

# COLM

**COMMUNITY OF LOVE MINISTRIES**

WHERE LOVE LIVES... LOVE FOR GOD... LOVE FOR PEOPLE

**FEBRUARY-  
MARCH 2025**

## **THE WEIGHT WE WEREN'T MEANT TO CARRY- RECOGNIZING FALSE BURDENS**

**Prayer:**

*Laying Aside  
Every Weight*

**"LOVE IS GREATER  
BY FAR!"**

**THE BLUEPRINT OF HEALING -  
ALIGNING WITH GOD'S DESIGN**

**CHLOROPHYLL  
THE GREEN SUPERPOWER  
YOUR BODY DIDN'T KNOW IT NEEDED**

**It's GREEK TO ME  
(GOD'S LOVE)**





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

## THE WEIGHT WE WEREN'T MEANT TO CARRY: "RECOGNIZING FALSE BURDENS"

Have you ever felt like you were carrying weight that wasn't meant for you? A sense of heaviness, a quiet exhaustion, or a nagging anxiety that follows you through the day? Many of us carry burdens in life—not the ones God has given us, but those we have unknowingly picked up along the way. Distractions. False responsibilities. Obligations that were never ours to bear.

God has already cleared our path, yet sometimes, we struggle under loads He never intended for us to carry. But when we release these unnecessary burdens, we find renewed strength, peace, and the freedom to fully embrace the purpose He has set before us. So how do we recognize what is truly from Him and what is merely an unnecessary weight? Let's take a closer look.

### 1. A Personal Realization: When Good Intentions Become Heavy Burdens

Recently, I had a dream that reflected exactly how I had been feeling—drained, stretched too thin, questioning whether I was on the right path. I love to help people. When last-minute calls come in, asking me to do something that will bring comfort or joy to someone else, my first instinct is to say yes. But this past weekend, I began to wonder: Am I helping at the cost of losing sight of what God has placed in me?

I have a message to share, a ministry to nurture, and a heart that longs to uplift others—but I often find myself responding to immediate demands instead of focusing on the work placed before me. How can I find the right balance between serving others and making time for what God has placed on my heart?

Then, I had a dream that confirmed what I was wrestling with. In my dream, I was on a journey, walking instead of driving, because traffic was too chaotic. The path ahead was full of beauty, greenery, and peace, but I had to walk through different houses—some

where I was acknowledged and welcomed, and others where I was ignored or unseen. Along the way, I picked up tiny white bugs that only my walking companion could see, though I never noticed them. The farther I walked, the fewer bugs there were. I eventually decided to walk through water to wash them away, and then I woke up.

That dream mirrored my reality. The tiny white bugs were the small distractions, last-minute responsibilities, and hidden burdens that I was carrying but never fully acknowledged. They were draining me in ways I hadn't realized. And the water? That was God's invitation to cleanse myself from unnecessary weights and walk forward in clarity.

## 2. Anxiety and Fear: Are They Fueling Your Journey?

God's path is one of peace, even in challenges. If something is causing relentless worry or fear, it may be a distraction rather than a divine assignment.

Ask yourself:

- Does this situation draw me closer to God or keep me in constant turmoil?
- Am I carrying something out of fear rather than faith?
- Would my life feel lighter if I trusted God more in this area?

*"God has not given us a spirit of fear,  
but of power, love, and a sound mind."*

*— 2 Timothy 1:7*

If it is not strengthening your faith, it may not be from God.

## 3. Responsibilities That Were Never Yours to Carry

Not everything that needs to be done is meant for you to do. Sometimes, we take on extra burdens out of guilt, obligation, or the fear that if we don't do it, no one else will.

Ask yourself:

- Did God ask me to carry this, or did I take it on myself?
- Have I confused my role with God's role in someone else's life?
- Am I holding onto this responsibility because I feel guilty, not because it aligns with my purpose?

*"Come to Me, all you who are weary and burdened, and I will give you rest."*

*— Matthew 11:28*

If the weight is overwhelming, perhaps it was never yours to carry.

## 4. Draining Relationships That Pull You Away From Purpose

Some relationships strengthen us. Others leave us feeling drained, stuck, or conflicted. God calls us to walk in love, but not at the expense of our own well-being.

Ask yourself:

- Does this relationship encourage my spiritual walk or pull me away?
- Am I giving more than I receive, to the point of exhaustion?
- Do I feel spiritually lighter or heavier after interacting with this person?

*"Do two walk together unless they have agreed to do so?" — Amos 3:3*

Sometimes, releasing certain connections allows us to walk freely in what God has for us.

## 5. Mindsets That Keep You Stuck

Your walk with God requires movement, growth, and faith. However, doubts, fears, and negative beliefs can create roadblocks that keep you from stepping forward.

Common distractions in the form of mindsets:

- Doubt: “Am I really called for this?”
- Perfectionism: “I need to get everything perfect before I start.”
- Comparison: “Others are already doing this, so why should I?”
- Guilt: “If I don’t do this, I’m letting people down.”

*“Forget the former things; do not dwell on the past. See, I am doing a new thing!” — Isaiah 43:18-19*

If it’s keeping you from moving forward, it’s time to release it.

## 6. Good Things That Aren’t God Things

Not every opportunity is from God. Some may seem valuable, but they can be distractions from your true calling.

Ask yourself:

- Is this fruitful or just keeping me busy?
- Is this leading me toward my calling, or is it a side path?
- Does this bring peace and purpose, or does it drain my energy?

*“Martha, Martha, you are worried and upset about many things, but few things are needed—or indeed only one.*

*Mary has chosen what is better, and it will not be taken away from her.” — Luke 10:41-42*

Busyness does not equal purpose. Sometimes, we must choose what is better.

## 7. How to Begin Letting Go

If you feel weighed down, pray for clarity. Ask God to show you what is a true responsibility and what is a distraction.

“Lord, reveal the burdens and distractions I am holding onto that You never intended for me. Show me what is truly mine to carry and

give me the courage to release what is not.”

Then, trust the answer. If something consistently drains your spirit, brings confusion, or keeps you from walking in peace, it may be time to surrender it.

God’s path is not meant to feel heavy. He has already cleared the way—all He asks is that we walk in faith, not weighed down by what He never intended for us to carry. Take a moment to reflect: What burdens are you holding onto that may not be yours? What distractions keep pulling you away from your true purpose? Today, consider releasing one unnecessary weight and stepping into the freedom God has already prepared for you.

Are you ready to release the distractions and step into freedom?

*This is How I See It!*



## *A Personal Realization – Laying Aside Every Weight*

Heavenly Father,

I come before You today, weary from carrying burdens You never asked me to bear. In my desire to do good, to help, to love, and to be responsible, I have taken on weights that were never meant for me. My good intentions have become heavy burdens, leaving me drained, anxious, and fearful—fueling a journey You never designed for me.



Lord, Your Word reminds me in Hebrews 12:1, "Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us." Yet, how often have I struggled under the pressure of responsibilities that were never mine to carry? I have poured into relationships that pull me away from my purpose, held on to mindsets that keep me stuck, and clung to good things that aren't God things.

Father, I recognize now that some of the very things I've called 'commitment' were actually chains. Some of the things I've called 'love' were really fear of letting go. Some of the things I've called 'responsibility' were my unwillingness to trust that You are in control. I don't want to walk this way any longer.

Teach me, Lord, to release the burdens You never assigned to me. Show me how to step away from draining relationships with grace, to free myself from false expectations, and to surrender the anxiety and fear that have fueled my journey instead of faith. Help me discern the difference between Your calling and my compulsion to fix, please, or control.

I choose today to lay it all at Your feet. Every weight, every worry, every unnecessary responsibility—I place them in Your hands. I trust You to carry what I cannot, to guide me where I cannot see, and to free me from all that holds me back from walking fully in Your peace and purpose.

Lord, I surrender. And in that surrender, I find freedom.

In Jesus' Name, Amen.



## *Prayer: Love is Greater by Far!*

Heavenly Father,

Your love surpasses all understanding—deeper than the oceans, higher than the heavens, and wider than the expanse of eternity. In a world filled with fleeting affections and conditional acceptance, You remind us that Love is Greater by Far!

Teach us, Lord, to love as You love—unselfishly, unconditionally, and without limits. Let our hearts be vessels of Your grace, pouring out kindness where there is hurt, patience where there is frustration, and forgiveness where there is brokenness.

When we feel unseen, remind us that Your love knows no bounds. When we feel unworthy, remind us that You loved us first. When we struggle to love ourselves or others, anchor us in the truth that Your love is steadfast, unfailing, and everlasting.

Help us to reflect Your love in every word we speak, every action we take, and every life we touch. May we walk in the certainty that nothing—no trial, no failure, no force on earth—can separate us from the love You so freely give.

Thank You for the immeasurable gift of Your love, Lord. May it overflow in our hearts and transform the world around us.

In Jesus' name,





# Love is Greater by Far!

by michaelgordon

*“Now abides faith, hope, and love...  
but the greatest of these three is love!”  
(1 Corinthians 13:13)*

Legendary singer Dionne Warwick had a chart-topping song that said, ‘What the world needs now is love, sweet love. It’s the only thing that there’s just too little of...’ I wholeheartedly agree with the sentiments of this lyrics because love is the greatest reality in the universe!

The Apostle Paul writes in this chapter about faith, hope, and love.. The Bible lets us know that Faith is extremely important to our Christian life. The New Testament scripture Hebrews 11:6, says, “... for without faith, it is impossible to please God...” Faith is needed for salvation, healing and every part of our Christian walk... so it is very very important. It is so important that God gave every man the measure of faith that he would need! Faith is important, but it will not work without Love! The Bible says that Faith works or is energized by Love! whenever we are standing in faith for healing or anything else, we must walk in love. Faith becomes inactive when Love is overlooked or not observed.

Then, Paul points out hope. Hope it’s also very important in our Christian life. Hebrews 11:1 says, “Now Faith is the substance of things hoped for...” biblical hope is not the same as crossing one’s fingers or wishing on a falling star. No, biblical hope is defined as “a confident

star.” No, biblical hope is defined as “a confident expectation of good things.” As believers, it is very important that we maintain a strong and confident expectation as we stand in faith and hope for answered prayer. Faith is important and hope is important, but both of these are not effective or potent without love. Love is the centerpiece of these three. Faith we need, hope we need, but more importantly we need love!

The New Testament uses three Greek words to express love. The first form of love is. “Eros” or romantic love. From this Greek word we get our English word erotic. This is the love expressed between husband and wife. The next expression of love is. “phileo” or friendship love. Philadelphia is called the city of brotherly love and this Greek word, expresses love between brothers or friends. We find the highest form of love expressed in the Greek word “agape.” Some theologians call this the “God-kind of love.” This form of love, seeks nothing in return. This form of love seeks the highest good for the other person. This form of love describes value and worth to the other person without expecting reciprocation. This is the Greek word use in John 3:16 which says “God, so love the world that he gave his only begotten son...”

Faith is important, but love is greater by far! Hope is essential, yet love surpasses both. We need faith, we need hope, but above all, we need love!!!







# The Blueprint of Healing: Aligning with God's Design

by: cherylvashti

Take a moment and reflect on what you remember from school about the human body. How much of that knowledge has stayed with you? If you're like most, you probably recall the basics—major organs, general functions—but not much beyond that. Unless you pursued a medical career, the intricate details of how the body truly operates may have faded into the background of life's many lessons.

I'll be honest—science was never my favorite subject, nor did I ever dream of becoming a doctor. I learned the basics of anatomy, but like most people, I assumed that the deeper, more complex information was for those in the medical field.

Over time, however, I've come to a sobering realization: our lack of understanding about how our own bodies function has given the medical industry an overwhelming amount of control over our health. This isn't to say that doctors aren't needed—they absolutely are. Their knowledge saves lives. But too often, we relinquish full authority over our well-being simply because we don't know how to listen to the bodies God created for us.

"It's important to note that this message is not about avoiding necessary medication or disregarding medical advice. Some people may require prescriptions as part of their health journey, and that is perfectly okay. The goal here is to encourage awareness—understanding how our choices impact

our bodies and learning how to support our natural healing process in addition to medical treatments when needed. Healing is a journey, and we all walk it differently."

## **The Power of the Immune System: God's Internal Defense Mechanism**

The immune system is one of the most incredible functions God has placed within us. It is a highly intelligent, God-designed defense system that detects invaders (like bacteria, viruses, and toxins) and fights to restore balance.

The moment our bodies recognize an injury or infection, white blood cells rush to the site of damage, working to neutralize threats and begin the repair process. For example:

- A cut on your finger activates clotting mechanisms, forms a scab, and begins rebuilding skin cells.
  - A fever during sickness signals that your body is raising its temperature to kill harmful invaders.
  - Swelling and redness at an injury site indicate that your body has increased blood flow to deliver healing nutrients.
- Your body is designed not just to survive—but to heal. But this healing can only happen if we support the system rather than interfere with it.

## **Listening to the Body's Warnings**

Unfortunately, we often ignore what our bodies are trying to tell us. I learned this the hard way in my twenties. I started experiencing daily headaches, but instead of investigating the root cause, I reached

for Excedrin every morning. It became my routine—until someone warned me that aspirin could damage my stomach lining over time. That was enough to get my attention.

I started paying closer attention to my habits. I realized my headaches were triggered by sugar, something I had never considered. When I removed sugary foods from my morning routine, the headaches disappeared. Later that day, I ate a piece of candy—and the headache came right back. This time, instead of masking the pain with a pill, I drank water, rested, and allowed my body to process the sugar naturally. When I woke up, the headache was gone.

At that moment, I understood something powerful: my body had been speaking to me all along. I just hadn't been listening. Instead of treating the symptom, I needed to address the source.

### **The Power of Regeneration: What Are You Feeding Your Cells?**

Every single cell in your body is constantly regenerating—shedding old cells and creating new ones. But here's the key: new cells are built based on the condition of the old ones.

If we feed our cells with proper nutrition, hydration, and exercise, the next generation of cells will be healthier and stronger. But if we continuously expose our bodies to processed foods, chemical additives, and toxic substances, those new cells will replicate the damage instead of restoring health.

Imagine it this way:

- If you build a house using strong, high-quality bricks, each new section will be sturdy and resilient.
- But if you build a house with broken bricks and weak cement, the structure will be unstable and eventually collapse.

Our bodies work the same way. If we nourish our cells, they will regenerate properly. But if we consume artificial, chemical-laden foods, those same cells will become weak, malformed, and more susceptible to disease.

This is why chronic illnesses like diabetes, heart disease, and even some cancers are often linked to poor diet and lifestyle choices. The more we deviate from the natural foods God provided, the more our bodies struggle to function as they were designed to.

### **The Cost of Convenience**

We live in a world that prioritizes quick fixes. We're bombarded with advertisements promising relief through pills, but if you listen carefully, those same ads list a litany of side effects—some worse than the condition itself! Even if you don't feel the side effects, your body does.

After my grandmother passed away, I was prescribed medication for my grief. Some people thought I should have "moved on" by then. Others labeled me as depressed. Unsure of what to do, I filled the prescription. One morning, I woke up with a heavy heart and decided to take half a pill.

What happened next shook me.



As the medicine entered my bloodstream, I felt normal at first. Then I tried to get out of bed. My mind was telling my body to move, but my body refused to respond. I sat there, trapped inside myself, staring at the walls for hours. My spirit was awake, but my body was disconnected. That was the first and last time I took that pill. Instead, I allowed myself to grieve naturally and sought guidance from a psychologist to better understand my emotions.

### Healing is a Process, Not a Pill

Healing—whether physical, emotional, or spiritual—is a journey. It requires patience, faith, and alignment with God’s original design.

Everything God made follows a perfect blueprint. But man’s interference—driven by greed and control—has disrupted the harmony of creation. Instead of embracing the abundance God has already provided, we turn to artificial solutions.

Jeremiah 29:11 reminds us:

*“For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.”*

God’s plan for us is good. If our bodies are struggling, we must ask ourselves: are we honoring the divine blueprint, or are we following the world’s broken system?

### A PRAYER FOR HEALING AND DIVINE WISDOM

Father God,  
You created our bodies with divine wisdom, weaving Your intelligence into every cell. You designed us with the ability to heal, yet we often neglect or interfere with this

process. Teach us to listen to our bodies, to nourish them with the good gifts You have provided, and to trust in Your healing power above all else. Give us discernment to reject what is harmful and embrace what is holy. May we walk in the fullness of Your plan, honoring the temple You have given us. In Jesus’ name, Amen.

### Call to Action: Listen, Learn, and Heal

Today, I challenge you to become an active participant in your own healing. Pay attention to your body’s signals. Evaluate what you consume—not just in food, but in thoughts, emotions, and habits. Take one step today:


- Drink more water.
- Choose whole foods.
- Spend time in the sunlight.
- Move your body.
- Rest when needed.

Your body is not your enemy; it is your greatest ally. God has already designed it to heal. The question is: will you let it?



*“The Blueprint of Healing:  
Aligning with God’s Design  
is more than restoration  
—it’s a return to the wholeness  
He intended.*

*When we surrender to His plan,  
every broken piece finds  
its perfect place,  
and every wound becomes  
a testament to His grace.”*



# Chlorophyll: The Green Superpower:

## YOUR BODY DIDN'T KNOW IT NEEDED

by [michaelaarongordon](#)

Ever looked at a deep green forest and thought, Man, that looks alive!? Well, turns out, you can tap into that same kind of energy—thanks to chlorophyll. You probably remember from science class that chlorophyll is what makes plants green and helps them turn sunlight into energy. But what they didn't tell you is that this plant-powered magic can do wonders for your body too.

Let's get into it—because once you know what chlorophyll can do, you'll never look at greens the same way again.

### What is Chlorophyll, Really?

Chlorophyll is nature's original life force, the pigment that gives plants their green color and fuels photosynthesis. But when you consume it, it acts like a Swiss Army knife for your health—oxygenating your blood, detoxifying your body, and even knocking out bad odors. Packed with antioxidants, vitamins, and minerals, this green machine is a must-have for overall wellness.

### Why You Need More Chlorophyll in Your Life

#### 1. Next-Level Detoxification

Your liver is already working overtime to clear out toxins, but chlorophyll comes through like a personal assistant, making the process smoother. It binds to heavy metals and other harmful substances,

helping your body flush them out before they cause damage. No need for expensive juice cleanses—nature already built this one in.

#### 2. Blood Booster on Steroids (Minus the Steroids)

Chlorophyll is structurally similar to hemoglobin, the molecule in your red blood cells that carries oxygen. Because of this, it may help boost red blood cell production and improve circulation. More oxygen in your blood means more energy, sharper focus, and a healthier heart. Basically, it's like giving your bloodstream a VIP upgrade—without the energy drink crash.

#### 3. Freshens Breath & Eliminates Body Odor

Ever chewed on parsley to freshen your breath? That's chlorophyll at work! This natural deodorizer doesn't just mask odors—it neutralizes them from the inside out. Whether it's morning breath or body odor, chlorophyll helps keep you fresh without the need for chemical-laden sprays and mints.

#### 4. Your Gut's New Best Friend

Struggling with digestive issues? Chlorophyll has been shown to support gut health by feeding good bacteria and reducing inflammation. It also helps keep things

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



moving smoothly in your digestive tract—meaning better digestion, less bloating, and a happier gut overall.

### 5. Slows Down Aging Like a Boss

Loaded with antioxidants, chlorophyll fights off free radicals that speed up aging and contribute to chronic diseases. By reducing oxidative stress, it helps keep your skin looking younger and your cells functioning at their best. Think of it as an anti-aging serum—only it's coming straight from your food.

#### How to Get More Chlorophyll in Your Diet

If you're trying to level up your health, adding chlorophyll is easy. Leafy greens like spinach, kale, parsley, and arugula are packed with it. You can also get liquid chlorophyll drops, chlorophyll water, or supplements if you want to supercharge your intake. Either way, the more green you get, the better you'll feel.

#### Bottom Line: Go Green

Chlorophyll isn't just for plants—it's for anyone who wants to feel and function at their best. From detoxing your body to boosting your energy and keeping your breath fresh, this green powerhouse is the real deal. So don't sleep on it—start loading up on nature's green gold today.

**As always, my health motto:**

**"If God didn't make it, I don't take it."**



## It's All Greek to Me! (“GOD’S LOVE...AGAPE”)

Most people use the word love in a trivial and cavalier way. In one breath, they may say I love ice cream, and another breath they may say I love my car and just as quickly they may say I love my spouse. But, biblical love is most often described by the Greek word, **“agape.”** This word expresses the highest form of love. This Greek word is not the same word that would be used to express one's love for a car, sport, or favorite dish. **Agape** is the Greek word used to express God's love. His love is the highest form of love it gives value and worth to the other person without an expectation of reciprocation. This kind of love does not seek to receive anything in return. The other forms of love are more transactional. Those forms of love say I will love you if you love me or I will give to you if you give to me. But, **“agape”** love, gives value worth and importance to the other person, whether they return it or not! This is God's love!! All throughout the Scriptures Jesus expressed love's worth and value to all of the people who came to Him. Jesus helped and healed everyone who came. He never turned anyone away, whether they followed him or not. Jesus did not expect anything in return... He helped those and fed those who were in need!! God's love is a special love! God's love is a higher love! God's love is the best love in the universe!!



## ♥ PRAYER REQUEST ♥

KINGDOM AWARENESS IN THE CHURCHES  
MARRIAGES - OUR NATION / AMERICA  
OUR INDIVIDUAL FAMILY UNITY  
OUR CHILDREN

PASTORS AND LAY MEMBERS  
PRESIDENT TRUMP AND FAMILY  
MAYOR BRANDON JOHNSON  
GOVERNOR • SUPERINTENDENT OF POLICE  
BUSINESSES AND SCHOOLS  
THE HOMELESS / THE SICK / THE BEREAVED  
THE CITY OF CHICAGO  
OUR INDIVIDUAL NEIGHBORHOODS  
OUR NEIGHBORS  
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.*



To view our "Voices of Fatherless Child" project scan the QR code or go on YouTube to:  
<https://www.youtube.com/watch?v=10y6RXEnM8E>



(773-617-5161)



[communityofloveministries@comcast.net](mailto:communityofloveministries@comcast.net)



COMMUNITY OF LOVE  
MINISTRIES  
P.O. BOX 208413  
CHICAGO, ILLINOIS 60620

*We are a 501(c)(3) non-profit tax exempt organization. All donations are tax-deductible to the fullest extent allowed.*

## COMMUNITY OF LOVE MINISTRIES

P.O. BOX 208413  
CHICAGO, ILLINOIS 60620  
MICHAEL GORDON, ORGANIZER  
contact: 773 • 617 • 5161  
Email: [askmike2006@gmail.com](mailto:askmike2006@gmail.com)