

StayStrong December 2022 Notes

Prayers for comforting friends and family.

When a friend (even yourself) is hurting - - - pray scripture and let the Lord lead the process.

Romans 12:12-13

Lord, I lift up my friend who is hurting. While life hasn't been easy for her, I trust You will meet her needs. Help me to be an extension of Your loving kindness and generosity in this challenging season. When words fail me, help me to intercede on her behalf and choose to believe that You have a way through.

Ephesians 4:2

Lord, help me to be sensitive to her pain, gentle in my response to what she is going through, and patient with her capacity to navigate the unknown. Help me release any burden-bearing defilement of carrying the load only You can carry.

Psalms 6:6

Lord, help me to reassure her that You do hear her cries, see her tears and heart her prayer and You have promised to never, no never, no never ever forsake her.

Health Decree

I speak to every organ in my body. I command the full manifestation of kingdom reality in the entirety of my body and my mind

Thank you for allowing me to age. I am not wearing out or wearing down. I am aging according to the original intent of my creator.

My body supernaturally adjusts and recalibrates itself as needed according to my age and the demands of my age.

My body functions with confidence. The older I get, the more confidence I have in the sustaining ability of my Creator who designed me to live a long, healthy, natural life.

I will not die prematurely. I will not wither away. I will live strong and healthy all the days of my life, and like Moses, I will only leave the earth because of my anointed season in the earth realm has ended, and my kingdom role has been fulfilled. Then I will step into my celestial body, awaiting my resurrected body!

This day and every day, life and death are set before me. Therefore, I choose a long, healthy, satisfying life in Jesus' name.

2023 Blessing

Over 30 years ago, Craig Hill taught us about the power of Blessing. Blessing means being empowered to prosper and do well in every part of our lives. God intended His children to be significantly blessed from conception to birth, given a name/purpose, as students, as adults, in marriage, and in old age. Blessing has changed our lives forever, and we pray it has a powerful impact on you.

Each year we bless our family and our community for the coming year. Whether this is done at Rosh Hashanah or in January, a blessing is timeless and precious. As we conclude the 2022 StayStrong Webinar may you be blessed to be part of our community. May you finish 2022 well and enter 2023 with the hope of God's best for you and your family.

Lord, in a season where the world is upside-down, is being rewritten, and traditions are melting away ~ hope is disappearing for many. The world shouts, "give up!"

Yet, God's promise in Luke 1:37 says, "For with God nothing will be impossible." There is a place for authentic hope!

Lord, in a season where messy emotions are pouring out and twisting hearts and minds ~ the world shouts, "this is the new normal, and it can't change!"

Yet, God's promise in Luke 1:45 says, "Blessed is she who believed, for there will be a fulfillment of those things which were told her from the Lord."

Lord, in a season where it seems that Godly doors are collapsing and disruption doors are opening faster than we can handle ~ the world shouts, "you are lost, and we have won!"

Yet God's promise in Deuteronomy 28:6 says, "You will be blessed when you come in and blessed when you go out."

We bless each of you to have your hearts renewed to the promises the Lord has whispered in your heart for years gone by.

We bless you to know how Great our God is!

We bless your spirit, soul, and body with God's best for you. May you fully become the whole person He created you to be. May you walk purposefully, surrounded by His peace and protection, and wrapped in His favor!