did. I busied myself with church attendance, cell groups and serving in various departments in the church. This was one of the best things I could have done. I learnt so much, I was thirsty for God and the Word and I spent every available moment in church or with church activities and friends.

. I grew as a person and it was actually through this that I met my husband. Problem solved you'd think? Well, no... you see, I didn't take care of the real issue, I remained lonely for a time even when married because it wasn't about the external environment, it was about my internal relationship with God. I loved Jesus but was I consumed by Him?

'Could I say like the hymn writer Fanny Crosby, 'Lord, take the world but give me Jesus'?

It was actually after a burning bush type experience/ Jacob wrestling with God scenario that I finally answered the question - if it costs you everything, will you still say yes? You can only answer yes when no-one or nothing (even your personal happiness) is more important than God in your life. Coming to terms with the fact that God's will for your life is Sovereign is necessary. You will not be content and at peace until you accept His will and His timing for your life. You may say 'Doesn't God want me to be happy'? For God to be glorified in your life, you may have times of temporary unhappiness because your expectations about your life are not being met at that moment. I have learnt sometimes the hard way that God's ways really are higher than our ways. As it says in Romans 8:28 He will always work things out for your good in a way that will bring Glory to His name.

Here is the thing, when you completely surrender to Him in this way, loneliness will end in your life. Why? Because now you can develop an intimate relationship with God that will be more powerful than any other. Now there are no inhibitions, no holding back, just complete trust and intimacy.

Apostle Paul reached this point of total surrender with God and he said in Philippians 3:8-11

"Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith — that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead".

Rather than focusing on what you've achieved — your car, house, job, etc. — focus on what you never could achieve:

Ephesians 2:4-5 says "But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions". It is by grace you have been saved. Focus on what you've been given: eternal life, the right to be called His child, an inheritance in the kingdom of God.

God will still answer your prayers for deeper friendships, a husband and children but don't stake your eternity on whether God answers your prayers the way you think He should. Even as we ask our heavenly Father for good gifts, full of faith that He is able to meet our needs, we must still remember that His ways are higher than ours (Isaiah 55:8-9).

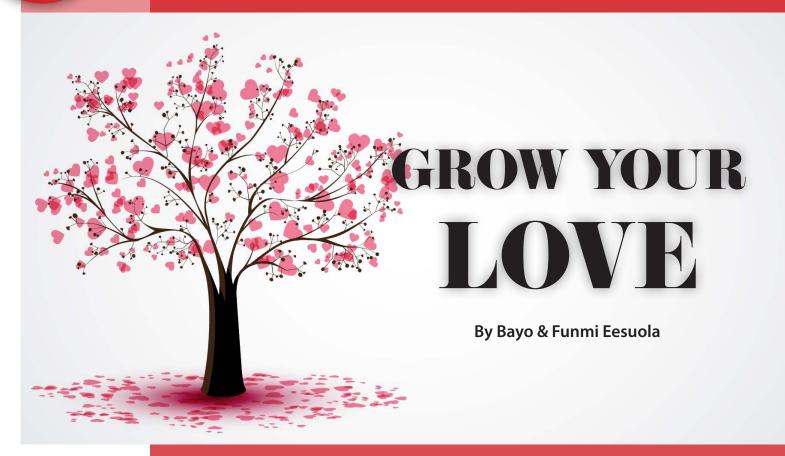
Rather than accusing God in prayer, asking Him, "Why aren't You helping me?" Ask Him, "Why, of all the people in the world, did you choose me?"

Praise Him. Ask Him to help your unbelief. Thank Him for what He's already done — the most important work of rescuing you when you were dead in sin and bringing you back to life. That alone is reason to be overflowing with joy, thanksgiving and praise all of your days.

Once you receive Christ's gift of salvation, then the work of sanctification begins. And God works through means, most often difficult circumstances like the ones you find yourself in, to make us more like His Son. We can resist Him, kicking against His good will, or we can surrender to His plan, submit to His authority and watch a miraculous transformation occur as "we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us" (Romans 5:3-5).

And in the midst of the struggle, we can find comfort in Jesus' call to "come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30). Philippians 4:4-7 says "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will quard your hearts and your minds in Christ Jesus".

By: Andrea Onduku www.mattersoftheheart.org



arriage is one of the areas of our lives where the paradox in Philippians 2:12b-13 is fully in action. For as potent as prayer is, coupled with the fact that our Father God hears and answers prayers; it has been observed that prayers alone can't save a marriage/love relationship from collapsing.

We are confident that our God will always work in His children in order for them to have enjoyable love life, but each partner must be determined to grow their love "with fear and trembling". A man of God said some time ago that it is spiritual irresponsibility to shift every bit on God. That position was in line with the words of John Hagee that your marriage can be better or bitter depending on how you work on it. We will like to say it again that, no marriage is destined to fail and no marriage is immune from failing; each lover only need to have solid maintenance or servicing plans to ensure that things continue to run smoothly. Below are some few love boosters we believe can go a

long way in growing your love, but they are by no means exhaustive.

Manufacturer & Manual

Dr. Myles Munroe of blessed memory stated that in order to know the purpose of a thing, its wisdom to ask the manufacturer because the purpose was conceived in the Manufacturer's mind ever before the product was made. Love relationship/marriage is God's own product; wisdom therefore dictates that He should be carried along by anyone who wants to enjoy love life. Jesus makes it clear that it is by being solidly connected to Him that enjoyment can be one's portion. (see John 10:10 & John 15:5).

In the same vein, for any partner to enjoy the product called "marriage/love relationship" to the maximum, such must make time to go through the Manufacturer's manual - Holy Bible. It is the manual for enjoyable living and not just for any adherent of a particular faith.

Work on yourself and issues

It is also important to work on yourself and your own issues that you brought with you into the marriage relationship. This is because as someone had rightly observed, many times, the responses that you have to your spouse's actions are triggered by past events going back to your childhood. If one of your emotional wounds is feeling disrespected, then when your partner in-

advertently does something that those triggers feelings, you'll experience an intense reaction. Some so called "principles" some situations are simply refusal to look inwards in humility and then move in the di-



rection of the admonition of God's word in Psalms 95:7-8.

Be magnanimous

Our admonition is that each partner who desires an enjoyable love life should be magnanimous. Apologise quickly and sincerely, taking responsibility for your part in whatever happens in the relationship. Be humble to admit your fault when pointed to you by your partner bearing in mind that saying sorry is a sign of strength and not weakness; as people with low self-es-

teem always find it difficult to say sorry. We are aware that of the truth that, sometimes it's hard to say "I'm sorry." But then, that's when each partner should try to remember the question, "would you rather be happy?"

Read James 5:16.

Avoid the "blame game"

Avoid blaming your spouse for problems in the marriage relationship. Someone once counselled that it is important that partners seek for solutions and not engage in the deadly "blame game". And that, "blame only causes the other person to become defensive and angry, and it decreases the probability that the two of you can find a win-win solution to your problems. When you focus on blaming your spouse for what's happening in the marriage, you are planting seeds of resentment that can hurt the relationship. A marriage is composed of two people, and each contributes to the quality of the relationship and shares responsibility for it". It is better to cultivate the attitude of being generous forgivers in line with God's word - Ephesians 4:31-32 & Luke 23:34. Remember: Great marriages are not made by great partners but by great (or generous) forgivers.

Friends, be determined to make your love relationship (marriage) a successful one, grow your love and have abundant joy in Christ Jesus!

Bayo and Funmi Eesuola are Pastors @ RCCG Love Assembly in London. They also run 'HELPS Counsellors', a Christian charitable organisation.

MATTERS OF THE HEART

A problem is only a problem until you find the solution. Are you searching for a solution to a problem that has so far remained elusive? Maybe you need a second opinion or some advice concerning a situation you are facing? Whatever the need, here at Sunrise Magazine, we want to help, whether it be a problem, an irritant, a matter of the heart, a situation at work, dealing with children, youth issues, suicidal thoughts, finance, the stress of day-to-day living or any other issue. We believe at Sunrise Magazine that God has called us to bear one another's burdens. (Galatians 6:2) With this in mind Sunrise has created this space for you, the reader, where you can write in with your questions or problems and receive honest and non-judgemental advice concerning your situation.

Thank you to those who have already written got in touch with your questions, the questions and answers are printed below, if you would like further input, feel free to get in touch.

How do I deal with unbelief/lack of faith? I have been trusting God for some years now for various things. At the beginning I was so strong in my faith but over time my circumstances have worn me down. I feel tired to believe anymore; does God not love me?

Thank you for reaching out to me concerning this question. Firstly, you are not alone in what you are going through. The devil will always want to make people feel isolated, that no-one cares, no-one understands and no-one else is going through the same thing. This leads us to cut ourselves off from those who could help us and encourage us in our faith. That is why I am glad that you are reaching out to ask this question. 1 Thessalonians 5:11 says "So encourage each other and build each other up, just as you are already doing". The devil also tries to make people feel ashamed for asking questions, he will tell you, 'if you were a good Christian, you wouldn't have to ask that' or 'people will change towards you when they know that you have doubts'. These are lies! John 8:44 describes the devil as the father of lies. It is not wrong to ask guestions, as asking is how we grow. It is natural that when things are not working out the way you expect that you ask questions! Did you know that in the Gospels there are 80 separate instances where people brought their questions to Jesus? He spent much time asking and answering guestions. But remember to take stock of your intent. Are you asking with an open heart seeking understanding? Or are you asking a defensive question in order to justify an attitude you don't intend to change, if understanding were to require repentance? Make sure to have a teachable heart and repent of any resentment or bitterness with God because of perceived delay. Ask Him for answers but with reverence and knowledge that His ways are higher than our ways. When you seek Him with a pure heart, he will answer you. Remember that over the years He has done much for you. Yes, there are some things that are taking longer than expected but if you sit down to think about it, I am sure that God has woke you up each morning, He has protected you, provided for you and so on. The devil will also want to whisper to you 'everyone else is being blessed, God doesn't love you, maybe you're too much of a sinner'. Again this is a lie! The Bible that you must resist the devil and he will flee (James 4:7). I am addressing this because much of the lack of faith you are experiencing is because of what the devil is telling you. There are many voices scrabbling for attention, the voice of what is

considered the 'norm' in society, the voice of family, the voice of friends, the voice of career expectations, even money (or lack of it) has a voice! The devil can use all of these to speak to you and make you afraid and panic. My strongest advice would be to find the voice of God in the midst of all these voices. The only way to deal with unbelief, lack of faith and fear is by hearing the voice of God. He will bring answers, explanation, reassurance and mostly love. Ask Him'what is going on'? Don't be afraid to have a real conversation with God. As you pray, as you read the Word, ask for answers and He will give them to you. God cannot lie (Hebrews 6:18) and He said that He loves you (Romans 8:37–39), He said that His plans for you are good and not of evil (Jeremiah 29:11), He said that He will work everything together for your good (Romans 8:28). Faith is essential, yes we know that God cannot be pleased without faith (Hebrews 11:6) and so this needs to be resolved as soon as possible. It is time to get before God and cry out like the Father of a sick boy in Mark 9:24'The father instantly cried out, "I do believe, but help me overcome my unbelief!"

Why am I experiencing so much opposition in my life? I know the Bible says that no-one can be against me when God is for me so why is all this happening in my life?

In Matthew 10:28, Jesus told His disciples "Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell". What does this mean? Maybe John 6:33 can explain, it says "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." We live in a sinful world where evil is all around us, that may impact some aspects of our life but there is an area of our life that is untouchable to the enemy — our soul. That is why Jesus said, don't bother about those who want to harm your body, your reputation, take your job or cause you to lose out on a promotion. He said focus more on protecting your soul so that you will make Heaven. Proverbs 4:23 says "Guard your heart above all else, for it determines the course of your life". When opposition comes, know that Jesus has overcome the world and you will triumph in the end. Don't give in to the temptation to sin. We have the power concerning how we react to these trials. The Bible never promised that trouble would not come but He has shown us the correct way to deal with it in His word. It is necessary to balance scriptures. Some preachers today say, 'Come to Jesus and your life will be easy.' This is not what God promised, He tells us in the Word that the World will hate us because we follow Jesus (Matthew 10:22). He tells us that we must share in His suffering (1 Peter 4:13). 1 Peter 1:7 says "These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold--though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honour on the day when Jesus Christ is revealed to the whole world". Therefore take heart and know that God will work everything together for your good (Romans 8:28).

Andrea Onduku has been happily married for 11 years to Dr. Akpo Onduku and together they are the Parish Pastors of RCCG Chapel of Grace, a growing parish in Bradford, West Yorkshire. Andrea is also a devoted mother of three young children. She has a strong passion to see the hurting restored and relationships repaired, as well as a desire to encourage individuals to realise the destiny and purpose that God has created them for. Andrea has a degree in Counselling and Psychology in the UK and she studied Marriage and Family Therapy at the postgraduate level in the USA. She also holds several professional qualifications including a certificate in PAIRS (Practical Application of Intimate Relationship Skills) from the USA & OCN qualifications in Information, Advice and Guidance and Conflict Resolution and Management.

Send your problems or questions, which will be treated in the strictest confidence, to info@mattersofheart.org



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FACTS

- Sickle cell disease is an inherited blood disorder that is not preventable
- When two sickle cell carriers get married and have children, there is a strong possibility of one or more of their children to be born with the full blown sickle cell disease
- Sickle cell is not a demonic attack
- You can be screened at your local health centre
- With increasing numbers of intermarriages, sickle cell is no longer limited to the African-Caribbean community.

In the United Kingdom about 12,500 people have sickle cell disease. The NHS funding allocated to the relief and research of sickle cell disease has been discontinued.

Please get screened to find out what your Genotype is so as to make an informed decision before you begin courtship.

The Sickle Cell Disease currently ravaging millions of lives all over the world is a preventable disease if adequate information is available about the technicality of genes. You are hereby advised to see your GP and get tested to know your genotype before venturing into that relationship, as this will provide you with information on which to make an informed and fruitful decision.

For further enquiries contact:

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Take a Journey — to Beulah —

ow do you make bible teaching to children as fun as their colourful cartoons? How do you engage teenagers and keep them interested in the word of God? Do families still have time to get together and share the word?

Technology has changed everything in our lives. The advances and progress in telecommunications have succeeded in making the world a global village. The world has suddenly become faster as technology finds new ways to deliver news, entertainment and experiences to us.

Technology has also exponentially increased the number of activities competing for our attention, making it very easy for us to be distracted. In essence, we are all

living in a world where, in all of human history there haven't been the semany distractions.

Amid all these distractions, some families find it a bit difficult to get to-

gether and study the word of God. Children watch cartoons on televisions or their tablets and mobile phones while teenagers and adults are constantly checking and posting to the likes of Facebook, Instagram, YouTube, WhatsApp or Snapchat, Vine, Pinterest, Twitter and many others.

In this digital age, the challenge for families is twofold. Firstly, we need to fend off the myriad number of unedifying demands on our time and secondly, we need to ensure we continue to develop our spirit man and keep our focus on God. Developing our spirit man nourishes us spiritually and gives us the wisdom and understanding to train our children in the way of the Lord.

To provide families with an activity that can engage children, teenagers and adults, a group of inspired people have successfully devel-

> oped a Bible based board game called Journey Beulah®. The board game designed in a way that brings the Bible to life and makes the Bible more interesting. It also stimulates a desire to learn more about the word of God.

Board games

have traditionally been a tool for recreation and fun for families

and friends of all ages. They can also help bring calmness to the frenetic pace of life and give us an opportunity to spend quality time with our loved ones.

Journey to Beulah® however, is not just a board game, it's also a tool that can help families and friends to share the word and learn more about the bible. This game incorporates a quiz of Bible questions and a unique form of storytelling that differentiates it from other games, both secular and otherwise.

Journey to Beulah® encourages players to draw associations between Biblical characters and events. This helps to improve understanding of the Bible in terms of the connections between people, events and the different themes that the Bible instructs on. Having a broad base of Bible knowledge helps players to do well in this game and this, in turn, inspires players to study the Bible more. The Bible is a wealth of knowledge, not only in its instruction, but also in the facts and information that it contains.

May the grace of God abide with us on our journey to a place of blessing and favour, our journey to Beulah.

Journey to Beulah® is available at Amazon and eBay.

By: O. Lawson & B. Fabiyi





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"It takes self-discipline to live a fear free life"

irst and foremost, to overcome fear and be confident in who God made you to be, you must know who God says you are and not who people say you are. You are a child of God. He loves you, no matter your imperfections, He loves you and wants to help you to be the best you that you can be.

2 Cor. 5:20 says you are an ambassador of God, what an honour! 1 Peter 2:9 says you are a royal priest/priestess and a peculiar (unique) person because it is God that gave you your looks, strength, personality, and potential, and there is not another you anywhere in this world.

You are a child of the Most High and Living God. See yourself as a confident and independent person because God told you that you can do all things through Jesus Christ who strengthens you, and you can be secure in God's love.

Psalm 139:14 says you are beautiful because you are wonderfully and fearfully made in God's image (Genesis 1:27). Altogether it is because of God's grace that you are what and who you are.

2 Timothy 1:7 says 'God has not given me a Spirit of fear but of power, love and a sound mind'. If God hasn't given

you something, why would you take it"? The NLT says 'For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline'.

It takes self-discipline to live a fear free life. Why? The only way to see yourself through God's eyes is to know Him and learn about who He made you to be. That is why the Bible says that those who know God shall do exploits (Daniel 11:32). Once you know Him, you can achieve anything because you will then understand who He made you to be. Getting free from fear is not a one day affair. It is a way of life. You need to continually renew your mind with the truth of God's word. You cannot know the power you have or the purpose you have except you first know who you are.

Many of us find ourselves in the continuous cycle of fear and inferiority, always comparing ourselves to others and feeling we don't measure up. It is time to break out of this and be all that God has created you to be.

The Bible tells us in Hebrews 10:35 "Do not, therefore, fling away your fearless confidence, for it carries a great and glorious compensation of reward".

Why would we be told not to fling something away something that we never had? What I understand from this is that we have had fearless confidence at some point. Perhaps you were fearless at one point until something happened to you that has made you fearful.



Fling is a forceful word, it means to move or push (something) suddenly or violently. It denotes anger. Why? Perhaps you have suffered and gone through a lot, your confidence has been shaken but you must continue to trust in Him, do not be shaken, do not be dissuaded that God can and will do what He said He will do in your life.

Hebrews 11:1 tells us that "Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see". Faith is the Confidence, it is faith that will give you Fearless Confidence Philippians 1:6 (KJV) says "Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ".

The first step is to see yourself as God sees you. He loves you and has created you for good not evil, He has a great purpose for you. All that stands between you and that purpose is getting rid of sin in your life by asking for forgiveness and repenting. Once you do that, the rest is faith. Faith in who God is, faith in who He made you to be and faith that you are able and equipped to walk in that purpose. It is faith that will enable you to resist those thoughts from the past that want to overwhelm you.

Do you know that you can talk your-self out of your blessing because of fear? You can disqualify yourself from marriage or having a successful marriage because of fear? Determine to make your choices based on God's will for your life and not your feelings about whether you are good enough. It comes down to whether or not you trust God to choose for you.

It might be that you have been hurt through past relationships and now you have built a great brick wall around you? You think you are protecting yourself but you are actually remaining in bondage, you could be pushing away the one meant for you with your attitude. We are not responsible for others and what they did to us but how we respond to it. Open up again, forgive so that you can experience His love that can heal you.

Are your insecurities or "emotional baggage" from past relationships hampering your emotional growth? Are they causing you to get involved with unkind individuals, or preventing you from entering any love relationship at all, or causing damage to your current relationship, then it may be time for you to confront the problem head-on, so that you can finally move past the old hurts and attain the relationship happiness you have been seeking for so long.

How do you do this?

Just because certain people may have mistreated you in the past, don't make the sweeping assumption that every single person from this point forward will treat you shabbily as well. Each new person you meet has the right to be evaluated based on his own unique merits and flaws, as opposed to being evaluated based on your past relationship experiences.

Perhaps in a previous relationship, when someone did x, it meant y, and so you are afraid that the same thing will happen in your marriage. These assumptions can start all manner of conflicts in the home. If your spouse does not know that your action stems from an inner fear, they will assume wrongly about your behaviour. Get to know your spouse, communicate, ask questions when you don't understand a behaviour. Be honest about your struggles and work it out together with the help of God.

Fears can be allayed when you talk through things together and work out solutions.

Whether you are afraid of how your marriage will turn out, finances, children, whatever it is, God wants you to be free from fear and to trust in Him.

Isaiah 41:10 says Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand

Who is your trust in? Fear always taints a relationship, fear is the opposite of

faith. If you put your trust in man you will always be disappointed because we are humans. But if you realise that your life is in God's hands and not in your spouse's hands then fear is eliminated and you will walk in faith that no matter how your spouse is acting now, things will turn around for your good.

Let's look at the case of a woman who was fearless in the scriptures. Her name is Abigail and she was facing a crisis. Her husband Nabal had so much offended David that 400 of his men were on their way to kill him and her whole household! One of the first things that we notice is that Abigail was a thermostat and not a thermometer. She was not defined by her environment; rather she created her own style of life. Money had caused her husband Nabal to become arrogant and selfish, however it did corrupt Abigail. Abigail was known to be a woman of good understanding (1 Samuel 25:3). She had the ability to listen, remain calm and find a solution. 1 Samuel 25:18 tells us that "Abigail wasted no time". A crisis can have paralyzing effects because of fear which you cannot allow to take hold.

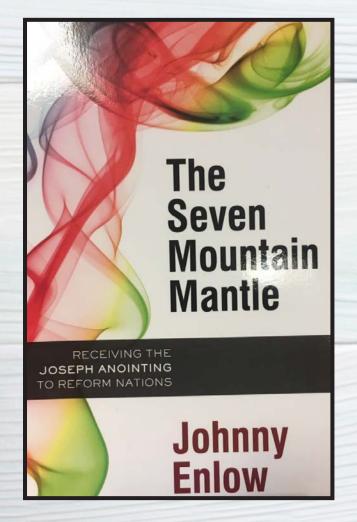
Abigail was fearless, she risked her life by facing 400 armed men and spoke boldly. David threatened to kill Abigail's whole household yet she spoke to him with kindness. In a crisis, how do you speak? Do you speak words of fear or words of faith? Abigail's story assures us that If we are wise and listen to the voice of God, there will always be a solution to every crisis. EVERYTHING is a matter of perspective. When you change the way you look at something, the thing you are looking at changes.

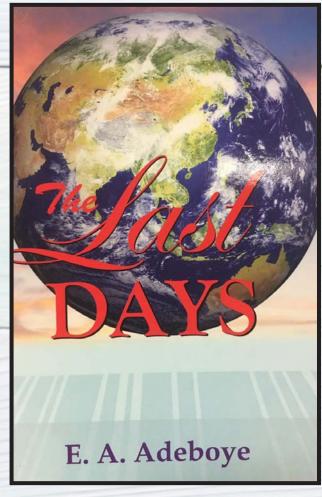
John 6:33 tells us to "...be of good cheer; I have overcome the world." Therefore, you can overcome any crisis when God is on your side!

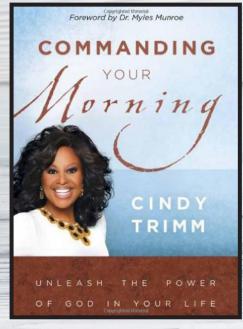
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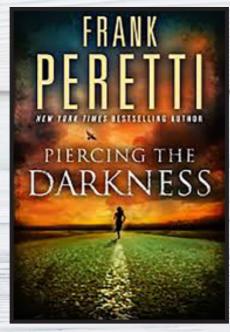


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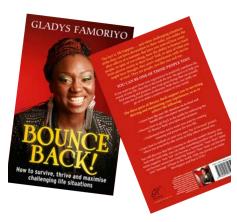


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Bounce Back

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et's be completely honest here: No one likes challenging situations! Yet the fact is life happens and we all experience what I call life's unscripted moments such as loss, poor health, setbacks, etc. These unwanted intruders invade our lives and can leave devastation in their wake. Yet, the Bible compels us to press on and move forward.

Over the years, I have come across people who just seem to bounce back no matter what life throws at them. Whilst Apostle Paul is a great biblical example, the people I refer to are everyday folk like you and I. And just in case you were wondering: No, they not super-spiritual nor do they have an extra dollop of anointing. They are just regular people who have chosen to take God at His Word and stand even in difficult times.

A common trait amongst these people I fondly call, 'Bounce Back Heroes', is that they have a knack of turning their challenging situations into something positive. Furthermore, they seem to grow from their experiences and positively transform the course of their lives. In recent years, Psychologists have termed this phenomenon, posttraumatic growth, where people experience positive change as a result of a challenging life situation or traumatic event.

But we already aware of this notion as the Bible is littered with instances of Gods ability to not only keep us through stormy times, but also work all things out for our good (Romans 8:28). So in short, overcoming and bouncing back is in our DNA!

Flip Your Adversity On Its Head

This is exactly what Zoe and Andy Coates did. They suffered loss through a number of miscarriages. Having to say goodbye to each child they lost was difficult for them. Yet, this Christian couple never gave up and pressed on. Today, they have two beautiful daughters. But their story did not end there.

They chose to flip their adversity on its head by deciding to offer support to others going through similar journeys. And so, they launched the Mariposa Trust (www.mariposatrust.org) and later on, Saying Goodbye (www.sayinggoodbye.org). Today, their website has over 650,000 hits per month, supporting tens of thousands weekly.

Zoe and Andy made a conscious decision to make something good out of their losses and touch other lives. They are living proof that, as long as we are willing, God can turn our darkest moments into a ray of light in someone else's world. The question is: Will you allow Him to use your experiences for His glory? Oh, and by the way, it really isn't about you!

Victim or Victor? You Choose!

Sometime ago, I heard the story of a young schoolgirl in Guatemala, called Griselda (www.ijm.org/griseldas-story). Griselda was coming back from church in a car with her mother and brother when another car cut in front of theirs. Griselda was dragged out of the car and taken by three men, who went on to rape her.

Griselda was thirteen!

At this tender age, she now had to live with the trauma of that violation. Thankfully, through the work of the International Justice Mission (IJM), Griselda not only received therapy, but her perpetrators were brought to justice.

What marvelled me about Griselda was her 'victor' mind-set. Refusing to be a victim, she took up an internship with IJM, where she was able to help other girls who had experienced similar ordeals. Her desire was to make her pain count for something.

Reflecting on her story, it is evident Griselda experienced posttraumatic growth. However, this was as a result of a choice she made: She chose to be a victor. Another important choice Griselda made was to forgive her perpetrators. This, in itself, is a huge stumbling block for many Christians and blights many peoples ability to move forward.

From Griselda's story, we are reminded of God's restorative power when we allow the greatest Heart Surgeon into our hearts

In closing...

Seeing that life happens, I encourage you to keep hope alive. Being hopeful whilst trusting God, is a choice and is the 'stuff' that keep us going even in our darkest moments. Also remember that adversity or suffering needn't destroy you. Rather, allow Father to repurpose it for His glory, enabling your pain to make a difference in someone else's life as well as yours. After all, God has a knack of using our 'tests' as a basis for our testimonies, our 'mess' to become our message and our stories to form part of 'HIStory'.

So bounce back because God has got your back.

Written by Grace Gladys Famoriyo:
Author/Speaker. Author of
Bounce Back!: Surviving, Thriving And Maximising Your Life
Challenges (978-0-9926195-27). Other titles from the author:
Healing A Discouraged Heart;
and Overcoming Emotional Baggage. Find out more at
www.gladysf.com







The Magazine of the Redeemed Christian Church of God, United Kingdom

SUNRISE MAGAZINE ADVERT RATE CARD

Sunrise is a lifestyle magazine endorsing a Christian perspective on issues of faith and public life.

Published quarterly by the Redeemed Christian Church of God (RCCG) United Kingdom, Sunrise seeks to inspire many to keep practising the Christian way of life, enlighten people on matters relating to the Christian faith, and encourage others to consider embracing Christianity as their personal faith. Sunrise is published in print, online and digital versions.

Why Advertise in Sunrise?

- To reach an estimated combined minimum audience of 50,000 readers across our print, online and digital versions. www www.sunrisemagazine.org www.issuu.com/sunriseuk
- To reach an audience spread across the United Kingdom where the RCCG has parishes, thus increasing the reach and reputation of your product, service or activity.
- RCCG members are multi-ethnic, multicultural, 1st, 2nd and 3rd-generation immigrants who have very deep roots in their various communities in the United Kingdom, Africa, Europe and America. Advertising your product in Sunrise will showcase your product, service or activity to many thousands internationally.

PRODUCT SPECIFICATIONS:

Size: A4 (i.e. 291 x 210mm portrait)

Frequency: Quarterly (March, June, September & December)

Pagination: Minimum 60 pages Finishing: Perfect bound

Paper: Text on 100gsm gloss art and Covers on 350gsm gloss art(Outer Covers

are Gloss-Varnished)

Coloration: Full process colour throughout

Quantity: Between 7,500 and 10,000 Copies per Edition

Contents: Inspirational, Enlightening, People-Centred Christian lifestyle magazine

Distribution: Core - Over 730 parishes of the RCCG in the United Kingdom; Other Points - Major

Christian Events, Local Businesses ie Salons and Restaurants, etc.

Validation: There are plans to secure independent validation of circulation figures through the UK

Audit Bureau of Circulation

CURRENT ADVERTISING RATES:

Inner Front Cover- £1750 Back Page - £2000 Quarter Page - £650

Half Page - £900 Inner Back Cover - £1750 Double Page Spread - £2750

Classified Advert - £200 (w9cm x h6.5cm) Full Page - £1500

> Payment must be made at least 4 weeks in advance of magazine production date. All Cheques must be made in favour of: RCCG Central Office.

> > To Pay By Bank Transfer:

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Account Number: 03836150 Sort Code: 30-98-07

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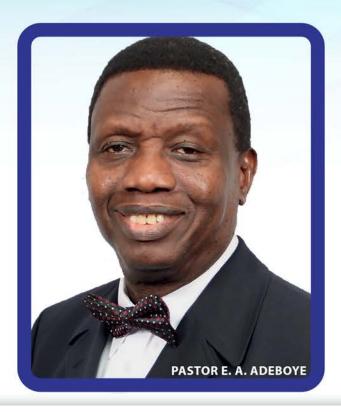






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ABOUT COVENANT PARTNERS

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To become part of this Partnership, members commit to setting aside at least two days in a month to fast and pray for Pastor E. A. Adeboye, asking for more grace towards the work which the Lord has committed in his hands.

Secondly, Covenant Partners can choose to belong to any of the groups below to contribute financially to the Great Commission.

If you choose to become a part of this good work, our advice to you is to come in at whatever level is convenient for you now.

Pastor E.A. Adeboye on his own part prays for his partners every day; not once a month but every day. We believe that God who has been faithful to Pastor E. A. Adeboye all these years will be faithful to you also in Jesus' name.

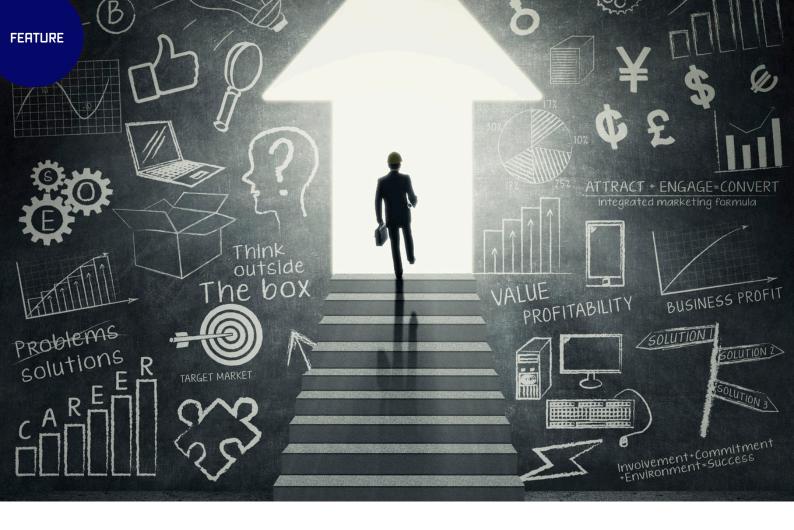
There have been miracles happening in the lives of Partners and we are grateful to God for His faithfulness. Your own miracle is on the way in Jesus' name. Amen

HOW DO I GIVE FINANCIALLY?

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STEPS TO A TURNAROUND

Psalm 126:1 (KJV) tells us that "When the Lord turned again the captivity of Zion, we were like them that dream." The nation of Israel was in distress having gone into captivity but then they were delivered. The deliverance from captivity was too good to be true. The verse 4 says "Turn again our captivity, O Lord, as the streams in the south." The news of being freed from captivity was so unexpected and sudden that they doubted the truth of it for a time that they thought it was a dream.

Biblically, a turnaround refers to a sudden change or divine intervention. For instance, in Job 42:5, the Bible declares that "I have heard of You by the hearing of the ear, But now my eye sees You" (NKJV).Job's latter end was filled with testimonies of the goodness of God. Know that no person is hopeless until they get to eternity without Christ. May God cause you to see in reality what your ears have heard about in Jesus name.

In Ruth 3:1-5 (NKJV), the Bible reveals that Naomi said to Ruth "... 3 Therefore wash yourself and anoint yourself, put on your best garment and go down to the threshing floor; but do not make yourself known to the man until he has finished eating and drinking ... 5 And she said to her, "All that you say to

me I will do." Naomi lost her own husband and two sons in a foreign country and returned home accompanied by Ruth. Ruth the Moabitess had been married to Naomi's son named Mahlon (Ruth 1:1-2; Ruth 4:10). In Ruth 3:1-5, Naomi, her mother-in-law, told her to take some steps in approaching Boaz to obtain a turnaround in life. These are

the steps we will be unravelling in this article.

In life, you must know what you desire. To obtain a turnaround, you must know what you want. In other words, have a specific target in life. Ruth saw the young men in the field but she had a specific goal. Ruth 2:1-2 says "There was a relative of Naomi's husband, a man of great wealth, of the family of Elimelech. His name was Boaz. So Ruth the Moabitess said to Naomi, "Please let me go to the field, and glean heads of grain after him in whose sight I may find favour." And she said to her, "Go, my daughter." She knew the kind of man she was looking for. Her life experiences had prepared her for this moment. Most people don't know what they are looking for. Know that God has something specific for you. Know that in your moment of turnaround, all things will work together for your good (Romans 8:28). Therefore, when you wake up to start the day, believe God that something great will happen. When you have an agenda to follow through like Ruth, it doesn't make any difference how you feel, you wake up with something to do.

Remain focused on the assignment. Earlier, Boaz had told Ruth, "let your eyes be on the field which they reap, and go after them ..." (Ruth 2:9). There is a breakthrough, coming your way but you must focus. For your years of tears, God will give you a reason for celebration. You shall laugh again if you focus. Paul said in Philippians 4:13, "... but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead." You have to refuse to be distracted.

Then Naomi told Ruth to 'wash her face' (Ruth 3:3). It simply means, don't let the past affect your present. For a turnaround, you must wash your past off. Don't let the past pollute the present. Beyond that, Naomi was telling her also, you can't go to Boaz looking like a Moabite. As a believer, there are certain habits that you must do away with. Your education may not be able to fix it. With all your education and exposure, you can still act out of character. You have to wash your face by a change of life habits and attitudes to experience the desired turnaround.

Then Naomi said to Ruth, "... anoint your face ..." (Ruth 3:3). Naomi said to her to put on a fresh look. Anointing gives you a glowing look. Philippians 4:13 says you can do all things through Christ who strengthens you. Christ is The Anointed One and His Anointing. The anointing makes room for a believer. It makes you to stand out. It is the precursor of favour. In life, you may have encountered diverse kinds of challenges, but in all, you are to put up a good attitude. You are not permitted to be depressed. Romans 13:14 (KJV) says "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." You must put on that likeable personality. It is said that people don't just buy the product but the personality also. Psalm 100:2 (KJV) commands us to "serve the LORD with gladness: come before his presence with singing." You are to come before God's presence with thanksgiving and singing, declaring the goodness of the Lord.

Then Naomi told Ruth to 'change her garments' (Ruth 3:3). Naomi told Ruth to get her garments changed because something great is about to happen. Preparation is key to a turnaround in life. You need to prepare in the direction that you are going. Esther prepared and was selected as queen (Esther 2:17). We often say that in life, you are addressed the way you dress. God is going to bless people who are prepared. Be dressed for it. Be ready for it. In Matthew 25:6, "... at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him." The five wise virgins were prepared while the foolish ones were not. Be wise!

Next, Naomi told Ruth to 'get down to the floor.' Ruth 3:3 says "... go down to the threshing floor...." That means, move into the place where the blessing will come. Most of us are very close to our place of blessing. You have come this far, therefore, take action. Faith without works is dead (James 2:17). You are too close to your destiny to let your history hinder you. Deuteronomy 28:13 says "And the Lord will make you the head and not the tail; you shall be above only, and not be beneath, if you heed the commandments of the Lord your God, which I command you today, and are careful to observe them." This miracle has your name on it. Therefore, move into place and it shall be

yours.

Naomi then told Ruth that when you get into the place, 'shut your mouth'. Simply, get in and wait. Don't try to make it happen. Isaiah 40:31 says "But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint." Be prepared but just wait on the Lord. The word 'wait' here is not a passive word but an active one with expectation. When you are waiting, your flesh may want you to do or say something. God has a time to bless you. Ecclesiastes 3:11 says God will make everything beautiful in His time. Know that what God has for you is for you. God is the one that will open this door for you. Revelation 3:8 says, "... behold, I have set before thee an open door, and no man can shut it" When God opens, He keeps it open. He opens and no man can shut. You don't have to fight but all you have to do is to stand still and see the salvation of the Lord (Exodus 14:14). You are next in line for a miracle!

For your turnaround, never try to shine when the light already is on you. Ruth never spoke to Boaz until Boaz spoke to her. When Boaz woke up, Boaz asked, who is this woman? She said, I'm Ruth, the Moabite woman (Ruth 3:9). Therefore, know that as you move into place, the focus will be on you and the blessing will not be able to elude you for your expectation will not be cut short in Jesus name (Proverbs 23:18).

Finally, obedience is key. Ruth said in verse 5, "All that you say to me I will do." You are to demonstrate radical obedience. For instance, at the wedding in Cana of Galilee, the mother of Jesus instructed the servants of the bridegroom that whatever He tells you to do, do it (John 2:5). They obeyed by filling the water pots with water and got the best of wine. Obedience is paramount to any form of supernatural turnaround. Ruth obeyed as instructed and had her turnaround. Your reward is guaranteed when you obey. I see God turning things around for you.

In all, on the more frugal side, when your life is undergoing a turnaround, it may sometimes seem that you are slowing down. Of course, that may be expected especially when you are driving and observes that you're in a wrong path and intends to do a turn-in-the-road or what we normally refer to as a U-Turn. You've got to slow down first. The case of the Prodigal Son in Luke 15:11-32 easily comes to mind. Once you're done, you will accelerate. Therefore, you can initiate the turnaround by looking out for road signs. Be careful to know also that there are some places you can't effect a turn-a-round. I declare that your life will change for the better. You shall become a wonder and unstoppable when it takes that new path. Isaiah 51:11 says "So the ransomed of the Lord shall return, and come to Zion with singing, with everlasting joy on their heads. They shall obtain joy and gladness; Sorrow and sighing shall flee away." As you encounter that turnaround may you get closer to God in Jesus name.'

Shalom,

Dr. Akpo Onduku

Pastor, Chapel of Grace Bradford. Facebook: www.facebook.com/AkpoOnduku Twitter: @AkpoOnduku





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Authentic LEADERSHP CONFERENCE

he RCCG UK Leadership Conference took place at Jesus House, London on Friday 7th - Saturday 8th October 2016 and was a platform for leadership development open to leaders at various levels within and outside the RCCG. It was organised by the RCCG School of Leadership in collaboration with the Alpha Leadership Conference based in the United States.

The theme of this year's conference was "Authentic Leadership." Speakers include anointed and renowned Pastors such as: Pastor (Dr) Mensa Otabil, founder and General Overseer of the International Central Gospel Churches. Dr Tim Elmore, renowned author, international speaker and President of Growing Leaders and Pastor Tola Odutola, Senior Pastor of Jesus House, Baltimore and Chairman of Alpha Leadership Conference (ALC).



RCCG SPORTS DAY

he RCCG UK Sports Day took place on Saturday 30th July 2016 at the Crystal Palace National Sports Centre London, Participants came from all over the UK and great fun was had by all.















































2016 RCCG (UK) SPORTS FINAL MEDALS TABLE (ATHLETICS)

7	5	5	17	1
7	1	5	13	2
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he Annual Ordained Ministers' Conference (OMC) held in July 2016 at the ACC Liverpool, where RCCG Ministers came from far and near to be spiritually equipped for the work of the ministry unde the Leasdership of General Overseer Pastor E. A. Adeboye. It was a time of reflection, refreshing and bonding for the ministers.









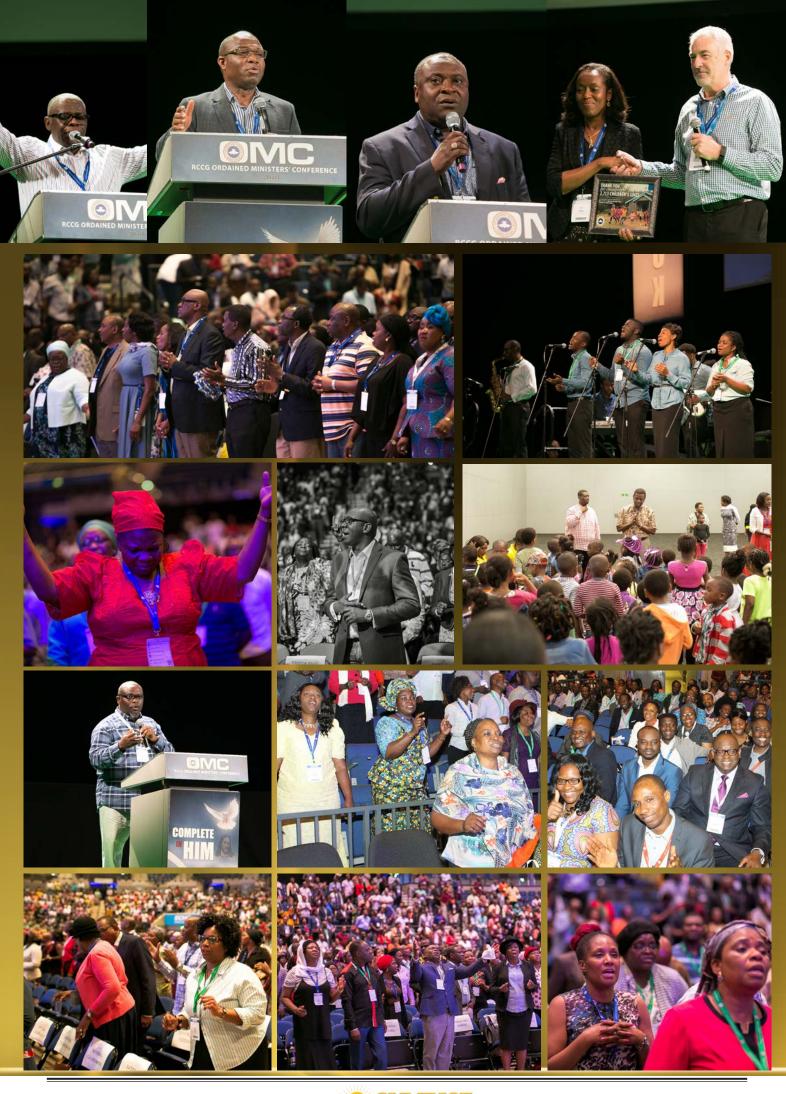














he Inaugural Conference of the Excellent Men fellowship took place at the ACC Liverpool on Saturday July 23rd 2016 with the theme 'Complete in Him' and was well attended to the Glory of God. The purpose of the conference was to equip men to discover, develop and maximise their God-given mandate and abilities.























PSF UM 2016 CONFERENCE

he Pastors' Seed Family (PSF) Conference took place at the ACC in Liverpool on the 23rd July 2016 and brought together the children of RCCG Pastors and Ministers for a time of soul-stirring Worship, Bible Study, Prayer, Christian Drama and Interactive Sessions on the theme 'A New Me'.















NATIONAL TEACHERS' CONFERENCE 2016

he conference this year was held at Jesus House for All Nations London. The theme was the 'Relevant Church'. Pastor Agu Irukwu was the keynote speaker and he gave the first talk on the 'Relevant Church in the 21st century' using the Early Church as our model of successful ministry in our times. The second speaker was Rev. Yemi Adedeji whose focus was on practical things to do to be relevant in our communities and society, no matter the size or location of our churches.

This year recorded the highest number of attendance for delegates who were drawn from Pastors, ministers, teachers and leaders at various levels in the church. The sessions were thought-provoking and profound and an eye opener for various practitioners of the Word, especially in a climate of political and socio- economic uncertainties.

Delegates were highly enthused, inspired and challenged by the talks and a lively session of questions and answers followed, where all challenging issues relating to the relevant ministering of the word were resolved.

We pray that the fruits of the conference will have eternal positive impact upon the Church.

- Pastor Raphael Olurotimi National Director, RCCG Sunday School, UK















Contemporary Dialogue Series

he Contemporary Dialogue Series is part of the continuing efforts of the RCCG UK Central Office to raise the level of awareness and understanding of contemporary issues by Pastors and ministers. It is envisaged that this would in turn improve the ability of the ministers to engage more meaningfully with enquirers about such issues (within and outside the church). The ultimate outcome would therefore be a greater level of personal development for individual ministers; as well as greater degrees of ministerial effectiveness. Furthermore, the lecture series would create a safe space for dialogue on issues, many of which can be controversial, in such a way that balances established facts, scientific knowledge and biblical perspectives on such issues.

The maiden edition of the Dialogue series was held on Saturday 24 September 2016 at Trinity Church (near the Central Office), Knebworth; two topics were dealt with, namely In Vitro Fertilization (IVF) and Euthanasia (assisted dying). Dr Gbenga Duroshola (Consultant Gynaecologist) delivered the IVF lecture while Pastor (Dr) Ebun Abarshi handled Ethanasia. It was instructive that issues of 'life and death' were considered on the first outing of the series and in very remarkable ways, medical/ scientific facts were balanced with perspectives from the Holy Bible. The amble time for Questions & Answers, and general contributions from all participants helps to enrich the session. It was affirmed, as stated in Romans 14:8, that 'Whether we live, we live unto the Lord; and whether we die, we die unto the Lord. Whether we live therefore, or die, we are the Lord's.'

The Contemporary Dialogue series is planned to hold quarterly and subsequent editions will consider other topics such as the following:

- · Homosexuality/Transgender
- Mental Health Issues
- Blended family
- Adoption/surrogacy
- Cremation
- Human trafficking
- Evangelisation & Radicalisation
- Understanding Islam
- Divorce and Remarriage









Advancements in Northern Ireland

ugust and September were busy months for Region 4 in Northern Ireland as we saw two parishes birthed within the space of a few weeks: King of Glory & Grace, Coleraine and Sanctuary of His Power in Lurgan. This brought an expansion of RCCG into the Northern and South Eastern parts of Northern Ireland. The inauguration day for both parishes was a day of great joy and excitement with good attendance, including locals who were enthusiastic and welcoming.

In Belfast, we were also busy with the hosting of a Regional Prayer Conference in September, for which we were very blessed to have Pastor Peter Oluwole, Special Assistant to the General Overseer (Prayer) for Prayer as the guest speaker. It was a rare privilege and the people of God were greatly uplifted, enlightened and encouraged by the deep and insightful teachings which are continuing to impact our lives. All in all, we were charged up for the last quarter of the year.















RCCG MUSIC ACADEMY OFFICIAL LAUNCE

MUSIC CONFERENCE & CONCERT

he RCCG Music Academy (RMA) held its official launch on Saturday, 27th August 2016 at Jesus House, London. The Music Academy will be responsible for training, developing, equipping and releasing potential within the RCCG, while the record label will serve as the channel for the creation and distribution of worship songs, events and resources within and outside the RCCG network. The conference consisted of various music workshops and a concert with a host of worship leaders.















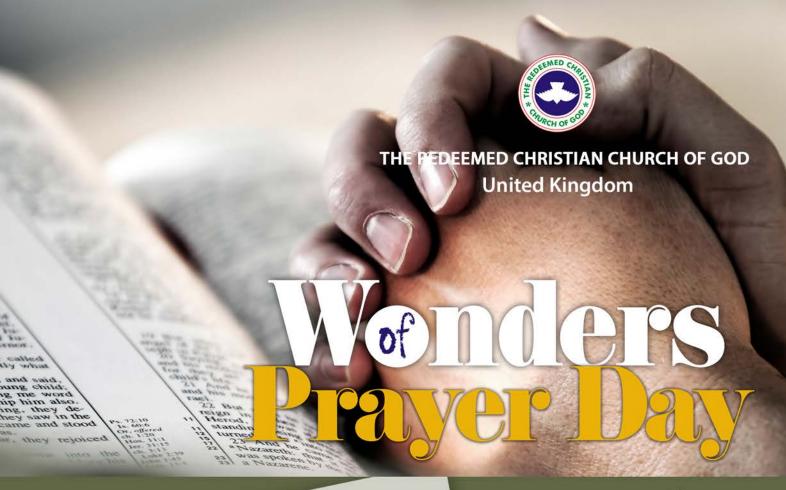












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