



“BEHOLD
I COME
QUICKLY”

APRIL EDITION



The Global Harvest Mandate Vision Outreach
...taking light to the world

WELCOME ADDRESS



The Global Harvest Mandate Vision Outreach
...taking light to the world

We are most grateful to the almighty for sparing our lives this far. It is our prayer that this selfsame God will keep us throughout this year and beyond in Jesus' name.

You're welcome to the Fourth Edition of "Behold I Come Quickly Magazine", one of the products of The Global Harvest Mandate. The Global Harvest Mandate is a Christian outreach organization saddled with the responsibility of creating awareness of the Lord's return and preparing His people for the most glorious and long-awaited event that is to happen to the church - the rapture!

Moreover, as part of our vision, we desire to maximumly touch lives in every possible capacity, as God increases His grace upon our lives. In light of this, we therefore deemed it appropriate to introduce health talks into our magazine beginning from this month and going forward. By God's grace, we have included talks from two medical experts from within and outside the state in this month's edition.

Please find below the topics for this month :

- 1.) CHEER UP! YOU ARE A SERUM IN-MAKING !!
 - 2.) LET THIS MIND BE IN YOU (Part 1)
 - 3.) LITTLE FOXES (3) - TAMING THE TONGUE
 - 4.) EVENTS AFTER THE RAPTURE (2)
 - 5.) CLARION CALL (2)
- HEALTH TALKS: 1.) STRESS 2.) INSOMNIA

Visit our website : www.theglobalharvestmandate.org to download earlier editions, send your questions and contributions to info@theglobalharvestmandate.org

Health is wealth, stay safe and stay healthy
Hotlines: 08038010346, 08064499330

Kind regards

Oyenu Omolola-Margaret

Visionary,

For the Global Harvest Mandate

CHEER UP! YOU ARE A SERUM IN - MAKING!!



OMOLOLA-MARGARET O.

(1 Corinthians 1 vs 3,4 & 6)

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulations, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. Now if we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, it is for your consolation and salvation.

(Romans 8 vs 28)

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Are you weary and heavy hearted? Do you feel as though you are continuously being pressed on every side? Have you wept for so long and it seems your tears of pains are yet to receive heavens' attention? Does your situation give you the untoward impression that God is far away and you are seriously thinking of giving up faith? WAIT A MINUTE! I have good news for you. God is saying to you right now "CHEER UP! YOU ARE A 'SERUM' IN - MAKING !" Can I hear you say that loud and clear to yourself now? "I am a solution in - making, a new product my world is waiting for. I am being processed and packaged ; my delivery is SOON! Hallelujah!"

Sometimes for a believer, life could be so challenging. There may be periods when you are surrounded with situations that make you feel anxious, worried, troubled, sorrowful, depressed and discouraged. It could be threat at work, a long list of bills to be paid, joblessness, unruly children, unhealthy relationships, health challenges, hatred, crisis in marriage, rejection, lack and hunger, to mention but few.

It is however important to understand that no matter how hard we pray, we must necessarily go through some things we may not be able to explain the 'WHY' behind. Like seriously, there are periods your life would look like a PUZZLE to people around you. They try to figure out what could be responsible for your plight without being able to tie it to any worthy reason. When we go through any of these unpleasant situations, we might be quick to attribute it's cause to household wickedness or Satan. though, this cannot be outrightly ruled out, but the truth is, there are times when God may actually be the one BEHIND the SCENE. He allows us go through tough times so we could be PROCESSED! And during such periods, He watches from a distance how we RESPOND or REACT.

For every challenge or pain God allows us go through, there's always something He wants to achieve. From our text, 2 Corinthians 1 vs 3 - 6, we are made to understand that when we go through troubles and afflictions, God Comforts us in these troubles, SO WE MAY BE ABLE TO COMFORT THOSE WHO ARE IN ANY TROUBLE WITH THE SAME COMFORT WITH WHICH WE OURSELVES ARE COMFORTED. This is exactly what it means to be a SERUM SOLUTION. The pains, troubles, and challenges we overcome through God's Comfort make us a SERUM to others who will experience same. Medically by definition, SERUM simply is referred to as liquid portion of the blood after coagulation (blood clot process) which is removed from the tissues of immunized animals and are transferred/injected as immunity into another individual. Serum contains electrolytes, proteins, antibodies, antigens and hormones; they're used as anti-venoms, anti-toxins and vaccinations.

CHEER UP! YOU ARE A SERUM IN - MAKING!!



OMOLOLA-MARGARET O.

Every unpalatable situation in the life of any child of God are what I regard as VENOMS which God uses to PROCESS us into becoming SERUMS - Immunity and a source of consolation to others. The experiences and skills acquired during your turbulent periods make you an authority over such, and a solution to same venom in the lives of other believers, who will in turn go through processing and end up reproducing same effect. That's how life runs.

Now, coming back to the issue of attitude during our challenging periods. Our response or reaction is important to God. Either of these tells whether or not we can be trusted with what God wants to do through us. We are positive when we respond to God in FAITH, but negative when we react by COMPLAINING. This was the attitude of the Isrealites' all through their wilderness experience. To them every challenge was a DEATH TRAP, meanwhile each challenge was supposed to be an encounter for them to appreciate the mightiness of God and what He could achieve through them. But they kept reacting against His plan through their complaints, they could not allow God PROCESS them for a life of FAITH, COURAGE and ENDURANCE; and as a result of this, God prevented them from entering Canaan - the land of promise. May this never be our testimony in Jesus name, Amen.

Your 'life-type' and the needs you're programmed to meet here on earth determines what is used in processing you and how long you will stay in the process - Hence, your description in summary could be "Oh! He is a man/woman of faith" Or "He/she is enduring, temperate, meek, loving, peaceful, faithful, kind, patient, liberal, generous etc".

This reminds me of a story I once heard. A man went to visit his friend who was a goldsmith. This man watched his friend put a piece of raw gold inside the furnace and they both sat down discussing. After a while, the man called his friend's attention to the gold, thinking he has forgotten all about it. In response to his friend's prompting, this goldsmith checked the gold only to subject it to even more heat while he continued to discuss with his visitor. At a point, this man couldn't take it any longer because he felt the raw material has stayed too long in the heat. So he alerted his friend again and this time around, the goldsmith held up the hot gold, carefully examined it and shaking his head said again to his friend; "THERE IS A REFLECTION I AM LOOKING FOR" - HMMMMM! What a revelation!

Friend, are you being refined in a fire too hot for you to bear, and you feel you've stayed too long in the heat? It's simply because you're a GOLD. Or is your own pressure becoming almost unbearable and you're approaching your breaking point? It's because you're a DIAMOND. Oh, perhaps your own process makes you feel like you're being beaten by a hammer, it's because you're an IRON. Remember, hammer SHATTERS GLASS but the same hammer STRENGTHENS STEEL (iron). This is why I said earlier that your life-type determines your process and the instrument to be used in moulding you.

May I quickly chip in this. As part of her process, Hannah was mocked and tormented by Peninah, but she focused on God and kept praying. Today, her story is a SERUM (a source of comfort and a point of solution) to those dealing with barrenness. It is not uncommon to hear people say "God, remember me as you remembered Hannah"

CHEER UP! YOU ARE A SERUM IN - MAKING!!



OMOLOLA-MARGARET O.

Our Lord Jesus was ridiculed, mocked and crucified, He resurrected and became a SERUM SOLUTION, AN ANTIDOTE TO PHYSICAL AND SPIRITUAL DEATH (VENOM)

In our contemporary world, some people were molested and abused at their tender age, they overcame the pain and today they fight against child abuse.

In Conclusion, two categories of people are unavoidable while going through your process:

- 1.) Those who encourage you, probably because they've been there or they just want to be nice. Thank God and appreciate such people. They're timely Angels - heaven's sent.
- 2.) Those who mock and ridicule you because they don't understand it's all about DESIGN AND PROCESS. When you come across such, don't get mad at them, they only came to play their roles. They may be programmed to show up in "ACT (9), SCENE (3) of your DESTINY SCRIPT, pls forgive them and move on. Remember there's a divine 'attitudometer' measuring and reading your attitude while in that pain. You're A SERUM SOLUTION; and those negative attitudes are also some of the VENOMS you're being processed to fight if you eventually overcome. Did you know that when people get bitten by a snake, the antivenom serum that is used to heal them is made from the venom of the snake that bit them? No wonder when the Israelites were being attacked by fiery serpents, God asked Moses to carve a snake of brass and hang it: and as many who were bitten by the fiery serpent among the children of Israel should look at this image for healing. (Numbers 21 vs 6 - 9) The solution to the problem came in the likeness of the problem itself.

Crown of life awaits those who endure trials, Revelation 2 vs 10. Refuse to be discouraged, stay focused and don't give up on God. All things work together for good, to those who love God, to those who are called according to His purpose. Romans 8 vs 28.

For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory 2Corinthians 4 vs 17

Stay on till His appearing as we meet again next month.

LET THIS MIND BE IN YOU (I)

OGUNSOLU TAIWO ELIZABETH



Philippians 2:5 New King James Version 'Let this mind be in you which was also in Christ Jesus'

Philippians 2:5 Amplified Version 'Have this same attitude in yourselves which was in Christ Jesus [look to Him as your example in selfless humility]'

Philippians 2:5 (New Living Translation) 'You must have the same attitude that Christ Jesus had.'

I welcome you to the April 2021 Edition of Global Harvest Mandate Ministry Magazine; I pray that the Light of God's Word cast away darkness hovering around your life in Jesus name, Amen.

We have been discussing about 'The Heart' in the previous, the Word of God established that a man is a product of His thoughts and must therefore guard his heart with all diligence. The question now is what should occupy a man's heart or mind? The anchor scripture clearly stated that the MIND OF CHRIST should be in us. This means our thoughts should conform to that of Christ and we shall learn this in this message through the guidance of the Holy Spirit.

THE NATURE OF THE MIND OF CHRIST

The Fruit of the Spirit are the characteristics of the mind of Christ because Jesus is the Spirit.

Galatians 5:22-23

22. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,
23. gentleness, self-control. Against such there is no law.

LOVE

One of the natures of the mind of Jesus is love. He is love, His love for all cannot be compared to any other, and it is called agape love that is the sacrificial, unconditional, incomparable and immeasurable love of God towards mankind.

Romans 5:5; 8

5. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

8. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

This love guarantees victory over every problems and challenges of mankind.

Romans 8:37 Nay, in all these things we are more than conquerors through him that loved us.

Love is the greatest commandment and every thought of a man should reflect this. A healthy mind is characterized by sincere love towards God and man.

Matthew 22:36-40

36. Master, which is the great commandment in the law?

37. Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

38. This is the first and great commandment.

39. And the second is like unto it, Thou shalt love thy neighbour as thyself.

40. On these two commandments hang all the law and the prophets.

HUMILITY

Jesus demonstrated humility severally during His Ministry on Earth. He also demonstrated this by leaving His Glory in Heaven to die a painful and shameful death for us on the cross for the whole world. Let's consider this, Jesus is God Himself, He put His position aside so as to perfect the work of our Salvation and Redemption, He came in form of a servant of no reputation, He came in the form of man, this is the best example of a mind characterized by humility. Glory to Jesus!

LET THIS MIND BE IN YOU (I)

OGUNSOLU TAIWO ELIZABETH



Philippians 2:5-9

5. Let this mind be in you, which was also in Christ Jesus:

6. Who, being in the form of God, thought it not robbery to be equal with God:

7. But made Himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

8. And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

9. Wherefore God also hath highly exalted him, and given him a name which is above every name:

God is always against the proud and He is far away from them. God so much love the humble that He gives them a special grace and calls them the greatest in the kingdom of heaven. Do you want God's attention this season? You need to humble yourself before God and man, do not forget that it starts with your thoughts.

1 Peter 5:5 Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

Psalms 138:6 Though the Lord be high, yet hath he respect unto the lowly: but the proud he knoweth afar off.

Matthew 18:4 Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.

REFLECTION

A Christ-like mind of Love and Humility cannot be achieved by strength but only with the help of the Holy Spirit. The Holy Spirit is available only to those who have accepted Jesus Christ as their personal Lord and Savior. If you have not accepted Him into your life, you need to cry to Him today to save your soul.

Philippians 2:13 For it is God which worketh in you both to will and to do of his good pleasure.

PRAYER

Father, renew my heart today, give me the heart of love and humility, and let the purpose of your death on the cross which is redemption and salvation be established in my life and the whole world in Jesus name. Amen.

LITTLE FOXES (3) - THE TONGUE (Continuation)

ADEFIOYE CLINTON BENJAMIN



Topic :- Taming The Tongue

Death and Life are in the Power of the tongue and they that love it shall eat the fruit thereof." - Proverb 18:21
KJV

INTRODUCTION: -

For the past two months we've been discussing about little foxes which are the things that are almost unnoticed in the life of a person but creeps in to spoil the vine(soul) and we also speak of different ways that little foxes generate in the life of a person in which last month by the Help of the Holy Spirit we have been able to expose some little foxes related to how we make use of our Tongue as a believer. So, in today's article we will be discussing on how the tongue can be tamed.

Almost all the power God has given man can be traced to the spoken words, that's why it's very important we take caution of our words, when we speak God's words, they Carry Spirit and Life. (John 6:63) while satanic words carry bondage and death.

Our lives are a product of our confession, you can use your tongue to hurt, destroy or even kill yourself and others. (James 3:6)

Sometimes ago in the scripture i read of the story of a man who brought his death upon himself by the words he says and a woman who became barren for life by the words she said. (2Sam 1:1-16 & 2Sam 6:20-23)

So How do we tame our tongues?

How do we reign over them or get them under control?

Honestly after searching deep into the Words of God the solution provided are just two things;

1.) Understandings of God's Word

2.) Prayers

Firstly, we have to study the word of God and understand the do's and don'ts of God in relation to how we use our tongue because when you study the word of God then you will see that the scripture speak expressly on how to use our tongue so with the word of God as our guide we can be more careful of how we speak and use our tongue through the Help of Holy Spirit.

LITTLE FOXES (3) - THE TONGUE (Continuation)

ADEFIOYE CLINTON BENJAMIN



Proverbs 21:23 (NLT)

Watch your tongue and keep your mouth shut, and you will stay out of trouble.

Psalms 34:12-13 (NLT)

Does anyone want to live a life that is long and prosperous?

Then keep your tongue from speaking evil and your lips from telling lies!

James 3:2 (NLT)

Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.

James 1:26 (NIV)

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.

Ephesians 4:29a NIV

"Let no corrupting talk come out of your mouths,".

The above passage makes us understand that corrupt talk must not proceed from our mouth likewise other passages talks about we keeping our mouth shut to avoid trouble and we shouldn't speak evil and also keep our lips from telling lies another passage made us know that we can't use the same tongue we have been using to curse others, to praise God. (James 3:10) and so many more scriptures that points our attention to how displeased God could be when we use our Tongue wrongly.

Further Readings: - (Prov 6:16-19, Prov 15:1, Prov 12:8, 1Peter 3:10, Prov 15:4, Prov 10:19, Titus 3:2, Col 4:6, Ecc 3:7, 1 Peter 2:1-2, Psalm 19:14, Prov 15:28)

Secondly, Prayers are like cords that connect humanity to divinity and when we choose to pray it shows signs of humility and handing over to God so despite how much we try to Tame our Tongue there is always a need to ask the Holy Spirit to help us because without Him we can do nothing and it's the Holy Spirit that can make the word of God have impact in our lives, transforming our hearts and corrupt nature of that old man(flesh), so as believers prayer is a potent weapon of overcoming our Tongue and taming it from careless and corrupt talk.

In conclusion, I will like to encourage us to increase our study of the word of God and bridle our tongues from "careless words", we should also have it in our consciousness that we shall account for every word we speak on the last day.

On a closing note i will like us to make a positive confession as Job did in (Job 27:4)

Kindly say with me: - my lips shall not speak wickedness, nor my tongue utter deceit. It is my prayer that God Almighty will help us through the Holy Spirit to Tame our tongues in Jesus name. (Amen)

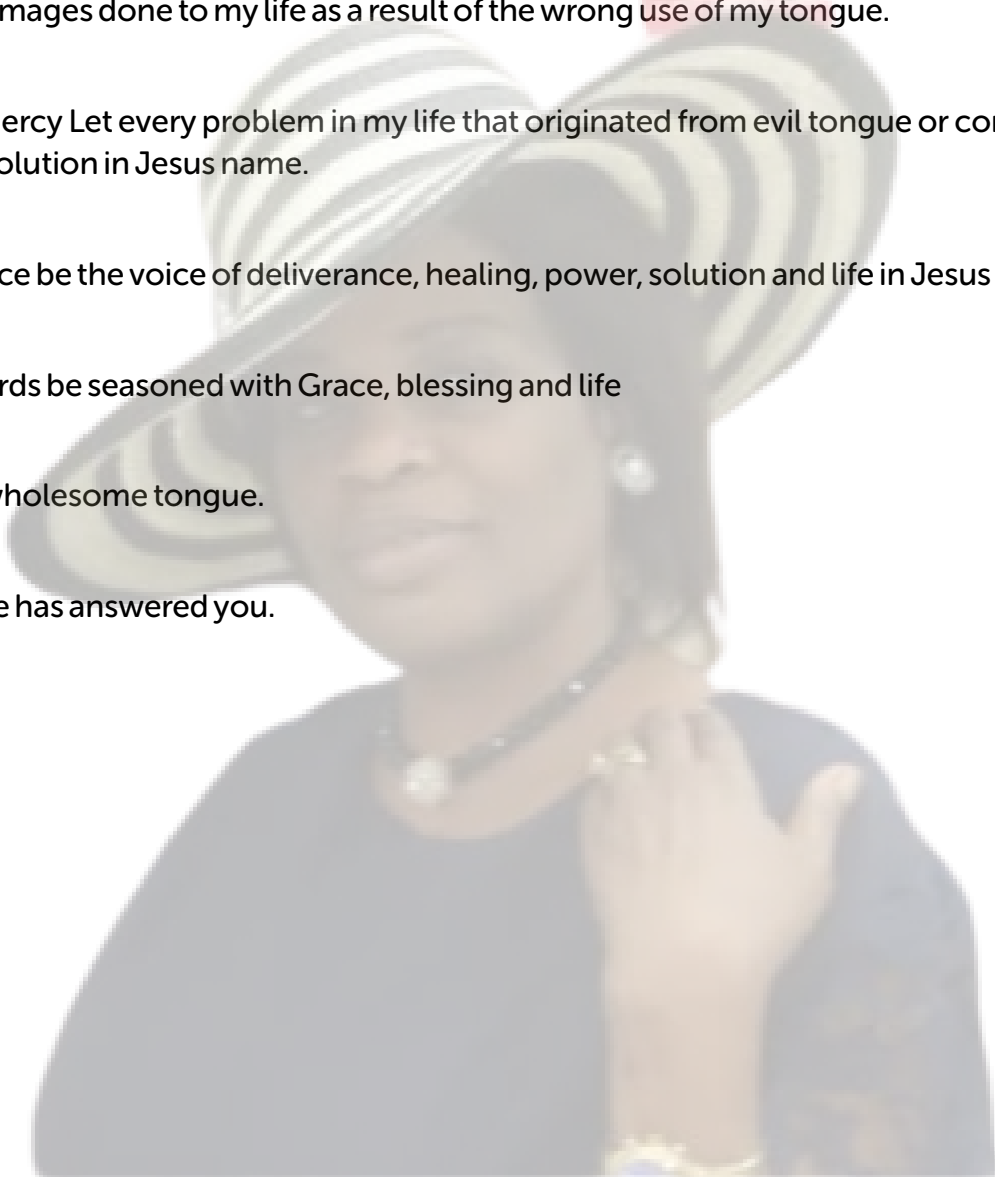
LITTLE FOXES (3) - THE TONGUE (Continuation)

ADEFIOYE CLINTON BENJAMIN



Prayers:-

- 1.) Set a guard, O Lord, over my mouth; keep watch over the door of my lips! Psalm 141:3
- 2.) Lord repair all damages done to my life as a result of the wrong use of my tongue.
- 3.) Father by Your Mercy Let every problem in my life that originated from evil tongue or corrupt talk receive divine and instant solution in Jesus name.
- 4.) Father let my voice be the voice of deliverance, healing, power, solution and life in Jesus name.
- 5.) Father let my words be seasoned with Grace, blessing and life
- 6.) Father give me wholesome tongue.
- 7.) Praise God for He has answered you.





EVENTS AFTER THE RAPTURE (2)

OLUNLOYO FUNMILAYO O

Introduction

As was discussed in the previous edition, Rapture will soon take place because all the signs of His coming are in the air. We looked at some of the events after the rapture in order to prepare our minds as to what joy awaits us as believers and the judgement that awaits the sinners.

We were able to establish that at Rapture, believers will be reunited with Christ and loved one who have gone to be with the Lord.

Christ will organize a feast called "The Marriage Supper of the Lamb" and believers will appear before the Judgement Seat of Christ to reward the saints of their labour and to wipe away all their tears.

While believers are receiving rewards in heaven, there will be Great Tribulation here on earth under the rulership of the Antichrist, this shall be followed with the war of Amageddon where Jesus will battle with Satan and his armies and He will conquer them and bind the devil for one thousand years.

May the Lord increase our knowledge and understanding of His words so we can adequately prepare to reign with Him when He shall appear.

At the war in Armageddon, Satan will be conquered and bound for one thousand years and he shall be cast into the bottomless pit Revelation 20 : 1 – 3

THE MILLENNIAL REIGN

After the Devil has been thrown into the bottomless pit, Christ's second coming physically to the earth will occur. The Lord Jesus will return with the Saints that have raptured with Him, with the soul purpose of setting up His Kingdom here on earth for one thousand years Revelation 2: 3 – 6, 65 : 17 – 18. These one thousand years will be entirely different from any kingdom ever set or seen on earth in the sense that:

it shall be characterized with peace all over - Isaiah 2 : 2 - 4, Micah 4 : 4

there shall be no death - Isaiah 65 : 18 – 20

there would be no poverty - Isaiah 65 : 21 – 25

Christ will be the King in the Kingdom - Daniel 2 : 44, 7 : 13 – 14, 22, 27, Revelation 1 : 5 – 6, 5 : 9 - 10

THE COMING JUDGEMENTS

The Bible established that there will be three specific judgments after the rapture and these are:

THE JUDGEMENT OF THE BELIEVERS

Believers works done while on earth will be greatly rewarded during this period It would start after believers are caught up in the sky and they shall stand before Christ. After this judgement, they will descend with Christ upon the earth - 2 Cor 5 : 10, 1 Cor 3 : 3



EVENTS AFTER THE RAPTURE (2)

OLUNLOYO FUNMILAYO O

THE JUDGEMENT OF THE NATIONS

This will be the time when Jesus had appeared upon the earth within the millennium reign – Matthew 25 : 31 – 32, Acts 17 : 31, Rev 1 : 7

THE JUDGEMENT OF THE UNBELIEVERS OTHERWISE KNOWN AS THE GREAT WHITE THRONE JUDGEMENT

This would happen after Christ's one thousand years reigns at the White throne. - Revelation 20 : 11 – 15, 2 Peter 3 : 7, Daniel 12 : 2

THE NEW HEAVEN AND THE NEW EARTH

The word of God teaches and establishes that after the judgment, this wicked world will be removed, then God will create a new Heaven and new Earth in which HOLINESS will exist for ever. 2 Peter 3 : 10 – 13, Revelation 21 : 1 – 3, Isaiah 65 : 17, 66 : 22, Matthew 24 : 35.

ETERNAL LIFE AND ETERNAL PUNISHMENT

In conclusion, the bible teaches that there is in existence, Eternal Punishment as well as Eternal Life - Matthew 25 : 41 – 46. Either of these shall be the end of all men.

The wicked people or sinners will be sent to hell fire made of Sulphur and brimstone, they would be tormented both day and night in the presence of the Holy Angel and the Lamb.

The punishment will continue forever and ever – Revelation 14 : 10 – 11, Luke 16 : 23 – 24, Mark 9 : 42 – 48

Just as there is Eternal Punishment, there is equally a divine plan for Eternal Life through Jesus Christ only. John 3 : 16, Romans 6 : 23, 1 John 2 : 24 – 25, John 17 : 24.

Having learnt about Rapture and Events after the Rapture, it is expedient that we get ourselves prepared to be rapturable. The Lord has revealed to us through His word, what is not known to so many people Mark 4 : 11 – 12.

It is my prayer that at the end of our journey here on earth, we shall all make it to heaven at last, we shall finish strong and end well in Jesus Mighty Name. Shalom



CLARION CALL (2)

OPEYEMI VICTOR O.

PARTNERING WITH GOD

In the world of business and professionalism, it is not uncommon to see a regular employee rise to the position of a well-respected senior partner or even a director in the same organization where they started their career as a low cadre employee. It happens all the time in law firms, accounting firms, professional services firms and in fact, in both private and public Limited Liability Companies.

However, before an employee can enjoy such highly competitive, sought-after and coveted privilege, they must have as a matter of requirement distinguished themselves in the performance of their obligations, to such extent as to attract management's notice and approval. Humans love to work with other humans who add value, who are dependable, loyal and trustworthy; and so, does God!

In the book of Acts, chapter 13, verse 22, the almighty was recorded as saying "I have found David the son of Jesse, a man after my own heart, who will do all my will. In other words, God was saying that He has found a man who would be able to effectively and efficiently execute His agenda, and that's whom He wants to partner with.

In a similar vein, in the book of 1 Sam. 13:14, Samuel told Saul "But now your kingdom shall not continue, the Lord has sought for Himself a man after His own heart, and the Lord has commanded him to be captain over His own people..." We find here another instance of God's choice of David whose focus was to please Him by doing His will. Take note of the emphasis on his quality of 'being after God's heart' as his major qualification for deserving the position of the captain of God's own chosen people.

Furthermore, we read in 1 Sam 2:35 how God rejected Eli and said concerning Samuel, "And I will raise me up a faithful priest, who shall do according to that which is in mine heart, and in my mind, and I will build him a sure house, and he shall walk before mine anointed forever.

A careful examination of all the bible references above will reveal that God is concerned in no small magnitude, about partnering only with people who are fully prepared to do His will, just as any sensible company management would want to partner only with people who can understand, interpret and embrace the vision and mission statement of their organization. That is the secret of moving from being God's employee to becoming His trusted partner with more power, authority, responsibilities and attendant blessings.

The almighty is constantly in search of not just workers alone, but people with whom He can partner in order to execute His projects here on earth. The book of 11 Chronicles 16:9 says "For the eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him..."

My dear friend, truly, it's a very good thing to work for God (as an employee), but it is a much better thing to work with God (as a partner)

Therefore, make up your mind today not to just remain His employee forever, strive to become His partner and watch your life experience mighty turnarounds.

See you again next month as we examine the benefits of partnership with the almighty. Shalom.



HEALTH TALK - STRESS

Mrs Oluranti Akinlade

Definition = This is a reaction you express when you are going through mental or emotional pressure.

It can also be defined as a reaction you express when you think you are losing control of any situation, due to the fear of the unknown.

Causes of Stress

What happens when you are stressed is that your system release the stress hormone call cortisol by your adrenal gland.

This can be due to the following issues

- (a) - When you are under pressure of one thing or the other
- (b) - death of a spouse
- (c) - divorce
- (d) - sickness and diseases
- (e) - marital separation.
- (f) - unhealthy relationships /marriage.
- (g) - financial instabilities.

Any situation that is overwhelming and you cannot handle.

It can even be due to your lack of activities.

Signs of Stress

How do you know you are going through Stress?

- (1) - Aches and pain
- (2)- Tiredness
- (3)- Muscle pain
- (4)- Anger
- (5)-pounding heart beats
- (6)- chest pains
- (7)- inability to sleep well
- (8)- headaches and dizziness.
- (9)-clenching of the jaw.
- (10) - withdrawn from people.
- (11)- memory loss
- (12)-high blood pressure.
- (13)- stomach upset



HEALTH TALK - STRESS

Mrs Oluranti Akinlade

Dangers of Stress

If stress is allowed to go on for a long period it becomes chronic stress, this can affect your immune system by suppressing the digestive system.

It can increase your chances of getting a heart attack or stroke

It can speed up your aging process, by you looking older than your age.

How do I Manage or get rid of stress?

There are various ways to manage or get rid of Stress.

(1) - Exercise like walking or jogging.

Exercise helps to release hormones called endorphin which is a chemical that improves your mood. It can also serve as a pain killer. It also improves your mental wellbeing.

(2)- Consider supplements, Lemon balm, Omega 3 fatty acids, Green Tea.

(3)- Always write things down.

(4)- Be positive always in your thinking.

(5)- chew gums, studies had prove that it helps to promote blood flows to your brain.

(6)- Spend time with friends and family members.

(7)- laugh often spend time with your funny friends, you can watch comedy TV programmes.

(8)- learn to say no to certain things, if you find yourself taking more than you can handle.

(9)- learn to avoid procrastination, prioritise what needs to be get done.

(10)-listening to slow paced instrumental music.

(11)- deep breathing exercises activates relaxation.

(12)- reduce intake of caffeine.

The most important key is to always reflect on those good things you have received in the past and always have a grateful heart. Refused to be bitter about anything. Let your heart be free.

Stress kills so be careful.

HEALTH TALK - INSOMNIA

DOCTOR AKERELE VICTORIA SOYOBI

Insomnia is a sleep disorder in which you have trouble falling asleep, staying asleep, or feeling rested after sleep.

Mathew 11:28-30

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

29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

30 For my yoke is easy and my burden is light."

Philippians 4: 6-7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 4:8

8 In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

TYPES OF INSOMNIA

Short term insomnia lasts from 1 night to a few weeks.

Long term insomnia is when it happens at least 3 nights a week for 3 months or more.

Primary insomnia: This means your sleep problems are not associated to any other health condition

Secondary insomnia: This means you have trouble sleeping because of a health condition (like asthma, depression, arthritis, cancer, or heartburn); pain; medication; or substance use (like alcohol).

CAUSES OF PRIMARY INSOMNIA

-Stress related to big life events, like a job loss or change, the death of a loved one, divorce, separation, or change of environment

-Things around you like noise, light, too much heat or too much cold.

-Obsession with an activity: game, movies etc

-Changes to your sleep schedule like a new shift at work, or bad habits you picked up when you had other sleep problems

Fear: Psalm 56: 3 (when I am afraid, I put my trust in you) put your trust in God and not man. God never fails

CAUSES OF SECONDARY INSOMNIA

Mental health issues like depression and anxiety, Medications for colds, allergies, depression, high blood pressure, and asthma

Pain or discomfort at night

Use of Caffeine, tobacco, or alcohol

Hyperthyroidism and other endocrine problems

Other sleep disorders, like sleep apnea or restless legs syndrome

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SYMPTOMS

Sleepiness during the day

Bad mood/mood swings

Poor temper control

Fatigue

Problems with concentration or memory etc.

TREATMENT

John 11:12 His disciples replied, "Lord, if he sleeps, he will get better."

Psalms 91:1-5

1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

3 Surely he will save you from the fowler's snare and from the deadly pestilence.

4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

5 You will not fear the terror of night, nor the arrow that flies by day,

WORLD SLEEP DAY: March 19th

2021 theme is; Regular sleep, healthy future.

Short term insomnia may not need treatment.

Sleeping pills may be prescribed just for a short period

Avoid overuse of sleeping pills for insomnia. They might have side effects, and they tend to work less well over time.

For chronic or long-term insomnia, you'll need treatment for the conditions or health problems that are keeping you awake.

Behavioural therapy: This can help you change the things you do that make insomnia worse and learn what you can do to promote sleep.

Insomnia Prevention

Good sleep habits, also called sleep hygiene can be of help. Here are some tips:

1. Go to sleep at the same time each night, and get up at the same time each morning (stable bedtime and rise time). Try not to take naps during the day, because they may make you less sleepy at night.

2. Don't use phones or e-books before bed. Their light can make it harder to fall asleep.

3. Avoid caffeine, nicotine, and alcohol late in the day. Caffeine and nicotine are stimulants and can keep you from falling asleep. Alcohol can make you wake up in the middle of the night and hurt your sleep quality.

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4. Get regular exercise. Try not to do exercise close to bedtime, because it may make it hard to fall asleep. Experts suggest exercising at least 3 to 4 hours before bed.
5. Don't eat a heavy meal late in the day. But a light snack before bedtime may help you sleep.
6. Make your bedroom comfortable: dark, quiet, and not too warm or too cold.
If you stay with someone that likes the light on when sleeping, use a sleeping mask, or ear plugs if its noise or sound.
7. Follow a routine to relax before bed. Read a book, listen to music, or take a bath.
Don't use your bed for anything other than sleep and sex (for married couples)
7. If you can't fall asleep and aren't drowsy, get up and do something calming, like reading until you feel sleepy.
8. If you tend to lie awake and worry about things, make a to-do list before you go to bed. This may help you put your concerns aside for the night

BENEFITS OF GOOD SLEEP HYGIENE

1. Give you a good mood
2. Helps you concentrate better
3. Helps with healing if you have an injury (controls inflammation)
4. Helps to consolidate memory (it helps permanently store what you have heard or read or seen in the course of the day)
5. It regulates hormones
6. It regulates the cardiovascular (heart and vessels) function.
7. It gives you a better academic or work performance, overall mental and physical health.