



COLM

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**COULD THE ARK OF THE COVENANT
HAVE BEEN A FORESHADOWING OF OUR HEARTS?**

ALREADY FREE:

Walking in God's Love and Grace

*Living Unchained:
A Prayer for Freedom
in Christ*

**IT'S GREEK TO ME
(OMNIPOTENT)**

**CAYENNE PEPPER &
CEYLON CINNAMON:**

*The Spice Rack Secrets to
Boost Metabolism and Stay Healthy*



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

COULD THE ARK OF THE COVENANT HAVE BEEN A FORESHADOWING OF OUR HEARTS?

Not long ago, I watched a documentary on the Ark of the Covenant—that sacred, gold-covered chest from the Old Testament—and my thoughts started to roam. I couldn't help but reflect on the awe it inspired, the power it held, and how only the high priest could approach it. People couldn't even look upon it without consequence. And then something stirred in my spirit:

Could the Ark of the Covenant have been a foreshadowing of our hearts?

God's Presence – Now Within Us

The Ark once symbolized God's tangible presence among His people. It sat behind the veil, sacred and set apart. But when Jesus came, the veil was torn. And now? He lives in us.

“Do you not know that you are God's temple and that God's Spirit dwells in you?” – 1 Corinthians 3:16

When we accept Jesus as Lord and Savior, we become the dwelling place of His glory. The presence that once hovered above the Ark now lives within our hearts. That alone humbles me.

Manna – God's Provision

Inside the Ark sat a jar of manna, a reminder that God provides in the wilderness. And today, He still does.

“My God will supply all your needs according to His riches in glory.” – Philippians 4:19

When we accept Christ, we don't just survive—we are sustained.

Aaron's Rod – Our Shepherd and Authority

The rod that budded was a sign of God's chosen authority and His miraculous power. Jesus, our Good Shepherd, leads us with that same rod—not in force, but in love and life.

“The Lord is my shepherd; I shall not want.” – Psalm 23:1

His leadership is not from afar—it's alive in us.

The Commandments – The Word Written on Our Hearts

The Ark carried stone tablets of the Law. But now? God's Word is inscribed within.

“Thy word have I hidden in my heart, that I might not sin against Thee.” – Psalm 119:11

“Guard your heart with all diligence, for out of it flow the issues of life.” – Proverbs 4:23

We live not by external law, but by internal transformation.

The Blood – Grace Over Judgment

Once a year, the high priest sprinkled blood on the mercy seat. But Jesus—our High Priest—offered His blood once for all.

“He entered the Most Holy Place once for all by His own blood, thus obtaining eternal redemption.” – Hebrews 9:12

Now, our hearts are covered not by ritual, but by grace. Each time we take communion, we remember the covenant written in His blood, living in us.

So... Is My Heart the Ark?

Yes. And what a humbling, glorious truth.

When Christ entered your heart:

- His presence became your peace.
- His Word became your guide.
- His provision became your promise.
- His blood became your covering.
- His Spirit made your heart holy.

You carry not just hope—you carry glory.

“Christ in you, the hope of glory.” – Colossians 1:27

So guard your heart. Keep it sacred. Honor His presence in you. Because you are the new Ark—not made of gold, but of grace.

As I continued to reflect on the Ark, I couldn't help but think about the power it carried. This wasn't just a symbol—it was alive with the presence of God. People couldn't handle it without reverence. It had to be approached with purity and awe.

Then I thought about our natural heart. That

small organ beats rhythm into our body—pumping blood, carrying life, and sustaining every part of us. It is, quite literally, the power switch to our physical life.

But what happens when Jesus lives inside that very heart?

- The physical heart pumps blood.
- The spiritual heart, filled with Christ, pumps purpose, faith, joy, and power.
- The blood carries oxygen to our bodies.
- The blood of Jesus carries forgiveness, strength, and divine life into every part of our being. It doesn't just keep us going—it revives, restores, and transforms us.

When we truly grasp this truth, we begin to understand: Our heart—our spirit—is not empty space. It is the dwelling place of God's power, glory, and presence.

“Jesus answered, ‘I am the way, the truth, and the life.’” – John 14:6

“In Him was life, and that life was the light of men.” – John 1:4

“In Him we live and move and have our being.” – Acts 17:28

The Ark carried God's glory. Now, so do we. The same power that raised Jesus from the dead now lives in us (Romans 8:11).

With God, not only are things possible... they are powerful.

He doesn't just help us live—He empowers us to live fully.

So breathe that in. Let it settle in your spirit: You are alive in Him. You are filled with Him. And your heart is more sacred than gold.

This Is How I See It!



It's All Greek to Me! "Omnipotent"

"Handel's Messiah" is one of the most beautiful and glorious musical works ever performed! Millions of orchestras and singers across the world present this magnificent composition, whose lyrics proclaim and declare that the Lord God is omnipotent.

Omnipotent means "all-powerful." The word breaks down into **omni**, meaning "all," and **potent**, meaning "power." Together, "**omni-potent**" literally means all power! One of God's divine attributes is that He alone possesses unlimited power.

God's power was demonstrated in creation, preservation, resurrection, and salvation.

His power was revealed in creation when He spoke, "**Let there be light!**"—and light appeared throughout the universe.

His power was shown in the preservation of that creation, for the Bible declares that all things are sustained by God's mighty power.

His power was demonstrated in the resurrection: Jesus died and was buried, but the grave and death could not hold Him. After three days, He rose with all power and victory in His hand!

Finally, God's power was revealed in salvation. Though all of mankind was separated from God because of original sin, the power released through Jesus's death, burial, and resurrection made salvation available to anyone who places their trust in His finished work.

Yes... God has all power. Yes... **God is omnipotent**. And yes... God wants to share His power with you today!

Through Jesus, you can say "yes" to God's almighty power. Hallelujah! For the Lord God Almighty is **omnipotent**!

LIVING UNCHAINED: A PRAYER FOR FREEDOM IN CHRIST.

Heavenly Father,

Thank You for the gift of freedom that was purchased not by our striving, but by Your love. Through Christ, we are already free—free from the chains of our past, free from condemnation, and free from the need to earn what You've already given us: grace, mercy, and everlasting love.


Lord, remind us daily that we are not walking toward freedom—we are walking in it. Your love has broken every chain. Your grace covers every weakness. Let us not return to the prisons of shame, performance, or fear. You did not call us to survive under the weight of religion, but to live boldly as sons and daughters who are fully known, fully loved, and fully accepted.

Teach us to walk in step with Your Spirit—not out of obligation, but out of joy. Let Your grace not just be a covering over our lives, but the power within our lives. May it transform how we speak, how we serve, how we forgive, and how we see ourselves and others.

When the world tries to define us by our failures or measure us by our accomplishments, may we remember this truth: We are already free—because You have called us by name, and we belong to You.

Let Your love become the ground we stand on and the wind that carries us forward. Help us to live unchained, unashamed, and unafraid—because Your grace is enough.

In Jesus' name,
Amen.



Already Free:

Walking in God's Love and Grace

by michaelgordon

Have you ever found yourself trapped in a prison of your own making—held captive by guilt, shame, or regret? Have you ever felt like you had to work harder to earn God's love, as if your past mistakes disqualified you from His grace?

Today, I want to share a message of freedom—a message that God has already written into our lives. Too often, we live as though we are still in chains, when in reality, the prison door has already been opened.

The truth is: God's love is not something we earn—it is something we receive. And when we truly grasp that, we can step into the fullness of our purpose and identity.

The Thought: Understanding God's Love

Many of us live with an unspoken belief—that we must somehow prove ourselves to God. We think:

- “Maybe if I pray more, God will love me.”
- “Maybe if I change my behavior, He will accept me.”
- “Maybe if I could undo my past, I'd finally be free.”

But Scripture tells us otherwise.

Romans 8:38-39 – “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

God's love is not based on what we do—it is based on who He is.

Nothing—not our past, not our mistakes, not even our guilt—can separate us from His love. So why do we often live as if we are still locked away, unworthy of that love?

The Dream:

The Prison of Guilt and Grace's Release

In a recent dream, a young man was released from jail before his designated time. His freedom was unexpected, and yet, he was no longer bound.

But here's what stood out the most—someone was there to speak life into him, to remind him to embrace his freedom, to walk in gratitude, and to make better choices moving forward. Does this not sound like what God does for us?

Isaiah 61:1 – The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; He has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound.

Just as this young man was freed before his time, so has God freed us—before we thought we were ready, before we felt worthy, before we “fixed” ourselves.

But here's the question: Will we accept that freedom? Or will we keep living as though we are still in chains?

The Deeper Revelation: Speaking Life to Ourselves

In the dream, someone spoke words of encouragement and wisdom to the newly freed man.

What if I told you that God is already speaking those words to you?

What if the very words of life that you share with others are the words God is trying to get you to hear for yourself?

Proverbs 18:21 – *Death and life are in the power of the tongue, and those who love it will eat its fruits.*

John 7:38 – *Whoever believes in Me, as Scripture has said, rivers of living water will flow from within them.*

Sometimes, we are waiting for a word from God, but God is already speaking through us, to us.

- That encouragement you gave someone else? It was for you too.
 - That grace you extended to another? It was meant for you too.
 - That truth you declared over someone's life? It's time to declare it over your own.
- God has already set you free, but you must believe it and walk in it.

Stepping Into Our Identity

There was another strange detail in the dream—a weird haircut.

In the Bible, hair is often a symbol of identity and authority. A new haircut suggests a change in identity, a transition, a new beginning.

2 Corinthians 5:17 – *Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*

When God sets us free, we may not recognize ourselves at first.

- We are used to identifying as broken.

- We are used to seeing ourselves as guilty.
- We are used to living as prisoners to our past.

But God says, *"I am making you new."*

Even if we don't recognize the change yet, God has already declared it

The Call to Action: Walk in Your Freedom

So what do we do with this truth?

1. Stop trying to earn what has already been given.

- You don't have to work for God's love—you already have it.

- You don't have to wait to be free—you already are.

2. Recognize that God is speaking through you, to you.

- The encouragement you give to others? Receive it for yourself.

- The grace you extend? Let it heal you too.

3. Step into your identity, even if it feels unfamiliar.

- God is calling you into a new season. Don't resist it.
- You may not feel like the person God says you are, but your feelings don't change His truth.

John 8:36 – *So if the Son sets you free, you will be free indeed.*

Closing Encouragement

There are many people who sit in prisons that no longer have locks.

God has already unlocked the door, already issued the release, already paid the price.

But it is up to us to walk out of that prison and embrace the life He has given us.

God is saying to each of us today:

- *"I have set you free before you thought you were ready."*
- *"I am changing you, even if you don't recognize it yet."*
- *"I am speaking through you, but don't forget to hear Me for yourself."*
- *"Walk in the freedom I have already given you."*

The question is: Will we?

- The door is open. Walk out. Live free.
- Amen.



Cayenne Pepper & Ceylon Cinnamon:

THE SPICE RACK SECRETS TO BOOST METABOLISM AND STAY HEALTHY

by michaelaarongordon

Sometimes, the best health remedies aren't found in fancy supplements or expensive programs—they're sitting quietly in your kitchen, waiting to be noticed. Meet cayenne pepper and Ceylon cinnamon—two humble spices with some not-so-humble benefits.

Turn Up the Heat with Cayenne

Cayenne pepper isn't just for adding a kick to your chili. This fiery little spice contains capsaicin, a compound known to naturally boost metabolism. Studies show that cayenne can help your body burn more calories, curb appetite, and even support heart health by improving circulation.

A small pinch in warm water, tea, or sprinkled over meals is enough to enjoy the benefits—no need to set your mouth on fire!

Sweeten the Deal with Ceylon Cinnamon

Not all cinnamon is created equal. The type you want is Ceylon cinnamon, known as "true cinnamon." Unlike the common Cassia variety, Ceylon is safer for daily use and richer in antioxidants.

Ceylon cinnamon helps balance blood sugar levels, reduces inflammation, and can even curb those afternoon sugar cravings. Just ½ teaspoon a day can support better health.

The Dynamic Duo in Action

When combined, cayenne and Ceylon cinnamon offer natural metabolism support, better blood sugar control, and anti-inflammatory benefits—all from your spice rack.

How to Use Them:

- Add both to warm lemon water in the morning
- Sprinkle on roasted vegetables or sweet potatoes
- Stir into herbal tea, coffee, or smoothies

Simple Morning Mix Recipe:

- 1 cup warm water
- Juice of half a lemon
- A pinch of cayenne pepper
- ½ tsp Ceylon cinnamon
- Optional: A little raw honey

Start your day with this simple mix and let these two spices quietly work their magic.

Final Thought:

Health doesn't have to be complicated. Sometimes, the best solutions are simple and natural.

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

♥ PRAYER REQUEST ♥

KINGDOM AWARENESS IN THE CHURCHES
MARRIAGES - OUR NATION / AMERICA
OUR INDIVIDUAL FAMILY UNITY
OUR CHILDREN
PASTORS AND LAY MEMBERS
PRESIDENT JOE BIDEN 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>



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