

COLM

COMMUNITY OF LOVE MINISTRIES

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

WE ARE SPIRIT FIRST

Returning to Kingdom Identity in a Culture of Confusion'

TRANSFORMED BY TRUTH

"Agreeing With God from the Heart"

PRAYER

Walk by the Spirit

It's All Greek to Me:

"Helper"

EAT THE RAINBOW:
God's Promise on Your Plate





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

WE ARE SPIRIT FIRST

RETURNING TO KINGDOM IDENTITY IN A CULTURE OF CONFUSION'

"There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus." — Galatians 3:28 (KJV)

It seems the world has made a decision —to feed the seed of hatred. To let it grow unchecked, celebrated even, spreading from our airwaves to our sidewalks, from our classrooms to our congregations. This hatred seed...has even crept into the Church...Individually and collectively.

What once was a house of healing now sometimes mirrors the very division it was meant to cast out. We've let culture bleed into kingdom — and we've forgotten that we are not the color of our skin. We are spirit first.

I'm a Black woman. I see the injustice. I feel the heaviness. But I refuse to walk by skin alone. I walk by Spirit. I walk by Truth.

The media and especially social media have become noisy theaters of chaos — platforms where opinions scream louder than compassion. Where turning the other cheek is considered foolish. Where love is measured, filtered, and conditional. So I made a choice. I turn it off. Not because I'm blind — but because I choose not to be bound.

I guard my thoughts, because I understand the power they hold. "As a man thinketh in his heart, so is he." And so I guard my heart. And I fix my thoughts on what is pure, lovely, just, and true.

We are spiritual beings on a temporary human journey — not the other way around. And one day — a day we don't know but must prepare for — Jesus will return. And on that day, we won't be arguing about race, politics, or platforms. We won't be concerned about skin tone or status. We'll be standing — trembling — hoping we're found in Him, not in the madness.

But What About the Church?

Somehow, even in God's house, we've allowed the seed of division to be watered. Sometimes the prejudice isn't loud, but subtle. It shows up in who gets invited to speak. In what worship style is "acceptable." In how we avoid difficult conversations by calling it "unity" — when it's really just discomfort disguised as peace. But true unity isn't silence — it's surrender. It's dying to self, ego, culture, traditions, opinion, and rising in Spirit.

A Call to Remember Who We Are

We must return to the mirror of the Word and ask:

- Do I see myself through the eyes of the Spirit?
- Do I see others the same way?
- Am I feeding the seed of love or the seed of division?

Because we will never defeat hate in the world if we harbor it in our pews. We will never silence racism in the streets if we whisper it in our homes. We will never bring healing to a broken nation if we keep trying to fix it with flesh-based solutions instead of Spirit-led repentance.

THIS IS HOW I SEE IT:

I see us waking up. I see a people willing to unplug from the noise and return to the truth. I see sons and daughters refusing to identify by race alone, but by righteousness.

I see a church rising — not in color, but in character. Not in popularity, but in purity. I see the return of spirit-first living. And when Jesus returns, we won't be talking about race — we'll be crying out for mercy, for love, for belonging, and for the joy of hearing:

"Well done, My good and faithful servant."

Not "My white child." Not "My Black child."
Just My child. Welcome home.

Reflection Prompt:

Pause and reflect...

- What does it mean to walk by the Spirit in your daily life — and where might you still be walking by the flesh?
- Have hidden thoughts or heart attitudes shaped how you see others?
- Have you embraced your identity as a spirit created in God's image — or limited yourself to cultural labels?
- What would shift if you chose to live Spirit first? Selah.

Call to Action:

Let this not be just another article we agree with — but a mirror we respond to.

Examine your heart — Are there hidden seeds of bias or unforgiveness you need to surrender?

Fast from the noise — Take one day to unplug from media that stirs division and intentionally spend time in God's Word.

Start a conversation — Not one based on argument, but on honest questions and Spirit-led listening.

Pray for the Church — That we would rise in character, not commentary; in holiness, not hostility.

Live Spirit First — In every encounter, every choice, every response — ask, "Am I responding by Spirit or by flesh?" Because when Jesus returns, He will not check our politics, our hashtags, or even our pain.

He will look for faith. He will look for fruit.
He will look for those who lived Spirit first.

Prayer

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

by cherylvashii

Father God,

We come humbly before You, recognizing that we have strayed from Your heart. We've allowed culture to define us more than Your Spirit. We've let fear and offense shape our conversations, our churches, and even our convictions. Forgive us, Lord.

You said in Your Word:

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

So today, we humble ourselves. We turn from the seed of hatred. We reject bitterness and embrace Your blueprint of love.

We choose repentance over performance, unity over uniformity, Spirit over skin color. Cleanse our hearts, O God. Purify Your Bride.

Help us to no longer identify ourselves first by our ethnicity, our politics, or our platforms — but by Your Spirit.

Teach us to love as You love, to see as You see, to live as You lived.

Let the Church arise — not divided by style or structure — but unified in Spirit and Truth. Break every chain of prejudice, offense, fear, and pride.

Remind us who we are — not just called, but chosen, transformed, and filled with Your Spirit.

We declare healing over every home, every congregation, every heart that has been fractured by division.

Let revival begin in us. In Jesus' name, Amen.

**“WHEN WE FORGET WE ARE SPIRIT FIRST,
WE FIGHT BATTLES THAT WERE NEVER OURS TO WIN
IN THE FLESH. HEALING BEGINS WHEN WE REMEMBER
WHO WE TRULY ARE IN HIM.”**

This Is How I See It

TRANSFORMED BY TRUTH

“Agreeing With God from the Heart”

by cherylvashti

We've remembered who we are: spirit first. But now the question becomes — how do we live that out? Because the world won't stop trying to redefine us.

Culture will keep pushing us to pick a side, build a platform, defend a position —but the Spirit invites us to surrender. And surrender always feels like loss... until you realize it's actually freedom.

It Starts With the Mind

“Do not be conformed to this world, but be transformed by the renewal of your mind...”

— Romans 12:2 (ESV)

Living as spirit first isn't about trying harder — it's about thinking differently. You cannot walk in Spirit while feeding on messages of the flesh. You cannot see yourself rightly while filtering your worth through the world's mirror. Transformation starts where the battle is loudest — in your mind. Because whatever you don't renew will return. And whatever you don't confront will control you.

Spirit-First Living Looks Like:

- Forgiving quickly — even when your flesh wants to fight.
- Listening slowly — when your emotions want to speak first.
- Loving fully — when your logic says it's not deserved.
- Resting confidently — when fear says, “You're not enough.”

To live Spirit first is to walk by faith, not sight.
By truth, not trends.
By revelation, not reaction.
By grace, not ego.

A Deeper Identity

You are not just someone who believes in God.
You are someone who carries Him.
Not just a churchgoer — you are the temple.
Not just a believer — you are a dwelling place.
This identity can't be faked. It's revealed by how we live when no one is looking... By the fruit that shows up when life squeezes us.

A Warning — and an Invitation

If we say we are spirit first
but still react like we're flesh first,
the world won't believe our words —
and neither will our own hearts.
But here's the invitation:
You don't have to perform your identity.
You just have to receive it — and let it reshape you from the inside out.

We've remembered we are spirit.
Now it's time to be transformed by truth.
Not partial truth. Not cultural truth.
Kingdom truth.

That means learning to live from the inside out—even when everything around us tries to pull us outside-in.
We don't just carry a message.
We are the message.
So before you post it, preach it, or defend it —
ask yourself: Did this come from Spirit... or from self?
Because only one will lead others back to Him.
This Is How I See It:



**“Agreeing with God from the heart is
more than belief—
it is the surrender that allows
His truth to reshape your life.”**



Eat the Rainbow: GOD'S PROMISE ON YOUR PLATE

by michaela aron gordon

As kids, “eating the rainbow” meant tearing through a pack of Skittles. Fun, but not exactly life-giving. As adults, though, we get the chance to understand the deeper meaning—because the rainbow isn’t just candy colors or even just nutrition. Biblically, the rainbow is a sign of God’s covenant, His promise of life and protection after the flood.

What if every time you ate colorful fruits and vegetables, you saw them as part of that same covenant? A reminder that God has already provided everything you need to heal, thrive, and stay strong? That’s the sacred science of “eating the rainbow.”

Red: The Heart Helpers

Red foods—like tomatoes, strawberries, cherries, and beets—are packed with compounds that protect your heart and fight inflammation. Spiritually, red often symbolizes life and sacrifice. It’s as if these foods remind us that life flows through the blood, and God gave us foods that protect it.

Orange & Yellow: The Sunshine Crew

Carrots, sweet potatoes, mangos, and peppers carry beta-carotene and vitamin C, nutrients that brighten skin, support vision, and boost immunity. Biblically, yellow and gold symbolize glory and light. These foods are like little reminders of God’s light shining into our bodies.

Hippocrates —

‘Let food be thy medicine and medicine be thy food.’

Green: The Renewal Squad

Leafy greens, cucumbers, broccoli, and avocados detox, balance blood sugar, and support digestion. Green has always symbolized life, renewal, and growth. Every bite of greens is like a personal reminder that we can always be restored and made new.

Blue & Purple: The Royal Brain Boosters

Blueberries, grapes, blackberries, and eggplant contain antioxidants that support memory, circulation, and brain health. In Scripture, purple is the color of royalty and wisdom. These foods feed your mind, sharpening clarity, and reminding you that God calls you to walk in wisdom.

White & Brown: The Humble Heroes

Garlic, onions, mushrooms, and bananas may not be flashy, but they fight infection, strengthen immunity, and support gut health. White in Scripture often symbolizes purity. These foods may be simple, but they quietly keep the body clean and balanced—just as purity quietly strengthens the spirit.

Putting It All Together

When you fill your plate with these colors, you’re not just “eating healthy”—you’re stepping into the promise. The rainbow in the sky was God’s reminder that He would never again destroy life by flood. The rainbow on your plate is a reminder that He created food to sustain life and keep you well.

Final Thought:

Next time you sit down to eat, let the colors on your plate remind you of the covenant—God’s promise of life, renewal, and healing. Eating the rainbow isn’t just nutrition. It’s worship. It’s trust. It’s remembering that everything we need has already been provided.

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



THE RAINBOW
IN THE SKY
IS GOD’S PROMISE
OF MERCY.
THE RAINBOW
ON YOUR PLATE
IS HIS PROVISION
FOR HEALTH
AND STRENGTH.

“IT’S GREEK TO
ME”
(HELPER)
bymichaelgordon

“... and He will send you another
Helper...” (John 14:16)

We live in an age overflowing with helpers. Technology surrounds us with digital assistants and artificial intelligence ready to answer our questions, provide directions, or even serve as counselors

when life presses heavy. These helpers may be useful, but they are limited—they can give information, but not transformation; advice, but not true wisdom; comfort, but not lasting peace.

Long before the rise of technology, Jesus promised His followers something far greater: “another Helper”—the Holy Spirit. The Greek word used is *paraklētos*, meaning one who comes alongside. This Helper is not temporary or mechanical, but eternal and personal. He lives within every believer as comforter, counselor, teacher, and guide. He does not just process data—He reveals truth. He does not just give options—He gives direction. He does not just speak—He points us back to Jesus, the source of life itself.

The Holy Spirit is more than an outside consultant; He is the indwelling presence of God. He is the One who steadies us when we falter, enlightens us when we are confused, and assures us when we feel alone. Unlike technology, His battery never dies, His connection never drops, and His wisdom never runs dry. We are never without Him, never beyond His reach, and never left helpless.

So why look first to digital voices when the divine Voice is already inside? Why settle for substitutes when the true Helper is available 24/7—leading, correcting, comforting, and strengthening us in every circumstance? The Holy Spirit is not just a helper; He is the Helper. Trust Him today.

♥ 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>



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