

# COLM

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NOVEMBER 2024

WHAT YOU BRING  
INTO THE  
STOREHOUSE MATTERS

THE MYSTERIOUS  
AND ANCIENT POWER  
OF STINGLESS BEES:  
A NATURAL WONDER

THE POWER OF  
A GRATEFUL HEART:  
LIVING  
THANKSGIVING  
EVERY DAY

It's GREEK TO ME  
(EXPANSION AND INCREASE)





THIS IS HOW I SEE IT...

Vashti

We have all been blessed to have  
our own opinion, perspective,  
or point-of-view....

It's not necessary that we all agree.

It is my hope that you see  
the truth within my words for  
this is how I see it....

bycherylvashti

## WHAT YOU BRING INTO THE STOREHOUSE MATTERS

**'GUARD YOUR TEMPLE, ENRICH YOUR SPIRIT, TRANSFORM YOUR LIFE'**

These verses remind us that our true calling transcends any role, title, or occupation. Our nature is undeniably shaped by nurturing. Spiritually, physically, and emotionally, what we feed ourselves defines who we become and how we respond to the world. Our behaviors, choices, and beliefs aren't random—they're reflections of what we allow into the deepest storehouses of our souls.

In Psalm 139:14, we're reminded that we are "fearfully and wonderfully made," designed by a Creator whose artistry far surpasses human understanding. Think about it: every function of our bodies, every beat of our hearts, and each intricate part of creation operates with precision that leaves even our best minds in awe. We know so much, yet when it comes to the full mystery of life, we remain in awe—unaware of how we came from dust, from mere thoughts and words, into being. Many names reflect this divine source: Yahweh, Jehovah, the Supreme Being. I call Him God, my Father.

God didn't just create us; He designed us intentionally, placing within us His thoughts, ideas, and boundless potential. He "programmed" each part of our bodies to work in concert with one another, to heal, grow, and thrive. But somewhere along the way, we've accepted limits that He never intended. The influence of man-made inventions—radio, television, and now the digital world—has lulled us into a state of passivity. We absorb what the media serves us, often without question. This "programming" distracts us, shaping our beliefs, behaviors, and even our health.

But some pioneers—scientists, doctors, seekers—have dared to go beyond conventional wisdom. They ventured onto the path of "more," a road marked by faith and by the verse

in Jeremiah 33:3, “Call to me and I will answer you, and will tell you great and hidden things that you have not known.” On this path, they seek a deeper truth beyond the walls of formal education or accepted norms, discovering that God’s creation, including our bodies, holds endless mysteries and abilities we have yet to grasp.

However, this journey is not without challenges. Greed and rigid mindsets can keep us confined, even when we know there’s something greater beyond what we’ve been taught. To seek truth, we must break free of the programmed beliefs and open our hearts. And when we do, God shows us “more”—His boundless wisdom and creativity, beyond our imagination.

The reality is that there is no comparison between God and man. Man cannot create life from dust; he can only rearrange what God has placed here. Each discovery humanity claims was made possible by the resources our Creator provided, set at our feet to explore, to understand, and to use for good.

This brings me back to a core truth: we are perishing for lack of knowledge. Sticking to what we think we know keeps us bound within walls we didn’t build but have accepted as our own. Day by day, we’re deliberately flooded with messages and ideas from the media—concepts that can shape our very gene expression. It’s incredible to think that, as research now shows, our genes respond to our thoughts

and beliefs. Scripture tells us plainly in Proverbs 23:7, “As a man thinketh in his heart, so is he.” Our inner dialogue shapes us.

This is where the “storehouse” becomes so significant. In Malachi 3:10, God calls us to bring our offerings into the storehouse so that it may be full, allowing His blessings to overflow in ways beyond our imagination. But the storehouse isn’t limited to the four walls of a church—it’s also the temple of our bodies, the place where God Himself resides. When we fill this personal storehouse with truth, faith, and wisdom, it becomes a vessel for God’s abundant grace, transforming us from the inside out. Imagine the impact: spiritually, mentally, and physically, we become strengthened, more resilient, more alive.

Our storehouse is sacred, and each choice we make—every thought, belief, and habit—adds to or takes from that sacred space. Every small decision counts: what we consume, think about, dwell on, and surround ourselves with. Just as God fills our storehouse, we can also look to Him when we feel empty, trusting Him to renew and restore us. So let us bring into it only what uplifts and honors the divine life within us.

Similarly, in 1 Corinthians 6:19-20, we’re reminded that our bodies are temples of the Holy Spirit. “You are not your own, for you were bought with a price. So glorify God in your body.” What we bring into our bodies—through food, thoughts, emotions, and beliefs—is just as important as what

we bring into our spirits. They're connected, sacred spaces meant for growth and love, not limitation.

As we consider what we're allowing into our lives, may we also consider who we surround ourselves with. Just as nurturing our minds and bodies is essential, so is choosing a community that lifts us up and supports our growth. These relationships are like spiritual mirrors, reminding us of who we are and what we're becoming.

In embracing this truth, we see God has set us apart. He's given us His Spirit, His mind, and His promises so that we don't have to be shaped by the world around us. What we feed our hearts, bodies, and minds is our choice, and it can be a powerful one. So let us bring only the good, the healing, the truth into our storehouses, leaving room for Him to pour out blessings beyond measure.

*This Is How I See It!*

#### PRAYER:

Heavenly Father,  
We come before You with humble hearts, grateful for Your divine presence in our lives. We recognize that You have intricately designed us, fearfully and wonderfully made in Your image. Help us, Lord, to be mindful of what we bring into the storehouses of our bodies, minds, and spirits. Let us fill these sacred spaces with Your truth, Your love, and Your wisdom.

Give us the strength to seek knowledge beyond the distractions of this world, to grow

in faith, and to nurture our relationship with You daily. Guide our thoughts, our actions, and our choices, that we may honor You with the fullness of our lives. As we lift our hands in praise, we open our hearts to receive Your boundless blessings and the richness of Your Spirit. In Jesus' name, Amen.

#### CALL TO ACTION:

As you reflect on the sacredness of your storehouse—your body, mind, and spirit—take a moment today to examine what you are allowing inside. Are you feeding your heart with truth and peace? Are your thoughts aligned with God's purpose for your life?

#### Challenge yourself to:

1. **Fill your mind:** Choose content that uplifts and encourages spiritual growth.
2. **Nurture your body:** Honor the temple God has given you by taking steps toward better health—physically and emotionally.
3. **Strengthen your spirit:** Spend time daily in prayer, worship, and reading God's Word to draw closer to Him.

Your storehouse is sacred. What you allow into it matters. Let today be the day you commit to filling it with things that align with God's love and purpose for you.







# The Power of a Grateful Heart:

## *Living Thanksgiving Every Day*

by:cherylvashti

Gratitude is often seen as a momentary response to life's blessings, but what if it's the key to unlocking peace, joy, and healing every day? A heart that is filled with gratitude and thanksgiving unto God holds immense hidden power that can transform one's life. At its core, gratitude is a deeply spiritual act that invites us to shift our focus away from what we lack and toward the abundance that already exists in our lives. This shift not only nurtures a sense of inner peace but also aligns us with God's greater purpose and presence.

First, gratitude opens the heart to receive more from God. By acknowledging His goodness, even in the smallest details, we create space for more blessings to flow. Just as Jesus expressed thanks before performing miracles, we too tap into divine power through thanksgiving, unlocking new possibilities and provisions that may have previously seemed out of reach.

Gratitude also shifts our perspective in times of difficulty. When we give thanks in every situation, we affirm God's sovereignty, trusting that He is at work even in our trials. This empowers us to endure hardships with resilience and hope. A heart that gives thanks sees beyond the temporary to the eternal, recognizing that God's plan is always for our good, as in Jeremiah 29:11.

Furthermore, thanksgiving cultivates a spirit of joy and contentment. Instead of focusing on unmet desires or challenges, a grateful heart delights in what is already present. This joy serves as a source of strength, as Nehemiah 8:10 reminds us: "The joy of the Lord is your strength." When we live in joy, we reflect God's love and light more clearly to those around us, becoming vessels of His grace.

Not only does gratitude transform us spiritually, but it also creates a powerful ripple effect through our entire being—physically and emotionally. Spiritually, gratitude aligns us with God's purpose, deepening our relationship with Him as we acknowledge His presence in all aspects of life. This spiritual connection opens us to receive more blessings, fostering an increased awareness of His grace and love. As we give thanks, we also invite peace into our hearts, reducing the emotional burdens of fear and anxiety. This allows us to live more freely, with a sense of hope and trust in

God's plan, regardless of our circumstances.


Physically, gratitude triggers a cascade of positive effects within our bodies. By lowering stress levels and promoting relaxation, a grateful heart can reduce blood pressure, improve immune function, and even enhance sleep quality. These physical benefits arise as the body responds to a state of inner calm and contentment. Emotionally, gratitude fosters resilience and joy, helping us to cope with life's challenges in a healthy way. It shifts our perspective, reminding us to focus on the good even when facing difficulties. This emotional strength then empowers us to live with a sense of fulfillment and well-being, creating a harmonious balance between mind, body, and spirit.

Thanksgiving is not confined to a single day in November; rather, it is a daily practice that we are invited to cultivate every moment of our lives. True thanksgiving is a posture of the heart—one that constantly sees the blessings, big and small, that God bestows. When we recognize that each day is filled with reasons to give thanks, we transform every day into a celebration of His goodness. Living with this mindset elevates our entire experience, making gratitude a lifestyle that nourishes the soul.

Finally, gratitude has a ripple effect. As we express thanks, we inspire others to do the same. The power of thanksgiving is contagious, lifting not only our own spirit but also those around us, creating a community of faith and mutual encouragement.

In essence, a grateful heart is a powerful heart—one that lives in alignment with God's will, overflows with joy, and brings

light into even the darkest circumstances. It taps into the divine, manifesting blessings, peace, and strength beyond what we could ask or imagine.

Challenge yourself to make gratitude a daily habit, and watch as it transforms your heart, your health, and your entire life. 



### **A Prayer of Gratitude and Thanksgiving**

Heavenly Father,

We come before You with hearts full of gratitude and thanksgiving. We thank You for Your abundant blessings, both seen and unseen, that remind us of Your unchanging love. Help us to cultivate a heart of thanksgiving, not just in moments of joy, but in all seasons of life. Teach us to see Your hand at work in every situation, to trust in Your goodness, and to give thanks in every circumstance.

Lord, may our hearts overflow with gratitude for Your grace and mercy. When we are faced with trials, remind us that You are working all things for our good. Grant us the strength to respond with thanksgiving, knowing that in our gratitude, we draw nearer to You. As we give thanks, let Your peace, which surpasses all understanding, guard our hearts and minds in Christ Jesus.

Transform us, Lord, so that our gratitude may be a reflection of Your light and love to those around us. May our words and actions inspire others to live in thankfulness, creating a ripple effect of joy, peace, and hope in this world. Help us to see each day as a gift from You and live with hearts that continually offer praise.

We thank You, Father, for Your faithfulness, Your provision, and Your presence in our lives. Let our thanksgiving be an everyday offering, a constant reminder of Your power, Your love, and Your grace.

In Jesus' name, we pray, Amen.



## **It's All Greek to Me!**

### **(“EXPANSION AND INCREASE”)**

Our God, the Creator of the universe, does everything on a grand scale! He could have gifted us with only a few lovely plants and fragrant flowers to enjoy, but He chose instead to create thousands upon thousands of vibrant, colorful blossoms that delight our senses. He could have placed just a handful of stars in the night sky, but He filled the heavens with countless dazzling stars, lighting up the night with awe and wonder. We serve a big God, one who does everything in spectacular and abundant ways!

In Hebrew, there's a word that beautifully captures this boundless nature of God: *mimshach*. This term means “expansion, increase, growth, or spreading.” God often

presents His blessings in seed form, giving them the potential to grow, expand, and spread far beyond their humble beginnings. Think of our human journey: our bodies start as tiny embryos and, by design, grow into full, complex beings. Spiritually, our faith follows a similar path; each believer begins as a “baby” in Christ, nourished with spiritual milk, before growing and maturing in faith.

We see a vivid illustration of *mimshach* in Genesis 13, where God invites Abraham to look as far as his eyes can see and promises him all the land within his view. Here, God reveals Himself as the God of expansion, growth, and increase. The small patch of land Abraham stood on would become a vast territory, stretched and multiplied as far as he could imagine—a promise of unimaginable growth and blessing.

Jesus echoed this desire for increase in John 10:10, saying, “I have come that you may have life and have it more abundantly!” God longs for our lives to overflow with His abundance. He expects growth and transformation from the seeds He plants within each of us. Though our beginnings may be small, as believers, we have the hope and assurance that God's plans for us involve continual expansion, increase, and spread. We are not meant to remain stagnant or static but to reach forward to the big, abundant life He has designed for us.







# The Mysterious and Healing Power of Stingless Bees: A SWEET REMEDY WITH A STING!

by [michaelaarongordon](#)

When it comes to natural remedies, we've all heard of the amazing benefits of honey. But there's one type of honey you might not have come across yet—stingless bee honey. Though less famous than the honeybee, the stingless bee is creating a buzz (pun intended) for producing a type of honey that comes with a host of surprising health benefits. From treating eye conditions to boosting immunity, this ancient honey has been used for centuries in traditional medicine. Let's dive into what makes it so special—and trust me, I've got a personal story that'll have you laughing (and wincing) at the same time.

## Who Are the Stingless Bees?

As their name suggests, stingless bees don't sting. They belong to the Meliponini tribe and are primarily found in tropical regions. These bees have been revered for thousands of years, especially in Indigenous cultures, where they were treasured not only for their honey but for their role in keeping ecosystems healthy through pollination. Stingless bee honey is different from the honey you might be used to—it's thinner, less sweet, and often has a slightly tangy taste. But what it lacks in sugary sweetness, it makes up for with incredible medicinal properties.

## The Health Benefits of Stingless Bee Honey

While stingless bee honey might not taste like

your typical store-bought honey, it's packed with natural goodness. Here are some of the main health benefits:

### 1. Fights Eye Infections and Improves Eye Health

One of the most unique uses of stingless bee honey is in treating eye infections and improving overall eye health. Traditionally, people have used this honey to cure conditions like conjunctivitis (pink eye) and other irritations. Its antimicrobial properties make it effective in combating bacteria and reducing inflammation. Some even claim that it can help improve vision clarity when applied directly to the eyes.

What's more, some studies suggest that stingless bee honey may have potential benefits for people suffering from more serious eye conditions like glaucoma and cataracts. The antioxidants in this honey, particularly flavonoids and phenolic acids, help reduce oxidative stress, which is a key factor in the progression of these diseases. In glaucoma, oxidative damage can affect the optic nerve, leading to vision loss. By reducing oxidative stress and inflammation, stingless bee honey may help slow the progression of this condition.

Similarly, cataracts, which cause clouding of the eye's lens, are linked to oxidative

Hippocrates —  
'Let food be thy medicine and medicine be thy food.'



damage over time. While more research is needed, some early studies indicate that the antioxidants in stingless bee honey could play a role in preventing or delaying cataract formation.

Now, here's where things get personal. I've tried this honey in my own eyes—no dilution, just pure stingless bee honey—and let me tell you, while the bee itself may not sting, the honey certainly does! The first time I put a drop in my eye, it stung a lot. I'm talking tears streaming down my face, questioning all of my life choices kind of sting. But, like many others, I noticed that with consistent use, the sting lessened over time. And believe it or not, my vision actually seemed clearer after a while. So if you're up for it, give it a shot—but maybe keep a box of tissues nearby for that first application!

## 2. Wound Healing and Infection Prevention

Stingless bee honey has powerful antibacterial and anti-inflammatory properties, making it an excellent natural remedy for wounds and burns. Applied topically, it helps to prevent infections, promotes tissue regeneration, and accelerates healing. The honey works as a natural bandage, forming a protective barrier over the wound while simultaneously fighting off harmful bacteria.

## 3. Respiratory Health

Got a nagging cough or sore throat? Stingless bee honey has been used for centuries to soothe respiratory issues. Its anti-inflammatory and antimicrobial qualities make it a go-to remedy for relieving symptoms of colds, coughs, and even asthma. The next time you feel a scratch in your throat, skip the sugary lozenges and try a spoonful of this honey instead.

## 4. Supports Digestive Health

Thanks to its anti-inflammatory properties, stingless bee honey can also support gut health. In traditional medicine, it's been used to alleviate conditions like gastritis, ulcers, and indigestion. By helping reduce inflammation in the digestive tract, this honey can ease discomfort and improve overall digestive function.

## 5. Boosts Immune System

Stingless bee honey is rich in antioxidants, which help protect the body from oxidative stress caused by free radicals. These antioxidants are vital for boosting the immune system, helping your body fight off infections and reduce the risk of chronic diseases. Incorporating a small amount of this honey into your diet may give your immune system the extra support it needs to fend off illnesses.

## Conclusion: A Natural Wonder with Ancient Roots

Stingless bee honey is far more than just a unique type of honey—it's a potent, natural remedy with a history of use in ancient traditional medicine. Whether you're looking to improve your eye health, boost your immune system, heal wounds, or soothe respiratory issues, this honey offers a wealth of benefits. And if you're feeling adventurous, maybe you'll even try it in your eyes like I did—just be prepared for that first sting!

As modern research continues to explore the potential of stingless bee honey, one thing is certain: this ancient natural wonder is here to stay, providing healing power with a sting of its own. **Also don't forget if God didn't make it don't take it.**



## G.O.D. (GREENS ON DECK) Healthy Habits



'Let food be thy medicine and medicine be thy food.'  
Hippocrates —

### BERRY BLISS SORBET

#### Ingredients:

2 cups frozen berries

(like strawberries, blueberries, or  
raspberries, or a mix)

1 frozen banana

(for natural sweetness and creaminess)

1/4 cup coconut water or regular water

(use more if needed)

1/2 lemon juice (for brightness)

Optional: Fresh mint or basil leaves for  
garnish

#### Instructions:

Prepare Your Ingredients:

Make sure your berries and banana are  
frozen. This will give the sorbet the right  
texture.

#### Blend the Sorbet:

In a high-powered blender or food  
processor, add the frozen berries,  
banana, coconut water, and lemon juice.  
Blend on high, stopping to scrape down  
the sides as needed, until you get a  
smooth and creamy consistency. Add a  
little more coconut water if it's too thick.  
Serve or Freeze:

You can serve immediately for a soft-  
serve texture, or transfer the mixture to a  
freezer-safe container and freeze for 1-2  
hours for a firmer sorbet.

Garnish: Scoop into bowls and garnish  
with fresh mint or basil, if desired.



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THE POLICE AND THE PEOPLE  
DOCTORS AND NURSES  
FIREMAN AND FIRST RESPONDERS  
PARAMEDICS / LAWYERS  
PRAY FOR ONE ANOTHER

## PLAN OF SALVATION

*Jesus loved you enough to die for YOU so that you could have eternal life. (John 3:16) If you believe on the Lord Jesus Christ, He will come into your life now. (Acts 16:33; Luke 13:3) Just do these four things to begin your new life in Christ.*

1. Realize that God loves you and has a good plan for your life. (John 3:16; Romans 10:10)
2. Realize that Man is sinful and separated from God and, therefore, cannot know or experience God's love and plan. (Romans 3:23; Romans 6:23)
3. Realize that Jesus Christ is God's only provision for man's sin. Only through Him can you know and experience God's love and plan. (Romans 5:5; 1 Corinthians 15:3-6)
4. Realize that we must individually receive Jesus Christ as Savior and Lord. Then we can know and experience God's love and plan for our lives. (John 1:12; Ephesians 2:8-9; John 3:1-8)

If you are ready, I invite you to pray this prayer and God will come into your life right now: *Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Lord and Savior. Thank You for forgiving my sins and giving me eternal life. Take control of my life and make me the kind of person You want me to be.*



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