



...achieving heaven's goal

SLAYING THE GIANTS

DEEPER LIFE BIBLE CHURCH
NORTH-EAST AND CUMBRIA REGION
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REGIONAL WOMEN'S
WRITING PROJECT



A MESSAGE FROM THE REGIONAL WOMEN LEADER'S DESK

Synopsis on Slaying the Giant of Life

- Christiana Ohiomokhare

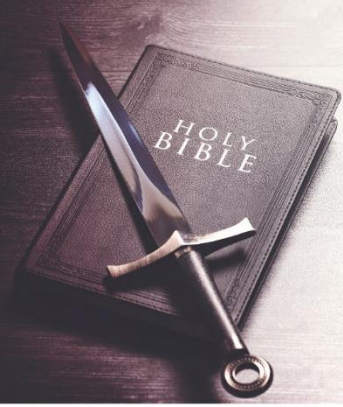
From the days of Adam and Eve in the Garden of Eden, human beings have been faced with challenges that present like giants in various forms. To Adam and Eve, they were faced with the giant of temptation. Cain was faced with the giant of jealous that led him to murder his brother Abel. Esau was faced with the giant of greed, and he sold his birthright for a morsel of meal. Many times, David was faced with the giant of discouragement and depression. He also had to slay Goliath – the giant/enemy of Israel. Samson was a covenant child, but he was ruined by the giant of lust.

The devil has no good gift. These giants brought pain, shame and losses in some instances. What you do when faced by any giant is crucial. Hannah was faced with the giant of barrenness/childlessness, but she invested quality time in prayer, and she overcame. She was blessed with her own children.

Job in the Bible was faced with the giant of ill-health and losses, but he cleaved to God and enjoyed divine restoration. Jabez was faced with the giant of negative identity. He prayed and GOD granted his requests. Hezekiah slew the giant of pre-mature death through prayers and faith in GOD and his life was extended by fifteen years. The woman with the issue of blood slew the giant of stigma and sickness that had troubled her life by struggling her way through the multitude to touch the hem of JESUS' garment and she was healed.

The potent power of prayers and the Word of God are great tools for overcoming and slaying giants today. However, you must be willing to play your part and invest in quality prayers, meditation on God's Word and faith in God.

The story is not different today. There are different giants facing people in our world today. Such giants include the giants of sin, fear, unbelief, immorality, worry, anxiety, depression, stress, other health issues (including physical, mental, psychological and emotional/sexual health challenges), discouragement, faithlessness, bitterness, unforgiving spirit, pride, laziness, poverty to mention just a few. What giant is facing you or are you facing today? It can be slain if you take a decisive step today. The first thing you need to do is to give your life to JESUS CHRIST and forsake your sinful ways. This relationship with JESUS empowers you to surrender every giant to Him and overcome them. JESUS conquered the giant of death and the grave through HIS resurrection and at Lazarus' grave, HE demonstrated HIS power over death. HE brought hope to a hopeless situation and joy into the family. If you will also seek GOD today in the Name of JESUS CHRIST, every giant will be slain.



SLAYING THE GIANT OF FEAR

-Sister Esther Ekeke

One of the enemy's most popular weapon that he uses against us is Fear.

F: False

E: Experiences

A: Appearing

R: Real

Fear, worry and anxiety can overwhelm us with a thick shadow of darkness, controlling our every move and decision. There are lots of things to worry about- wars, conflicts, persecution, violence, crime, natural disasters, terrorism, economic uncertainty, unemployment, divisions, disease, death- and this is why we fear for our children's future, we fear for our families, we fear for our financial future, we fear for our safety. The list goes on and on. However, the reality tells us that so much of what we spend our time worrying about never even happen. Living underground the weight of the "what if's" is a hard place to dwell.

I struggled with fear and worry for years. But through time, I began to find that the things that once would have sent me down an anxious spiral, no longer had the same effect. It didn't happen quickly but over days, months, years.

OVERCOMING FEAR WITH CALMING SCRIPTURES.

There are more than 366 bible verses for Anxiety and Worry. Five (5) amongst so many others will be mentioned below:

1. Psalm 56:3- "When I am afraid, I put my trust in you."
2. 1 Peter 5:6-7 "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."

3. Psalm 23:4 “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”
4. Colossians 3:15 “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”
5. John 12:27 “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour.”

I read the word of life and truth (the bible), soaked them in, over and over and prayed them out loud until they become so familiar, they replace the other things in my mind that I battle against. There’s nothing magical about words and verses of the scriptures, but there is power through them because they are God’s words.

Change happened. Anxious thoughts began to diminish. Worry let go of its constant grip and though fear is sometimes still there, it no longer wields control, holding me back, paralysing me in its grasp.

THANK GOD FOR HIS GRACE AMEN. Alleluia!



SLAYING THE GIANT OF DISCOURAGEMENT DURING GRIEF

- Sister Susan Ogwu

When grief comes through so many motions of discouragement, you are consumed in thoughts of regrets. If this did not happen maybe the loved one would still be here, the “ifs” could be sickness, poor medical facilities, finances, attacks from the devil. You wish the hands of the clock could be reversed, so things would turn out differently.

After regrets, you are faced with the heavy cloud of grief, that you can feel as pain in your chest, heat under your skin and thick cloud of darkness. You dread night coming because that is when you are faced with so many thoughts of sadness and discouragement. The world feels empty in spite of having other people around. You feel you are left alone in this world. Most times you want to ask so many questions due to strong discouragement.

However, you hear a voice say, the loved one is in a better place, especially if they were very ill before they transitioned. You witness how they suffered in pain, how you prayed and believed for their healing. You seem to hear, ‘why do you want them back to this evil world?’ Then you have a little relief that the loved one is in heaven especially if they surrendered to the Lord. Then you are encouraged to make your life count in this world. You tell yourself that you are making every day count to be intentional about living and loving others. Especially people that have shown love to you. You also make up your mind to be more patient and that you will look at the big picture when offences come. You ask God for grace to live for Him and for you to do the things you do well. You know at the appointed time you will give account if you lived in love, and you did the things God expected of you.



SLAYING THE GIANT OF DISCOURAGEMENT

- Christiana Ohiomokhare

The word 'Life' is so short. In fact, just four letter words. However, the experiences of life from conception to the grave have shown that life is full of ups and downs. We all have our share of these moments. Sometimes, life experiences are so enormous that we breakdown under the weight of pain, grief and discouragement. Discouragement is not a new phenomenon.

Some Bible characters had their moments of discouragement. One of such was David. At one time, David was hunted by King Saul – A king that should have appreciated the therapeutic relief he enjoyed when David played his musical instrument. At other times, David was discouraged. His son (Absalom) wanted to dethrone him as a king at all costs. What could be more painful than this? That David's adversary was his own son. This is one of the ironies that life presents and leads to discouragement. When those who should protect and celebrate you become those who plot your downfall, this attracts discouragement.

At such moments of discouragement, hope in God and hold on to His promises as written in the Holy Bible and revealed. David said to himself **“Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise Him for the help of His countenance”** (Psalms 42:5). Again, David repeated similar words in Psalms 42:11 and Psalms 43:5 - **“Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God.”**

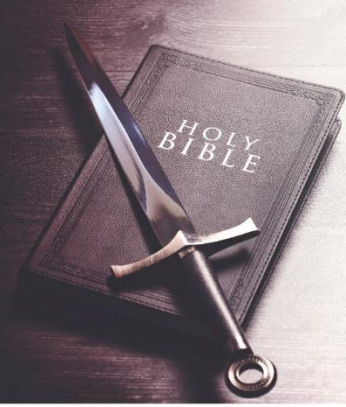
The Psalmist engaged in self-talk but still acknowledged GOD as the source of his help.

Moments of discouragement serve as reflective times. However, rather than being overwhelmed by negative reflections, let's engage in Word therapy that propel us into prayers and presenting our challenges to God – the Source of our help. Isaiah 41:10 reads, **“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee: yea, I will help thee: yea, I will uphold thee with the right hand of my righteousness.”** What a reassurance for troubled souls! The Word of God is therapeutic and effective. Hence, the need to engage in studying the Bible to glean from God's promises.

Moses was discouraged at some point when he led the children of Israel out of Egypt and on their way to the Promised Land. Leaders are not spared from moments of discouragement. It got to a point that Moses had to say, he did not give birth to the children of Israel. At another time, he struck the Rock against the instruction that he was given by God. God had instructed him to speak to the Rock. As Christian believers, there is need for us to be mindful of our actions, reactions and our use of language in moments of discouragement. We truly need the grace of God at such moments.

Time will fail me to list others in the Bible who experienced some moments of discouragement. It is a clear fact that discouragement can be experienced by young and old people, rich and poor, male and female, educated and the less educated, privileged and less privileged. What you do in your moment of discouragement is crucial and calls for watchfulness and care to ensure you don't engage in decisions that will be detrimental to your wellbeing and walk with God. Ask the LORD to grant you His grace to overcome discouragement. God has the power to change all things if we put our trust and confidence in Him. The Bible says, **“Let not your hearts be troubled: ye believe in God, believe also in me” (John 14:1).** What an encouraging verse of the Bible. The Word of God (the Holy Bible) is rich in promises for those who believe in Him. There is a simple step to enjoying God's promises and blessings. It begins with acknowledging Him as God and if you are still living in sin, acknowledge that you are sinner and understand your helplessness without God. Confess your sins to God, forsake those sins, repent of them and believe in the LORD.

Friends, we are helpless without God. Our states of helplessness bring about discouragement. However, whatever you may be passing through is not beyond the power of God. Have faith in God! He has the solution to all challenges of life. He sees what you are passing through. He knows how often you weep secretly and openly. He has the power to fix all the puzzles of life, including the ones you are passing through. Trust in God and He will give you reasons to rejoice in JESUS Name (AMEN).



SLAYING THE GIANT OF FEAR

- Sister Blessing Okorie

Fear is a distressing emotion aroused by impending danger, evil, pain etc. (Dictionary.com) Whether the threat is real or imagined, the feeling or condition of being afraid. Fear can also be a symptom of some mental health conditions including panic disorder, social anxiety disorder, phobia and post-traumatic stress disorder (PTSD).

People fear a lot of things about illness, death, financial crisis, what the future brings and so on. Fear makes you to be within your comfort zone, instead of moving forward in faith. To overcome fear, know that God is with you.

*Isaiah 41:10 “**Fear not for I am with you, be not dismayed for I am your God, I will strengthen you yes, I will help you yes, I will uphold you with the right hand of righteousness.**”*

*Psalms 24:4 “**Yea though I walk through the valley of the shadow of death, I will fear no evil for you are with me, your rod and your staff they comfort me.**”*

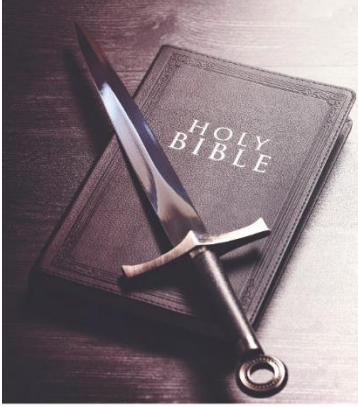
You overcome fear with your trust in God. *Psalms 56:3-4 “**What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust, I will not fear what flesh can do unto me.**”*

It is also important to surrender your fear of God. You overcome fear by confronting the fear, by being strong and of good courage because being courageous gives you confidence to do those things that are causing you fear.

When you are filled with so much fear, you can't think properly because fear is causing turmoil in your heart and mind. To overcome fear, you need the peace of God (John 14:27). Fear keeps you in your comfort zone and makes

you not to realise your full potential. What would you attempt in life if you were sure you couldn't fail? You overcome fear by being filled with love. To cast out fear from your life replace it with Love. **1 John 4:18** ***"There is no fear in love, but perfect love casts out fear because fear hath torment. He that fears is not made perfect in love."*** God is Love and Love (God) cast out fear. Love never fails.

To overcome fear, pray to God about what is causing you to fear. *Psalm 34:4* ***"I sought the LORD, and he heard me and delivered me from all my fears."***



OVERCOMING FEAR AND PROCRASTINATION

- Sister Kamar

What is the meaning of fear? According to Google dictionary and several other dictionaries, it is “an UNPLEASANT emotion caused by the threat of danger, pain, or harm by someone or thing.” The keyword here is “unpleasant” The world's perception of fear is not something anyone would want to feel, face or even come close to as it brings discomfort, uneasiness and no peace of mind. Thus, people tend to stay away from anything and everything that brings fear.

Another perception is that as an individual you must face your fears if you want to succeed and that your fears do not hold you back from exceeding your highest potential. But no matter whether we face it or not it remains as an UNPLEASANT emotion and it will not be something we will ever be able to overcome with our strength, will or power. The only way we can face our fears head-on and overcome them completely is only through Christ Jesus who is the Saviour. *Philippians 4:13* tells us that as an individual, “I can do all things through Christ because he strengthens me.” Not only does He give me and you strength to overcome and push forward, He also wants you to lay every aspect of your life, good or bad in his hands because he cares for you (*1 Peter 5:7*).

In addition, in some scriptures of the bible, the word fear brings a different meaning. For example, *Psalms 111:10* say “**The fear of the LORD is the beginning of wisdom; A good understanding have all those who do His commandments. His praise endures forever.**” This scripture shows us that to fear God is not unpleasant or to run away from, but it is the beginning of something you would gain in return which is wisdom. You not only gain wisdom but also knowledge (*Proverbs 1:7*), you are blessed (*Psalms 112:1*) and you hate evil (*Proverbs 8:13*). To fear the Lord is to show him reverence (meaning respect, humility and honour) and when we begin to

fear the Lord we begin to understand as well as walk-in God's will and purpose for our lives.

Fear bring procrastination because you constantly avoid, run away, you delay the task or situation that you need to be complete or resolve. Google's meaning of procrastination is to "delay or postpone action; put off doing something." People frequently procrastinate because they find the tasks that must be completed unappealing. For example, if you need to make an essential phone call to someone you dislike, you may end up postponing rather than making the call because you don't want to talk to them. This happens because the more unattractive a task is, the more likely people are to want to avoid it and hence procrastinate. But the bible tells us in *Proverbs 13:4* **"The soul of the sluggard desireth, and hath nothing: but the soul of the diligent shall be made fat."** In other words, when we discipline ourselves and yield ourselves to being diligent, we are made prosperous in anything that we do. While on the other hand when we allow ourselves to procrastinate, we gain nothing. Furthermore, *James 4:17* **"Therefore, to him who knows to do good and does not do it, to him it is sin."** and *Ecclesiastes 9:10* which says **"Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going."** which tells us that **"time is of the essence"** meaning we should do all the good things laid upon by the Spirit of God and do so with all our might because our time on earth is limited and the grave where we go when we die, have no room to gain or grow in anything.

Now is the time to live God's will and the purpose He planned for each of us. Not tomorrow as tomorrow never comes. So, with the Spirit that God had given to us when we accepted Christ as our Saviour which is not one of fear but of power, of love and of a sound mind (*2 Timothy 1:7*), let us live as though each day was our last day on earth. Thinking and doing God's work with all our might and with no delay. For fear and procrastination is not our portion in Jesus' name.



SLAYING THE GIANT OF GREED

- Sister Vanessa

Greed can be defined as the intense and selfish desire for something, especially wealth power, or food. Greed is an uncontrolled longing for increase in the acquisition or use of material gain; or social value, such as status, or power. Greed has been identified as undesirable throughout known human history because it creates behavioural conflict between personal and social goals.

Globally, greed has become a GIANT that has ruined many people in the society both big and small, high and mighty. Thus, affecting families in our societies today. Let us take a look at the word greed from biblical perspective.

*Luke 12:15 “**Then he said unto them, watch out! Be on guard against all kids of greed; a man’s life does not consist in the abundance of his possessions.**”*

Greed is a spiritual disease of the heart that can affect all areas of life and it is always self-centred. Greed is a soul motivation that steals life (Proverb 1:19) **“so are the ways of every one that is greedy of gain; which taketh away the life of the owners thereof.”** Greed has ruined so many families and set true friends apart. Proverb 15: 27 **“He that is greedy of gain trouble his own house; but he that hates bribes shall live.”**

Greed has caused a lot of destruction in our society. Jude 1:11 **“Woe unto them! for they have gone in the way of Cain and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core.”**

We could see that the reason why Cain kill his brother Abel was because he was not happy that his brother’s gift was accepted forgetting that he did not give his best unlike his brother Abel who gave the best sacrifice. This is also happening today.

Greed leads to corruption. Isaiah 56:10-11 ***“His watchmen are blind: they are all ignorant, they are all dumb dogs, they cannot bark; sleeping, lying down, loving to slumber. Yea, they are greedy dogs which can never have enough, and they are shepherds that cannot understand: they all look to their own way, every one for his gain, from his quarter.”***

We could see that greed is dangerous because it is the work of the flesh. The only weapon that can overpower greed is to desire the gift of giving generously and feel our heart with the love of God. Love overcomes evil. 1 John 3:17, 18 ***“But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? My little children, let us not love in word, neither in tongue; but indeed and in truth.”***

One of the ways we can conquer greed is to love and give generously and genuinely. Avoid pride and never trust in money, possession, fame, food. However, all the things that greed chase after may not evil themselves, but the motives behind such pursuits must be checked. Luke 12:15 ***“And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.”***

The book of Luke Chapter 12 verse 15 makes it clear that a man's life does not consist of how wealthy s/he is. Everyone must watch and walk circumspectly against any appearance of greed. Believers should avoid greed and submit themselves to the Holy Spirit to lead us into the abundance of life given to us by our Lord Jesus Christ. The life of generosity, gratitude and contentment will enable every believer to have victory over greed and live righteously on earth



OVERCOMING THE GIANT OF FEAR

- Sister Faith Alaje

It is great to know that God has not given us the spirit of fear, but of love, power and a sound mind. However, this is a promise for those who are a part of the family of God. Those who have turned away from sin and given their lives to Jesus Christ. (Proverbs 29:25; 2 Timothy 1:5; Job 28:28).

Fear - defined as False Experiences Appearing Real- enslaves its victim. This is the ungodly type of fear which keeps man in bondage. It all started when man fell from grace to grass in that beautiful garden of Eden because man disobeyed the command of God. Fear became an unwelcome guest of man. It was an instrument used by the devil who is the enemy of man to torment him. Fear of man, fear of the unknown, fear of the judgement of God. Fear has prevented man from having sweet fellowship with God. However, God in His infinite mercy has provided a solution- Jesus Christ, to save us from sin which paved way for ungodly fear to dominate us.

A person who encounters Jesus as Saviour, is given a new spirit saturated with godly fear, the spirit of sonship which enables us to cry "Abba Father". This experience sets us free from the grip of ungodly fear and enables us to fear God and live a glorious life.

Remember, God has not given us the spirit of fear...! So, whatever comes your way, and it seems that the giant of fear wants to ensnare you- stand your ground and declare the word of God loud- God has not given me the spirit of fear but of love, power and a sound mind!

Read and meditate on God's word. Let your confidence always be in the God of Israel who is forever Faithful, and you will be victorious in Jesus' name. Amen!

Also, spend time in God's presence through prayer and fellowship of the brethren. Prayer strengthens the child of God and enable him or her to overcome challenges when they arise. Having fellowship with the brethren-people of like precious faith, gives you the courage to move forward in the face of adversity.

May the LORD help us to continue in faith so we can always overcome this giant of fear in Jesus' name. Amen.



SLAYING THE GIANT OF FEAR

- Sister Esther

When Peter focused on Jesus, he walked on water, but when he focused on the wind, he began to sink. *Mat 14:30* ***“But when he saw the wind, he was afraid and, beginning to sink, cried out, Lord, save me.”***

When we are faced with challenges, what is the first thing we think of? Logic and rationality tell us “this is a big deal.” Focusing on that problem makes us remember how it has affected many people, what the implication will be if it gets worse, on and on, the problem amplifies in our imagination, and like Peter, we start to fear. Remember, it was when he got scared that he began to sink. You know why? Because fear casts doubts on people and a doubtful man cannot receive anything from God (James 1:7). Fear is a weapon from the devil to make people lose focus, to push people away from destiny and eventually to make them sink.

What God is saying today is “focus on me”. When you focus on God, God starts to amplify. You then see a God who is bigger than your problems, you see a God who has done it before and can do it again? Logic tells you that you will drown if you cannot swim, God tells you with Him, all things are possible.

Are you thinking of the way out of that challenge today, why not check the scriptures and see how God dealt with problems with the people of old, call on him right away, and be sure to walk on waters?



SLAYING THE GIANT OF FORNICATION

- Sister Francisca Adereti

According to Oxford Dictionary: Fornication is the act of having sex with somebody you are not married to.

What does the Bible say about Fornication?

The Bible strictly warns every child of God to flee from fornication and every trace of it. The question is: are you a door or a wall? A door which everybody pass through or a wall where there is no entrance until you legally allow to - through marriage. Every premarital sex, cohabiting, kissing or any lustful touch, God will judge. Your virginity is your pride. Don't let any man take it away from you, beloved spinster.

“Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.” (1 Corinthians 6:18).

“For this is the will of God, even your sanctification, that ye should abstain from fornication:”(1Thessalonians 4:3).

“Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.”(Hebrews 13:4).

Why God Cautions Against Sexual Sin:

“Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” (1 Corinthians 6:18-20).

What does he mean when Paul advises us in 1 Corinthians 6:18-20? He talks about the two becoming one flesh. He also tells us to flee from sexual immorality because this is a sin against your own body. This would

include pornography, homosexuality, bestiality, the child sex trade and trafficking, etc. He says that we are to honour God with our bodies.

What does this mean for us?

We have been bought with a price, that being, Jesus' sacrifice of His own life. This means that those who have accepted Jesus as Saviour have been connected to Him for eternity. If we are connected to Him, we should not be connected to another person outside of the bonds of the relationship as God has described it (that is, marriage). If we connect with another person outside of marriage, then we have also stopped honouring God with our behaviour through disobedience.

When we are joined to another person sexually outside of the confines of the scripture, we are going *away* from God and risk moving *into* a place that is dangerous. How? When there is sexual contact, there is an **exchange** of DNA. That is our body's own code. We are told to connect and "be *one* with" our marriage partner. When we move outside of that, we may risk sickness as well as contract any evil spiritual bondage the other person walks with. By contract, I mean that because we have walked away from the boundaries that God has set for us. We move into a place of disobedience, and we are subject to the ramifications. God's boundaries are set for our safety. He loves us that much. He does not want us to be given to "lusts of the flesh" because they will take us away from the place in which obedience secures us.

When we have sexual contact with someone outside the bonds of our own marriage, there is a mixture of DNA. We may not realise that those new ideas or opinions that we *now* have are not our own. When did we even care or even think about some of the things we now do? When did we start to notice that twinge in our joints or that we now have migraines when we never did before?

Just like the safety that is attached to a firearm for protection, we can disengage that safety that keeps us secure and free of harm spiritually when we engage in disobedient behaviour, sexual or any other kind as well.

There's an Escape Route! Jesus is willing to set free as many that the devil as enslaved with the spirit of fornication. The sacrifices of God are a broken spirit: **“a broken and a contrite heart, O God, thou wilt not despise”** (Psalm 51:17).



SLAYING THE GIANT OF FEAR

- Sister Preye

Jesus told His disciples... *Let's cross to the other side*. Jesus had a plan for his disciples. That plan was to cross with them over to the other side. The decision to cross to the other side did not exclude the storm on the way of life. Nature had its course and did its own thing and did not exclude the people who were in its part. Remember, it was Jesus' decision in the first place for them to cross over to the other side.

Notice how the disciples high jacked Jesus' idea and made it their own and invited the giant of fear into their lives. That is exactly what we do when we let fear take over our lives during times of challenges. We stand in the way of God. They forgot Jesus was in there with them from the beginning. It was His idea in the first place. It is God's idea to get you through from where you are to where you should be.

I read a commentary that says "...following Jesus doesn't exempt us from life's storms, so we need to first remind ourselves about who is with us - Jesus! and secondly to trust what He has told us. "...Let's cross to the other side." Only then, can we see His fulness in action.

In life's journey even before we set out, whether in marriage, childbirth, in our professional pursuits or in every day to day activity, know that God is the one that initiated the journey in the first place. So long as we allowed God from the onset, acknowledge Him in your decision to sail, He's got you covered. He is in the boat sleeping on a pillow even when the storm of life is raging.

Be admonished: When in marriage you have not seen your expectations materialise, In your professional pursuit- when everything is tilting towards disappointment, when the children you breastfed look into your face and tell you what you don't want to hear; when even the doctors tell you the prognosis of your health situation is bad;- Know this one thing always - that the intention of Satan is to make fear real enough for you to forget Jesus is still

in the boat. Don't be like the disciples. Notice what they said "...Teacher, don't you care that we're going to drown?" He cares! He called you to cross over to the other side in the first place. He sure will get you over to the other side. Don't allow the giant of fear to accuse Jesus He does not care. Be focused on crossing to the other side.



SLAYING THE GIANT OF UNFORGIVENESS

- Sister Mary

Luke 17:4 This is very heavy and expensive that we will be able to forgive one another.

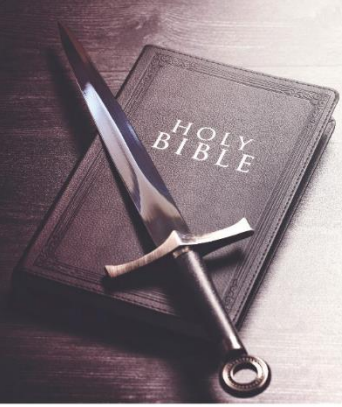
It is wise to forgive one another than to insist not to forgive and forget. In the news some people try to remind others about their past. Some take away what belongs to others because of unforgiveness. Sad things can happen in this world that is passing away and because of unforgiving no more trust and no more affection.

Luke 17 :1- 10 The Bible says we should try and forgive one another and forget.

Matt 18:15:21-22: “If thy brother shall trespass against thee go and tell him his fault between thee and him alone.”

God can also forgive you your trespass. If we believe in the Lord Jesus Christ, we don't have to continue to monitor someone's life in whatever they are doing. If we have genuine repentance, there should be no longer fear. No matter how many times the offence, we must still forgive one another as Christ forgave us. When we were still sinners' Christ died to save us. Forgiveness brings you more freedom and joy.

If we forgive your neighbours, don't let us remember the pain anymore. Don't let any pain break you down but have big faith in God. We should take forgiveness seriously specially when we have the love of Christ before we can display Christ's forgiveness trait. No matter how painful it is, we should love as Christ did towards us. Unforgiving spirit will make one love others and hate another. Unforgiving spirit can bring hatred, depression and bitterness. There is no love in unforgiveness. We bless God for all the messages He has given us. We thank Him for His goodness and kindness so that we will be able to obey forever and ever in Jesus' name (Amen).



SLAYING THE GIANT OF FOOLISHNESS

- Sister Asisatu

Foolishness can be defined as a lack of good sense of judgement, stupidity or the unawareness or lack of social norms which causes offence, annoyance, trouble, and injury. This has become a very big problem (Giant) that had ruined, limited and sabotaged many individuals lives, families, institutions, organisations, and the world at large. There are lots of examples in the Bible and our contemporary time. Let's consider Satan (Lucifer). In Isaiah 14:12-16 he lacked a good sense of judgement and relapsed into stupidity. He was called the "morning star" also, "the anointed cherub". He was the most beautiful of the angels, the first among the angels. Unfortunately, he was not satisfied with his position rather his foolish mind made him think that he could overthrow His Creator. Can you imagine a creature wanting to be like the Creator of all things? What an utter demonstration of foolishness!! No wonder he was pushed away from the presence of God (Heaven).

Automatically all that follow his path by believing his deception and rejecting God's way and God's Words are also threading such foolish path. This truly points to the foolishness of people in our contemporary times. When an individual chooses to do things his ways to satisfy his selfish end without seeking the mind and, the will of God, he or she becomes foolish and as result loses his position in God's agenda, loses God's presence, anointing, power, glory, favour, precious relationships, and precious gifts in life. Eventually, he or she will not be able to fulfil divine purpose in life (destiny). Oh, what a tragedy and a wasted life!

Nebuchadnezzar (Daniel 2:1-49) was a king in the Bible that had a dream, but he could not remember his dream yet in his foolishness, he wanted his

wise men to relate his dream that they did not dream to him and give an interpretation of the dream. Worst still, he threatened to kill all the wise men in his kingdom if they refused to do so. He lacked a sense of good judgement and exhibited stupidity. He became selfish. The lives and families of others were nothing to him, just because he was a king. He forgot there is a higher king that rules in the affairs of men. Imagine if all his adviser and wise men were killed what would have become of him and his kingdom? (Ecclesiastes 7:9).

In our world today, foolishness is being demonstrated every day from the kings to the subordinate, from the head to the least because humans set to be wise in their own conceit not minding the ways of God and who is hurt or affected by their actions or inaction. Consequently, this leads to their daily struggles, confusion, plagues, diseases, untimely death, troubles, oppression, and frustration in their lives. (Psalm 107:17), (2Samuel 18:33), (Isaiah 1:2-20).

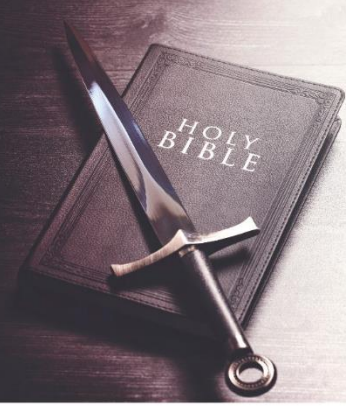
Overcoming this deadly giant is essential daily if we must live a fulfilled life according to God's plan and purpose and to live eternally with him. First, there is a need to surrender one's life and heart to Christ (Proverb 23:26). Once God is in control of one's heart, which is the seat of affection of all that we do and say, that individual can easily be controlled by the Lord, His Spirit and God's Word. Also, there should be reading, meditation, and application of God's Word. Psalm 119:11-16 Daily examination/x-ray of one's activities: conversation, desires, motives, company, and comportment in the light of God's Word (Proverb 12:28).

Remain at your post where God has placed you. Avoid comparison, covetousness, envy, and jealousy always. (2 Corinthians 10:12). Engage in every believer's ministry (evangelism) always (Matthew 28:18-20).

Maximising our time (Ephesian 5:6), (1Chronicles 12:32) and developing ourselves as we have the opportunities and abilities to gain more knowledge and wisdom, Spending time with our loved ones and people that matter to us. Loving and caring for loved ones spiritually, physically, materially, psychologically, and emotionally.

Following godly counsel based on God's Word (Proverb 13:1-6, 20-21) In addition, we must daily pray for godly wisdom to lead and guide for us in our daily affairs, as we love and, serve others in the Lord, and as we relate with various types of people (James 1:5). The wise and the foolish people, the good and the self-centred, the proud and the egoistic, the wicked, vain, and thoughtless person, that the lord will help us to constantly reflect the image and character of our Lord Jesus Christ. Therefore, our labour will not be in vain, and all our efforts and endeavours will not be wasted because of the foolishness of reasoning, character, disposition, and decision.

Ultimate wisdom is the antidote to slaying foolishness. This only comes from God, the source of true wisdom. Don't be wise in your conceit, rely on him always, through thick and thin, looking unto HIM the Author and finisher of your faith. Most times you may be required to play your part because our God is not a magician. In all your ways and activities acknowledge HIM and HE WILL DIRECT YOUR PATH (Proverbs 3:1-6; Proverbs 14:1-3, 14-18).



SLAYING THE GIANT OF PRAYERLESSNESS IN YOUR MARRIAGE

- Sister Morenike

Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs you to the right path throughout one's life. Nothing should be strong enough to cause you not to pray. Anything that takes you away from prayer is not of God. God is far from the prayerless people, but he is closer to the prayerful. Prayer is not an option for God's people.

Prayer is frequently commanded or referred to in Scripture (Exodus 22:23, 27; 1 Kings 3:5; Psalm 37:4; Isaiah 55:6; Joel 2:32; Ezek. 36:37 Romans 12:12, Philippians 4:5-7. Colossians 4:2, James 5:13, Hebrew 4:16 Jonah 2:7 Mark 11:24 and Proverb 15:29)

***"If...my people who are called by my name humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land."* — 2 Chronicles 7:13-14.**

Prayer is walking with God, Prayer is fuel for the journey. Prayer is the force of victory in the midst of temptation. Prayer is the doorway of the supernatural.

THE PLACE OF PRAYER IN YOUR MARRIAGE:

Marriage is an institution founded by God Himself. Its origin can be traced to the garden of Eden when God created Adam and Eve, and interestingly, the first miracle Jesus Christ performed was in a wedding ceremony. God is the originator of marriage and He's very much interested in your marriage. Prayer is one of the ways we communicate with God. It is a way to make God change things and situations on your behalf. When you and your spouse realise that God loves you and He's always ready to listen to you, something powerful

happens. Prayer is the secret to a lasting marriage. When couples cultivate the habit of praying together every day, it will be difficult for temptations to come in, the home built on prayers will be difficult for the devil to break apart.

There's a particular slogan from the 1950's "The family that prays together stays together." Prayer is a force. Prayer is like a cord that binds you together as couples, and that bond can't be easily broken. I believe that if every couple should adopt this and pray together daily, the effect will be seen and felt in the marriage, home, family, church, even in the nation and there will be a dramatic drop in the rate of divorce in marriages.

Marriage breaks away when God is not involved. When you pray together as couples, mountains will move on your behalf. The Bible says, **"one will chase a thousand and two shall chase ten thousand"**. Imagine the ratio, imagine what happens when two people pray together in unity. The Bible also said, **"two are better than one because they have good reward for their labour"**. Couples that pray together possesses power to dictate what happens to them, their marriage, career, business, and everything because God dwells where there's unity of purpose.

I want to challenge you today, if you have not been doing it, give it a try for a week. Many of us can spend hours watching our favourite reality shows and programmes which profit us nothing but when it comes to prayer, we become instantly tired and lazy. Let's try to do this, pray with your spouse for 15-30 minutes daily. Do it willingly, not by force, and see God's miraculous power in your home. It will create unexpected miracles, create solid bond between you and your spouse and invited God into your marriage. Don't joke with your marriage. Always connect to the source which is God and see your marriage flourish like never before.

When should you pray?

Pray every day! Pray in your schedule and out of your schedule.

When you succeed, pray. When you fail, pray even more. When you are tired, pray. When you are in good spirit, pray. When you are happy, pray. When you are sad, pray. If you are living in holiness, pray. When you are entangled in a sin, still pray. When you feel guilty of a sin, pray. When you are mocked, pray. When you are loved, pray. When you plan to pray, start praying before you reach the time you planned to pray. Pray during your prayer time, pray before your prayer time and pray after your prayer time. God hears all prayers whether during your prayer time or out of your prayer time. He hears!

When you wake up before your alarm, pray. When you wake up after your alarm, don't be guilty, still pray. Pray in season and pray out of season.

Benefits of prayer:

Prayer draws God to you.

Prayer purifies you.

Prayer brings forgiveness.

Prayers bring power.

Prayer brings breakthrough.

Prayer brings healing.

Prayer brings miracles.

Prayer brings favour.

Prayer makes you a voice.

Prayer makes you live heaven on earth.

There is no excuse for 'prayerlessness', not your sin, not your failure, not your falling, not your mistakes, not your guilt and not your pain, not your tears. Everything that happens to you has one message, PRAY. By prayer you came, by prayer you live, by prayer you are sustained and by prayer you will enter your glory; if you doubt me, ask Jesus why He is still interceding for us.



SLAYING THE GIANT OF PROCRASTINATION

- Sister Bose

Procrastination is defined as the act of delaying or postponing something.

Tips for overcoming procrastination:

- *Know the REASONS you procrastinate.
- *Make a list of what you want to do or achieve.
- *Keep your tasks small.
- *Be focus.
- *Stick to a Schedule.
- *Have a Support System (Husband, Children, Sibling, Friend, Co-worker, etc)
- *Incorporate a Reward System.
- *Meditate on the Word of God.
- *Eliminate Distractions
- *Break Projects down into more manageable Segments.
- *Deal with your FEAR.

In summary **“I CAN DO ALL THINGS THROUGH CHRIST THAT STRENGTHENS ME”** (Philippians 4:13).



ANTIDOTES FOR SLAYING THE GIANT

- Christiana Ohiomokhare

- A thankful heart.
- Recap what GOD did for you in time past.
- Live one moment/one day at a time.
- Word Therapy – Confess the Word of GOD.
- Forgive: Unforgiveness leads to – depression, sorrow, weight of pain, loss and inability to progress because of ruminating on what happened and the shock of what happened in the past.
- Let go and let GOD.
- Press on, pick up yourself, your pieces, have a daily routine, plan and pursue your goals by the grace of GOD.

Our Fellowship Days and Times

At Deeper Life Bible Church, North East & Cumbria Region, United Kingdom

	NEWCASTLE Deeper Life Bible Church, St. Philips' Close, Fenham, Newcastle upon Tyne, NE4 5JE	MIDDLESBROUGH 18 Cambridge Road, Middlesbrough, TS5 5NN	SUNDERLAND St Gabriel's Church, 1 St Gabriel's Avenue, Sunderland, SR4 7TF
Tuesday Bible Study	7:00 pm	6:00 pm	6:00 pm
Friday Revival Service	7:00 pm	6:00 pm	6:00 pm
Sunday Service	10:00am prompt	1:00pm prompt	10:00am prompt

Zoom Meeting ID: 92727665352

Passcode: 369040

Contact us:

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Facebook: DeeperLife Bible Church Newcastle

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