

COLM

COMMUNITY OF LOVE MINISTRIES

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

THE FRUIT, THE LEAVES, AND THE CROSS: *Healing That Flows From Within*

IT'S ALL GREEK TO ME!
"TAKE HOLD"

PRAYER
*Receiving Healing
from the Inside Out*

THE SACRED SCIENCE OF SUNLIGHT:
Why 20 Minutes a Day Can Heal Your Mind and Body



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 FRUIT, THE LEAVES, AND THE CROSS

HEALING THAT FLOWS FROM WITHIN

There's something sacred about the way God designed the human body. Our bodies are made up of trillions of cells—each one a tiny, living temple designed to carry out specific tasks: healing, repairing, restoring, growing, remembering, defending, and even worshiping when we offer ourselves as living sacrifices.

These cells respond not only to physical nourishment, but to spiritual agreement. They are nourished by water, minerals, oxygen, and light, but even more, by the fruits and leaves God created at the beginning of time. When we feed them what God created—fruit, leaves, and living water—something divine begins to happen. The Bible says:

“...their fruit will be for food, and their leaves for medicine.” – Ezekiel 47:12

This divine pairing—fruit and leaves—was God's original healthcare plan.—food and medicine built into creation itself.

- Fruit hydrates, energizes, and feeds the body.
- Leaves (herbs, teas, greens, plant medicine) bring healing, balance, and restoration.

And we know the living waters mentioned earlier in that same chapter flow from the throne of God. The greatest healing plan didn't begin in a garden. It came through the Cross.

“By His stripes, we are healed.” – Isaiah 53:5

When Jesus went to the cross, He bore every form of brokenness—spiritual, emotional, and physical. Healing was not just something He offered us, it became part of our inheritance. But to walk in it, we must believe, trust, and align ourselves with what He's already done. That includes what we speak, what we believe—and even what we eat.

HEALING FROM THE INSIDE OUT

When we feed our cells living water from fruit, and natural remedies from leaves—we are doing more than nourishing the body. We are partnering with the healing already purchased by Christ.

Clean water hydrates. But fruit water—from foods like watermelon, oranges, grapes, berries, cucumber, and coconut—goes deeper. It's structured, nutrient-rich, and often better absorbed at the cellular level. Likewise, the leaves—when used with wisdom—like moringa, mint, dandelion, sage, parsley, and teas—cleanse, strengthen, and detox the body. They are truly “medicine.”

Together, these gifts from God nourish our cells in harmony with the healing Christ won on the cross. Not in place of it—but in agreement with it.

MY PERSONAL EXPERIENCE:

On August 24, 2025, I fell and injured my wrist. At the time, I didn't think it was broken because I could still move my fingers freely. I had pain, yes, but no swelling or bruising like I expected if it were broken. That afternoon, I applied a natural remedy I've used before: castor oil mixed with cayenne pepper. I wrapped it up and waited until Monday to be seen.

On Monday, I went to urgent care. The doctor asked several questions and touched different areas around my wrist and then said it was a possibility that it was broke. My question in return was, if so, why can I move my fingers? She explained why and then said they needed to take X-rays to confirmed their speculations.

She confirmed that my wrist was indeed broken—and there's a bone fragment that may require surgery.”

I quietly told the doctor, “I'm not having surgery.” She said, the final decision would come after I saw the orthopedic specialist.

That appointment was scheduled for Wednesday, just two days later. When I arrived, the orthopedic doctor reviewed the X-rays and agreed: surgery might be necessary, depending on what the MRI revealed.

Again, “I'm not having surgery.”

Jesus had already worked on my behalf on the cross. I made up In my mind that no matter what they tell me Friday, I was not having surgery.

I was scheduled for an MRI and an immediate follow-up appointment on that Friday—in the same building, back-to-back. After the scan, I walked straight to the doctor's office. The doctor's assistant walked in with a smile and said, “Good news—you don't need surgery.”

Not only was the break healing, but the bone fragment they saw on Monday's X-ray was no longer visible.

I stopped right there in the office and praised God aloud. I was overwhelmed—not just with relief, but with the glory of witnessing God's promise at work. I felt like I had graduated into a deeper level of trust, of walking in faith, and of understanding what it means to live in Him, move in Him, and have my very being in Him—not moved by fear, not led by opinion, but anchored in His Word.

WHEN HEALING BECOMES A FAITH WALK

God created our bodies with divine intelligence and healing capacity. But when we agree with Him—spirit, soul, and

body—we get to experience healing as a spiritual reality.

- The cross secured our healing.
- Fruit and leaves carry it to our cells.
- Faith activates what grace already made available.

It's not just the fruit and the leaves that heal—but the agreement between what God created and what Jesus completed. That day, I experienced the miracle of healing in real time. I could have accepted what the X-ray said. I could've prepared for surgery. But instead, I stood in trust and let God show me:

“My Word is still true. My design still works. My healing still flows.”

FINAL WORD

When you choose to nourish your body with what God made—and align your heart with what Jesus already did—you enter into a new level of healing: one that goes deeper than physical recovery.

It's wholeness.

It's restoration from the inside out.

Remember: What God designed in the garden, Jesus fulfilled on the cross. What the fruit feeds, the leaves mend. And what Jesus bore, we are free to receive—fully, freely, and faithfully.

Every time we drink living water, eat fruit from the earth, or stir herbs into tea, let it be a reminder:

“I am healed—not just in body, but in spirit, and in soul—because of what Jesus did, and what God still provides.”

This Is How I See It!

PRAYER

Receiving Healing from the Inside Out

by cvashtigordon

Heavenly Father,

We thank You for the beautiful design of our bodies—crafted by Your wisdom, sustained by Your breath, and healed by Your Word. From the beginning, You provided all that we need. You gave us fruit for food, leaves for medicine, and Your Son for complete healing.

Thank You, Jesus, for the price You paid on the cross. By Your stripes, we are healed—spiritually, emotionally, and physically. Help us not just to know this truth, but to live it daily. Let us partner with Your healing by caring for the temple You've entrusted to us.

Teach us to nourish our cells with wisdom. Open our hearts to the gifts You've placed in creation—fruit that hydrates and energizes, leaves that cleanse and restore, and Your presence that revives us from the inside out.

Father, for every diagnosis, every ache, every piece of “evidence” that speaks against Your promise—remind us that Your Word is greater. Let faith rise above fear, trust silence the noise, and Your healing flow through every part of our being.

We declare today:

We are healed.

We are whole.

We are walking in divine agreement—with Your cross, Your creation, and Your covenant.

In Jesus' name, Amen.





IT'S GREEK TO ME TAKE HOLD

“Agreeing With God from the Heart”

by michaelgordon

One of the most vital principles every Christian believer must grasp is this: God has already done it. Through the death, burial, and resurrection of Jesus Christ, God has given us everything we need for life and godliness (2 Peter 1:3). The work is finished. The provision is complete. The blessing is already ours.

We don't have to beg God to bless us—Ephesians reminds us that we have already been blessed with every spiritual blessing in Christ. We don't have to plead for healing—the Word declares that by the stripes of Jesus, we were healed (1 Peter 2:24). We don't have to anxiously strive for provision—the promise is sure that God supplies all our needs according to His riches in glory by Christ Jesus (Philippians 4:19).

So the pressing question is: If God has already done it, why am I not experiencing it in my day-to-day life?

The answer is hidden in one powerful Greek word: *lambano*—which means “to receive.” But this is not a passive receiving, like waiting for someone to toss you a ball. No, this kind of receiving means to actively take hold, to seize, to pull it into your possession.

Many of us have prayed and then sat in passive waiting, hoping God would one day “throw us the blessing.” But God is not the one waiting. He is waiting on us. Waiting for us to take hold of what He has already provided.

To “take hold” means to believe His promises as truth, to declare His promises with boldness, and to walk as though they are already ours. It means meditating on His Word until the truth is alive in our hearts, speaking it with such conviction that our emotions align, and then acting on it as though it is a present reality.

This is not striving—it is agreement. It is not begging—it is believing. The promises of God are already yes and amen in Christ. Our role is to reach out by faith, take hold, and live as those who possess what has already been freely given.

So, beloved, don't wait another day for what heaven has already deposited into your account. It's time to withdraw. It's time to take hold!

PRAYER

Father, I thank You that through Jesus Christ, every need in my life has already been supplied. I no longer live as one begging for scraps but as Your child, seated with Christ in heavenly places. Teach me to take hold of Your promises with boldness, to walk in them with faith, and to live in them with joy. Let my heart be stirred to receive—not passively, but actively—so that my life reflects the fullness of what You have already given. In Jesus' name, Amen.

CALL TO ACTION – TAKE HOLD!

Don't leave your inheritance sitting untouched. Don't wait for what God has already placed in your hands. Today, take hold! Believe His Word, declare His promises, and walk in them as your present possession. Heaven has already released it. Now it's your turn to seize it.



The Sacred Science of Sunlight:

WHY 20 MINUTES A DAY CAN HEAL YOUR MIND AND BODY

by michaelaaron gordon

Sometimes, healing doesn't come in a bottle or a blender. Sometimes, it comes through the sky.

In a world that tells us to stay inside, under artificial lights and blue screens, we've forgotten one of the most ancient, powerful, and free sources of healing: sunlight. Just 20 minutes a day can work wonders—physically, mentally, and spiritually.

Let's step into the light.

1. VITAMIN D – THE SUNSHINE NUTRIENT

Your body is designed to make vitamin D from sunlight. It's not just a vitamin—it functions more like a hormone that supports immunity, bone strength, mood, and hormonal balance.

Low levels of vitamin D have been linked to everything from fatigue to depression, and even immune disorders. Supplements help, but nothing activates your body like direct sun on your skin.

2. THE BODY'S INTERNAL CLOCK (a.k.a. CIRCADIAN RHYTHM)

Your body runs on rhythm—light in the morning, darkness at night. Sunlight in the early hours helps reset your circadian clock, which tells your brain when to be alert, when to release hormones, and when to wind down.

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

Getting sunlight before 10 a.m. can improve energy during the day and sleep at night. Miss that window too often, and your body starts to lose its rhythm—and your health can follow.

3. LIGHT FOR THE MIND AND MOOD

Sunlight boosts serotonin, your feel-good chemical. That's why stepping outside can sometimes shift your mood faster than coffee or conversation.

Exposure to natural light has been shown to reduce symptoms of depression, anxiety, and seasonal affective disorder (SAD). No wonder many people feel more alive in the summer—it's not just the vacation, it's the light.

4. A SPIRITUAL CONNECTION TO LIGHT

From Genesis to every ancient healing system, light has always been sacred. It symbolizes truth, clarity, life, and divine presence.

Taking a moment each day to stand in the sun, close your eyes, and breathe deeply isn't just a physical recharge—it's a spiritual alignment. It's a reminder that God, life, and light are connected.

HOW TO GET YOUR LIGHT RIGHT:

- Aim for 20 minutes of sun daily, preferably in the morning.
- Expose as much skin as comfortably

possible, without sunscreen for the first 10–15 minutes.

• Pair it with prayer, meditation, or stretching for full mind-body-spirit nourishment.

FINAL THOUGHT:

Sunlight is more than a source of warmth—it's a message, a medicine, and a miracle. Step into it with intention.

**And as always,
If God didn't make it, I don't take it.**



AFTER THOUGHT: SUNLIGHT BEYOND THE SURFACE

by cheryl vashti

Michael reminded us of sunlight's power for body, mind, and spirit. But even deeper still, the sun carries a rhythm that speaks to the way God ordered creation itself.

The sun doesn't just shine—it governs life. Plants reach toward it, turning its rays into food that sustains the earth. Our own bodies use it to make vitamin D, the “activator” that unlocks strength in bones, balance in hormones, and resilience in immunity. In this way, sunlight is the silent partner in every bite we eat and every breath we take.

What fascinates me most is that sunlight carries both energy and information. The body's circadian rhythm—our inner clock—literally reads light as if it were language. Morning light tells our bodies, “Wake up, be alert, create energy.” Evening darkness whispers, “Rest, release, restore.” It's not random. It's design.

And then there's the spiritual metaphor—God chose light to be His first spoken

creation. “Let there be light.” Before there were oceans, mountains, or mankind, there was light. Not just illumination, but life encoded in radiance. Every sunrise repeats that declaration, every day.

So while sunlight strengthens bones, steadies mood, and resets clocks, it does something greater—it reminds us that the same God who painted the skies thought so highly of us that He set the sun in place as both healer and herald. Each ray declares: You are not forgotten. You are meant to grow, flourish, and shine.

SUNLIGHT MEDITATION: ABSORBING GOD'S HEALING LIGHT

1. STEP OUTSIDE WITH INTENTION

Go where you can feel the sun on your skin—morning is best. Pause before rushing into it. Recognize this moment as sacred, a gift given to you today.

2. OPEN YOUR POSTURE

Stand tall or sit comfortably. Uncross your arms, lift your chin slightly, and let your palms face upward, as if ready to receive.

3. BREATHE WITH AWARENESS

Take slow, deep breaths. As you inhale, imagine drawing in God's light—life, healing, and clarity. As you exhale, release tension, heaviness, or thoughts that cloud your spirit.

4. LET THE LIGHT SPEAK

Close your eyes gently. Feel the warmth on your face, arms, or hands. Whisper in your heart: “Lord, as the sun strengthens my body, let Your Son strengthen my soul.”

5. GIVE THANKS

Before stepping away, thank God for the simple, free miracle of sunlight. Carry that gratitude with you into the rest of your day, as an inner light that cannot be dimmed.

This is how I see it.

♥ 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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