

Speaker 1 ([00:17](#)):

Hello,

Speaker 2 ([00:18](#)):

My name is crystal and this is my sign name, the C on the back of the hand bears the resemblance of the signed rock, which signifies a strong foundation. This is how I see myself as a strong foundation for my family, for my friends, for my students and for the people I work with. I am so thankful for Jesus, for the grace of God on my life. That touches me, inspires me and motivates me to work in the field that I'm working in now and understand my field of work sometimes takes a lot of emotional energy from me. I see a lot of things that are just not right. I see a lot of suffering. I see a lot of barriers and I like to advocate for what is right, but often, unfortunately I see things that are wrong and those things seem to win, but understand, it may look as if wrong is winning, but I know the truth is that in the end, God overcomes all, all challenges, all problems and issues that we see and face God wins.

Speaker 2 ([01:41](#)):

Overall. When I give my life to God, I have the peace of God and feel the burdens lifted stresses no more. My faith in him, my trust in him covers me and goes with me through it all. I have his protection that covers me, which is called the armor of God. The Bible talks about how, when we daily go out into the world, we should get up with gratefulness as we go into the world. But when we go, we must make sure that we have clothed ourselves with Jesus, that he lives in us so that we don't become anxious. We must also have our minds and hearts and spirits ready for what will come against us because God's enemy already knows that in the end God wins. He knows that we are on the right side, the right team in this battle. And we must pray.

Speaker 2 ([02:44](#)):

I pray. And often in praying we can become weary. And what do we do as women in these times of busyness, it's important that we get our strength and help from the Lord. And there's no in that my whole life people have told me their assumptions about me, misinterpreting, who I am, how I act and how I behave. And they, uh, tell me that I'm different. People say you're a different, different, that word. I always changed to unique because my grandmother, my mom, my grandfather, all the people in my life growing up, always reminded me, baby, never give up. Don't let what people say cause you to believe the lies and get you down and away from God's plan. I must remember that the words of others that are good, positive, and inspiring that's from God. And those that are negative oppressive and make me doubt myself. That's not of God. I am able to discern what is from God and what is not. And that has helped me to survive here on this earth.

Speaker 2 ([04:10](#)):

That is why it is so important that you need tools to help you. And those come from the word of God. The Holy Bible I know right now in the world, many will say that God's not real. Where is God they'll challenge us, question us. And they may make you feel a bit doubtful questioning the truth. That only means that you are human on this earth. In our humanness. We will continue to have to choose God or choose the way of the world rejecting God. And let me tell you in my experience, when I don't choose God, it is a sobering thing because I see God's wrath. My goal and passion is to help others avoid God's wrath. God is not someone to test or play with. God is love. He loves us so much. That makes a way for us. As we journey through this life, we have to remember that choosing God is choosing eternity with God because earth will pass away.

Speaker 2 ([05:30](#)):

And that is a gift. He gives us the gift of Jesus. That is the truth in this life. We see different churches, different religions, and learn various information and efforts to understand God better. But until I have a personal relationship that experience with God, then I will know the truth and get the answers I need. It is then that I become identified as child of God. I belong to God. I now work here on earth for God, who is the one that sustains me God, every day, I am grateful for him. It is impossible for me to go through this life without him. He reminds us every day that with God, all things are possible.

Speaker 2 ([06:38](#)):

Yeah, I am so thankful that I am blessed with four beautiful children and my husband who never stops telling me that he loves me. And I know that all of the hard times that I've gone through, it's important for me to look back and see all the love I've received. And I thank God. I know that my testimony I can share with other people and bring them hope. As I did when I was in a dark place, I found hope because someone shared the light with me. It doesn't matter if you or your family or church go in people and have church knowledge. It must be a heart knowledge and awakening from inside. This means it's important to take care of yourself. And more importantly, your heart is Jesus in your heart. If Jesus is not in your heart, you will see the difference from what's happening in your life.

Speaker 2 ([07:42](#)):

Compared to having Jesus in your heart. You will see the difference from what's happening in your life. With Jesus. There will be an overflow one that will touch an overflow, touching other people who are going through dark times. God wants to use you. God has a plan for you. Are you open and ready for God to use you? Or are you resistant? Are you resistant? Maybe because the world will look at you differently. Maybe you have a disability, maybe you're deaf or woman or man treated inferior, or maybe you're black dealing with racism. Do those different experiences that you have mean that you are suffering and beat down by those struggles? No, all those difficult experiences that you are going through make you stronger if you believe. And I believe we need to spread that belief. When we all believe and remember the power of Jesus, the power of his name covering and dwelling us in us.

Speaker 2 ([09:06](#)):

Imagine how much brighter the world would be. The Bible is clear that God God's law is clear that we are not to lie, not to be deceitful or steal, commit adultery going outside of the marriage, speaking negatively against others or oppressing them, spewing gossip or a fence. These things are not of God. When we humble ourselves, have a relationship with God and the indwelling of God in us, our bodies become the temple. A place where God resides. Yes, Jesus was born, lived, died and was raised again. But that's not the end of the story. No. After all Jesus went through, after his resurrection, he left us. God's grace, the Holy spirit. That's an important reminder that the Holy spirit is so important in your life. How can we get through this life without the Holy spirit? It's impossible. We will struggle and experience adversity even more.

Speaker 2 ([10:31](#)):

You might wonder how does the Holy spirit come in your life? You must invite him in. Jesus is always at the door knocking and pursuing us in our busy-ness. I am famous for being busy and on the go and often I'll stop and realize I haven't talked to Jesus yet. I love how the Holy spirit will just nudge my heart and remind me. The Holy spirit is a precious part of the Trinity. We have the amazing love of God. God is love. And that love saved us from darkness. Love that love came through the birth of Jesus, whom God

sent as our example, to see how we should live and understand the truth of the Bible. Jesus came as a man just like us. He, when he, when Jesus died, he overcame death and was resurrected, which means that Jesus is unique in that he is God. So now what are we to do with this truth? Jesus calls us to dwell

Speaker 3 ([11:54](#)):

In us through his Holy spirit. Come, he left with us. Now we can Jesus, every day into our lives. And day by day, we can see the world will become better.

Speaker 2 ([12:10](#)):

How do we welcome the Holy spirit in our lives? It's a simple prayer. Every day. We can say, Holy spirit, you are welcome. Welcome in my life. Welcome in this room. Welcome in my hands. Thank you for who you are. Thank you for this amazing gift. Thank you that we can call on you anytime. And you are here to comfort us. Remind us that you love us. Thank you.

Speaker 3 ([12:52](#)):

Never stopped thanking Jesus. How do you let your light shine? My grandma, I used to always tell me you were born with a flame, a spark glowing inside with that light. One of two things can happen. It can continue to grow and burn and become a bright light, touching those around it. They will see the love, the light, the hope, the joy. Imagine lots of people can be touched by that light or your flame or spark can fizzle out and become dark and fades away because we're not feeding it. Not taking care of ourselves. We go through hard times, depression, negativity that overtakes us, and we have no light to shine and share with others, but to keep that light and that fire burning, we must call on Jesus. When we call on Jesus, he listens and is always ready to help. Now we don't call on Jesus so that he can meet every need on our checklist.

Speaker 3 ([13:56](#)):

No, the Bible is very clear on how to pray. We begin with acknowledging him and being thankful. Then we pray acknowledging that we need him pray that, uh, that we will humbly listen and dialogue with him, pray and know that he will answer and be ready to apply his word and be doers of the word. All these steps included with prayer involves taking action. As I look back on my childhood, I am so grateful because of his strength, the strength that came from my conversations with God as a little girl, I remember thinking, why am I here on earth? My room was painted yellow and I would always look around at the beautiful, bright yellow walls and wonder, why am I here? Well, God's voice was clear to me. I heard him clearly. He said it is important that I trust him. Trust that God is real trust that he is in control.

Speaker 3 ([15:06](#)):

Trust that God will never leave you to fail. When I heard that, wow, my heart. What an amazing piece I had. I remember telling my parents, I talked to God. I talked to God and they were impressed because I was such a young age, but I know that unique experience happened to me for a reason because God has chosen me to share his word. And his word is that you are not alone. You are valued. You have worth you matter. Everything you've gone through has a reason. There is truly a reason for everything. This is why it's important that you remain positive. No matter what's happening. Stay positive. Keep smiling because smiling is contagious and can touch others too. God bless you. As you remember every day, we face different battles, different battles daily, but joy. Joy is so exciting. It's not temporary. It's exciting to remember that we who are children of God. We are not alone. In this day in time, people criticize the

word Christian saying what's that they are fake people. They are closed minded hypocrites. Now I will agree that Christianity as a religion causes a lot of concern.

Speaker 4 ([16:54](#)):

Okay?

Speaker 3 ([16:54](#)):

That is a big reminder though, for us because we, her serving God, we represent God. That means we must search ourselves and ask, are we representing him? Right? Does God look at me and see that I am walking in line with his wheel? If not, remember, God will forgive you. You must take the time. Do the work to stop and change and get on one accord with God that reminders should not scare us. No, that reminders should motivate us. God. Wow. He is so powerful. He is the almighty all knowing God, he made everything. He is never ending. We cannot fully comprehend him. But one thing we do know is that we have faith, faith to believe in what we can not see, but to believe because we already know through our daily experiences with God that he's got us, we read the Bible, pray commune with God, take time out of our busy lives, to disconnect and rest and to think on the things of God to breathe and let go and give it all to God. And we will become healthier in mind, body and spirit. We cannot function without God. So take the opportunity to get to know God, and you will get to know yourself better because God already knows you.

Speaker 5 ([18:53](#)):

Victory lies within my heart. Now on earth, all things behold created by love. I know by the grace of love, I am called to shine, shine the light of the world, that light of darkness, light of mercy and love the light of God is within me to shine for others. To see I walk through the Valley with no fear for God is within me. That brings my heart peace, peace, because I know I am covered. Jesus covers me. I am so grateful for your love. Lord. You have captured my broken heart and made all things whole. Again, your truth that I belong to you.

Speaker 5 ([20:32](#)):

I know I am human and I fall, but I also know I must get up. How keep on standing in your love. My Jesus. You make me whole though. I fall. I will get up and keep standing in your love. My Jesus. Yes, you make me whole how keep on standing in your love. Never stop unbreakable in my belief, in your love unbreakable in my belief, in your love, my victory is here to stay. And now my victory blesses me. My victory is here to stay. My victory blesses me. I take refuge in. Yeah. Knowing I am loved by you. Oh, I am so grateful. So grateful for your love. Your precious, amazing love. Oh God.

Speaker 5 ([22:03](#)):

I am blessed and ready. Ready to love. Ready to bring your light through our, keep on embracing you my almighty God. I'll keep shining. Shining your love through. Yes. I'll keep shining. Shining your love through shining. Shining your love through Jesus. Let your light shine through me. My Lord Jesus, without you, I fall, fall into darkness, but you're a light. I find my way. Yes. Holy spirit shine down on me. I choose you. Choose you. And I will keep on choosing you Lord. I will always choose you. Oh Lord. Because when I choose you, I win all mighty God in heaven. I choose you. I surrender all, all of me to you, Lord. I surrender all to the Jesus. Thank you, Lord. I surrender. Oh to you all to thee my Jesus. Oh thank you.

Speaker 6 ([23:48](#)):

You Lord. I will

Speaker 5 ([23:52](#)):

Keep on. Keep on believing. I will never stop loving you Lord. Yes, Lord. I will never stop. Oh Lord. I will never, never stop loving you Lord. Loving you. Thank you, Lord. Thank you Jesus. For loving me.

Speaker 6 ([24:22](#)):

We thank you, Lord.

Speaker 5 ([24:26](#)):

I surrender all, all of me to you. I, I surrender all of me to you, Lord. All of me, I surrender my mind, my body, my spirit, all of me, Lord. I surrender to you

Speaker 6 ([24:59](#)):

A man.

Speaker 5 ([25:02](#)):

I always open with a heart pointing to God. He never fails. I am so excited to be here with you today. I am so excited because I get to share the abundance of God's love that he has put in me and out of that, abundance, it overflows and spreads reaching you and others. I'm excited that you have joined because I get to share. God's love with you. Maybe you feel like your place right here on earth. Perhaps you feel like you get up every day, go to work school, take care of your family. Just always busy. And every day it's the same thing. But you must always remember to thank him every day. When you get up. Thank him through the day. Thank him in the night before you go to sleep. Thank him. Always thank the Lord because his grace, his powerful grace saves us.

Speaker 5 ([26:09](#)):

His grace is so precious. It's not cheap nor should it be taken lightly. No, it's his unmerited favor. And we are fortunate because he already chose us before we were born. He knew us in our mother's womb. He knew us and preordained our seed to enter this world for us to live for his purpose, his plan. He has one for each of us. God has a plan for me. I am content because I know God is using me as I walk this journey. I know I am all good. All good. Doesn't mean that life is void of problems. I wish, but all good means. I know where I'm going. I know what's waiting for me at the end. I know what I'm going through now is temporary. I know that good times are in the end. No hate war oppression, critics, grief, paying depression, all of that will be gone. I know and believe that

Speaker 3 ([27:27](#)):

Jesse Jackson, a leader, he said never allow anyone or anything to break your spirit. It's important that we have unity within the community and it must remain strong. Unity allows us to withstand struggles and press through. Now Ephesians six, 10 through 20 in the Bible reminds us how to survive daily. As we traveled through this life on earth, we can only do that with God's protection, covering us. Our hearts must be right with God and we need his grace. We need Jesus. As he gives us the strength in this life and through the indwelling of the Holy spirit, we have the peace we need to make it through. Now. This is

not always easy because a life on this earth is hard. We face numerous challenges, oppression, and grief, but it's important that we always pray that we make time every day to commune with God.

Speaker 3 ([28:35](#)):

It's so amazing. Just like we need oxygen to breathe through the difficulties of life. We must lean firmly to God. It's through our relationship with God that we experience his love wisdom for the journey and strength, this spiritual faith in trust and understanding about God is amazing. It helps us to understand ourselves better. This our God is the light of the world in the darkness. He is the light. Oh, that's so amazing. His light is in us and we become the light and that is our purpose on earth. Speak. That God is good. He is great. And let us continue to have a heart of Thanksgiving daily. Now I think of a way that I thank God daily. And I want to share that with you. This prayer is called the serenity prayer and it says, God, grant me serenity to accept the things I cannot change. Give me the courage to change the things I can and the wisdom to know the difference. Thank you for joining us today. Always remember to pray and pray for me to a man. God bless you. I love you.