



“BEHOLD
I COME
QUICKLY”

MAY 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

You are welcome to the month of grace.

We bless God who has not allowed His word to be scarce in our spirit. May His holy name be magnified forever.

With great appreciation to God, we hereby introduce the May Edition of our magazine code-named 'Behold I Come Quickly', one of the products of The Global Harvest Mandate Vision Outreach.

Over time, we have come to the realization that there's more to the message of 'Christ's Second Coming' than just telling people that Jesus is coming back again or taking series of lectures on His return. The real work is in our preparation to qualify for the rapture. This is why we keep touching different areas and sending varieties of teachings that can prepare our hearts and help us straighten our ways before him. By God's grace we hope to introduce seminars on marital relationship soon.

To everyone who have been following and sharing the messages monthly, we say God reward you tremendously; and to those who haven't started doing so, I want to encourage you to please begin doing it, and the blessings attached to service to God will not elude you.

In this edition, we will be exploring the following topics:

- 1.) DON'T GIVE 'him' YOUR WORSHIP
- 2.) LET THIS MIND BE IN YOU Part 2
- 3.) LITTLE FOXES (5) - ENVY
- 4.) JESUS - THE LINK
- 5.) CLARION CALL (3)
- PARTNERING WITH GOD series
- 6.) HEALTH TALK - HYPERTENSION

Kindly visit our website: <http://www.theglobalharvestmandate.org> for previous editions.

Also feel free to send your suggestions to: info@theglobalharvestmandate.org

Hot lines: 08038010346, 08064499330

Stay Blessed and stay safe.

Yours in His love

OYENUE OMOLOLA - MARGARET

A handwritten signature in blue ink, appearing to read 'Margaret Oyenu Omolola', written over a light grey rectangular background.

For: The Global Harvest Mandate

DON'T GIVE 'him' YOUR WORSHIP



OMOLOLA-MARGARET O.

(Matt 4 vs. 3– 11)

3. And when the tempter came to him, he said, "If thou be the Son of God, command that these stones be made bread."
4. But he answered and said, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."
5. Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,
6. And saith unto Him, "If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone."
7. Jesus said unto him, "It is written again, Thou shalt not tempt the Lord thy God."
8. Again, the devil taketh Him up unto an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them;
9. And saith unto him, "All these things will I give thee, if thou wilt fall down and worship me."
10. Then saith Jesus unto him, "Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve."
11. Then the devil leaveth him, and, behold, angels came and ministered unto him.

A friend of mine shared with me an understanding she had of recent. She said in life, she has come to discover that "There's no problem without solution" and that to every problem, there's solution in God." In essence, it's a man's choice to either look for solution in God or elsewhere. No true believer is exempted from exposure to faith trials and temptations. The former is directly from God, while the devil is responsible for the later. However, the truth remains that both are allowed and supervised by the Spirit of God; for how else does one climb the ladder of promotion and greatness if the quality of their life is not tested, examined and approved?

Everyone destined to fulfill a specific mandate in the kingdom must pass through the school of wilderness - A place where the choice of whom to worship or serve must be made. A place of hunger and thirst with determination to wait for God's provision rather than settling for the Satanic offer of converting stone to bread. A place where your image and the data on the identity you carry must be original. It's a place where God checks whether your focus is on what is hurting you, who is hurting you, and how badly they're hurting you instead of how the pain is changing you. A. W. Tower said and I quote; "GOD WILL NEVER USE A MAN GREATLY UNTIL HE HURTS HIM DEEPLY".

Last month, we said God sometimes deliberately allows us go through unpleasant periods so as to process and package us as SERUMS – anti-venom solutions to others who will also go through what we've conquered. We went further to say that during these periods, there is a divine 'ATTITUDOMETER' measuring and reading our attitude - how we respond or react. Our attitude during temptation can be an act of worship to either God or Satan. We need to note here, Satan will always propose options or solutions contrary to the WORD STAND, when he does that, BE CAREFUL ENOUGH TO KNOW 'HE IS SIMPLY ASKING FOR YOUR WORSHIP'.

DON'T GIVE 'him' YOUR WORSHIP



OMOLOLA-MARGARET O.

From our text, Matthew 4 vs 1 - 11,

Jesus was led of the Spirit into the wilderness, purposely to be tempted of the devil. The first temptation has to do with FOOD, while the second was a test to PROVE HIS IDENTITY. What an insult for a creature to ask his Creator to produce His IDENTITY CARD! ("If you are the Son of God..."). The third temptation has to do with WEALTH AND WORSHIP which is the real target of the devil. He wanted to get Jesus to fall down and worship him. But praise be to God, every effort the tempter made to defeat Jesus and rubbish His mandate ended in futility. Jesus had a ready made answer from the word of God to defeat Satan. The word stand is a sure stand in every situation. Isaiah 59 vs 19b says 'When the enemy shall come in like a flood, the Spirit of the Lord will raise a standard against him'. The flood here could represent temptations, trials and spiritual enemies whom when they come attacking, the Spirit of God in us at that instance will bring to our memory a verse of the scriptures to keep them at bay. Each time the standard of God's word is raised, even the devil bows. Hallelujah!!

When you adore and honour God through your lifestyle of obedience to His word, then you have TRULY WORSHIPPED God and that makes the devil insane. But when you disregard the word position on any situation, you automatically disregard God's position and stand on it, which is a dishonour to His personality..." For thou has magnified thy word above all thy name") Psalm 138 vs 2c.

It was recorded that Jesus fasted for forty days and fourty nights, and afterwards, He was hungry, yet He refused the devil's offer through the use of the word of God. Living by His example therefore, it becomes important that we endeavour to find out what has been written concerning a given situation.

In addition, He waited until heaven responded to His needs, for angels eventually came and ministered to Him. Patience is therefore vital if one will come out of the wilderness a conqueror.

When you're visiting with any corporate organization, you would usually be asked to sit/wait at the reception until it's your turn to go in. During such waiting periods, you would do yourself well to pick up and glance through any of their magazines, newsletters or newspapers which are deliberately placed at the reception to entertain their visitors so they don't get bored while waiting. Strangely enough, its not uncommon to see some people fretting, standing up, and checking their wrist watches intermittently while you sit quietly to enjoy the comfort of the reception, flipping through the pages of the company magazine. Did you know that some of these people who keep turning their wrists to check the time wouldn't have been able to tell what time it was if you asked them at that moment? Impatience is not a fruit of the Holy Spirit and it's a sign of pride in the spirit. Ecclesiastes 7 vs 8 says 'Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit'. ONLY THOSE WHO BELIEVE GOD CANNOT FAIL WILL PATIENTLY WAIT AND OPT FOR SOLUTIONS IN HIM.

REFLECTION:

Satan is not going to appear to you physically but through men, people whose voice you might not be able to resist if grace doesn't come to your rescue. (Pls check Jesus encounter with Peter in Matthew 16 vs 22)

Every offer of solution that is contrary to the WORD OF GOD IS SATANIC. When you opt for his counsel, you bow to him. DON'T GIVE HIM YOUR WORSHIP, DON'T SURRENDER YOUR MANDATE. I SEE ANGELS COMING TO MINISTER TO YOUR NEEDS SHORTLY IN JESUS NAME, AMEN.

Stay rapturable! See you next month.

LET THIS MIND BE IN YOU (II)

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.'

Glory be to God who has made it possible for us to experience another edition of the Global Harvest Ministry bulletin in this gracious month of May.

Our last edition described the mind of Christ which is characterized by love and humility. A healthy mind is characterized by sincere love towards God and man. Jesus Christ demonstrated absolute humility through His death on the cross and God is always near to the humble and far away from a proud heart. A Christ-like mind of Love and Humility cannot be achieved by strength but only with the help of the Holy Spirit.

We shall continue on other nature of the mind of Christ in this edition.

NATURE OF CHRIST MIND

COMPASSION/ MERCY

Compassion is to recognize the suffering of others and then take action to help. Mercy is a fruit of compassion. Jesus Christ is merciful and He demonstrated this in His Ministry on earth where He healed many people including sinners who ordinarily would not have deserved mercy. He fed multitudes with 7 loaves of bread and few fishes.

Matthew 15:32-37

32 Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away fasting, lest they faint in the way.

33 And his disciples say unto him, Whence should we have so much bread in the wilderness, as to fill so great a multitude?

34 And Jesus saith unto them, How many loaves have ye? And they said, Seven, and a few little fishes.

35 And he commanded the multitude to sit down on the ground.

36 And he took the seven loaves and the fishes, and gave thanks, and brake them, and gave to his disciples, and the disciples to the multitude.

37 And they did all eat, and were filled: and they took up of the broken meat that was left seven baskets full.

Another encounter which is noteworthy about our compassionate Christ was when Jesus healed the daughter of the woman of Canaan who was possessed with demons. Jesus showed her mercy which she did not deserve and healed her daughter.

Matthew 15:22 And, behold, a woman of Canaan came out of the same coasts, and cried unto him, saying, Have mercy on me, O Lord, thou Son of David; my daughter is grievously vexed with a devil.

23 But he answered her not a word. And his disciples came and besought him, saying, Send her away; for she crieth after us.

24 But he answered and said, I am not sent but unto the lost sheep of the house of Israel.

25 Then came she and worshipped him, saying, Lord, help me.

26 But he answered and said, It is not meet to take the children's bread, and to cast it to dogs.

27 And she said, Truth, Lord: yet the dogs eat of the crumbs which fall from their masters' table.

28 Then Jesus answered and said unto her, O woman, great is thy faith: be it unto thee even as thou wilt. And her daughter was made whole from that very hour.

LET THIS MIND BE IN YOU (II)

OGUNSOLU TAIWO ELIZABETH



Jesus is full of compassion for all, even to those who nailed Him to the cross. He does not discriminate in helping people. We should learn from this distinct attitude of Christ as well so we can be able to save souls from destruction and build destinies.

Psalm 145:8; The Lord is gracious, and full of compassion; Slow to anger, and of great mercy.

Matthew 5:7; Blessed are the merciful: for they shall obtain mercy.

GOODNESS

Acts 10: 38 How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.

Throughout the Ministry of our Lord Jesus Christ on earth, He was doing good and He will do good forever. Goodness is showing kindness and generosity towards others. We are expected to also show kindness to people. This should not be based on any condition but borne out of compassion and love.

Matthew 22: 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.

FORGIVENESS

Matthew 9: 6 But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

Forgiveness brings healing and deliverance to the body, soul and spirit of the forgiver and the forgiven.

Jesus Christ has been given the power to forgive and He used this as a tool to heal and deliver many. We have inherited the same power as children of God.

John 1: 12. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

When we forgive others their trespasses, our heavenly Father will also forgive us ours. Forgiveness is key to receiving from God.

CONCLUSION

Our lives should reflect the character of Christ in compassion, mercy, goodness and forgiveness. To live a complete life as children of God, these Christ's attitudes should be abundant in us.

REFLECTION

The Holy Spirit helps us to achieve these attitudes and they can only be found in the lives of those who have accepted Jesus as their Lord and personal Saviour.

LITTLE FOXES (4) - ENVY

PST. DAVID OYEDEJI
CHRIST HARVEST FIELD CHURCH IBADAN



God expects us to be faithful both in great and small things. Nothing is a reasonable excuse to be unfaithful, no matter how minute.

Don't let little sins hinder your walk with God. We must catch the little foxes that destroy the vineyard. There are some sins that we do not take note of, sins that we take for granted. These are the little foxes while our life is the vineyard. Those sins can bring unredeemable destruction to our lives.

In the last edition, the tongue as one of the little foxes was discussed. In this edition, we shall look at envy as one of the little foxes.

The fox is a peculiar animal. It likes to feast on grapevine. It exhibits tremendous cleverness in going after its prey. At times it will actually play dead in order to attack a bird that is within its striking range. It is silent, lonely and devious. It is considered as an emblem of cunning, craftiness or mischief. The fox is small, fast, sneaky and cute. Therefore, because of its smallness and cuteness we don't take it seriously.

We tend to underestimate the small things in life. The mosquito is very small but it can cause the death of a man. If we ignore the little things, they will someday present us a great problem.

Supposedly "big sins" are sometimes easier to deal with than little ones. We often take special care to watch for the big sins, and pay no attention to the small ones. But it is the little sins that can sometimes cause us to fall. Watch out for the little foxes (sins). Little foxes will tear you down, little foxes will destroy your ministry, little foxes cause you stress, rob you of joy and abundant life. It will separate you from God.

ENVY AS A LITTLE FOX

Envy is to desire something which belongs to another person. It could be their physical appearance, their job, their success or anything. Envy motivates us to try to achieve or out-perform our neighbor (Ecclesiastes 4:4). Envy is self-seeking: it wants self to emerge as number one and it is relentless. It causes us to hurt others with our words. It causes men to criticize the good that is in others and turn it into hatred and persecution. The spirit of envy opens up other spiritual defects that will side-track ones effectiveness for God.

Envy is destructive; it is rebellion against God's leading in the lives of His children. It is saying that God has no right to bless someone else more than you. Envy is one of the most cancerous, soul destroying vices there is. It is terribly potent, for it feeds and it is fed by pride.

Clarence Macarlny said, "Beware of envy! You are not too refined, too educated, too sensible, and too Christian to avoid destruction. The flame is there in your heart, and unexpected breezes of tempting occasion may break forth in devastation that would terrify you."

The Bible has much to say about ENVY. Here are few passages concerning it:

"For wrath kills a foolish man, and envy slays a simple one" (Job. 5:2) "Do not fret because of evildoers, nor be envious of the workers of iniquity (Psalm. 37:1, Prov. 24:19); "For I was envious of the boastful, when I saw the prosperity of the wicked... Until I went into the sanctuary of God; then I understood their end. Surely You set them in slippery places;

LITTLE FOXES (4) - ENVY

PST. DAVID OYEDEJI

CHRIST HARVEST FIELD CHURCH IBADAN



You cast them down to destruction" (Psalm 73:3,17-18) 'A sound heart is life to the body, but envy is rotteness to the bones. (Prov. 14:30). Others are, Prov. 3:31; 24:1;27:4; Eccl.14:4; Rm. 1:29; 13:13; 1 For. 3:3; Gal. 5:19-21; 26.

Envy is blind to one's own gifts and good fortunes. It looks at what we do not have and poison what we do have.

An old adage says, "A person who is green with envy will be ripe for trouble". Envy makes you suspicious of others and may cause you to plot their downfall, e.g. Saul to David (1 Sam. 18:20-21); Miriam and Aaron (Num.12:1-12); Korah and Dathan to Moses (Num.16). The scriptures tell us that envy has a sinister progression to it; envy if not confessed and controlled leads to bitterness, bitterness leads to friction and strife, strife leads to division and division leads to violence. This was seen in King Saul's life. A great number of problems the Church and the society are facing are caused by envy.

SIGNS OF ENVY

- ✓ Self-pity: When you wish your life were like that of others, and talk about how miserable you are. This is a sign of envy.
- ✓ Seeing the Achievement of Others as a Threat: Envy forces you to always watch and resent others as having advantage over you. Ultimately it begets ill-will and even violence.
- ✓ Withdrawal and Depression: When you get depressed when you don't get your way or what you want, but seeing the other person getting it.
- ✓ Fault-finding: When you invent reasons for your lack in order to justify emptiness of your heart and life; i.e. that others don't deserve what they have but only got an unfair advantage.
- ✓ Pessimistic Attitude: Those who envy tend to be negative about most things. They focus on things they don't have rather than what they have. They find it difficult to rejoice with those who rejoice but find it easier to sympathize and weep with those who weep. They see life negatively.
- ✓ Focusing on Others Instead of God: They focus their eyes on competition and not on God, e.g the scribes and priests envied Jesus – Mark 15: 9 – 10.
- ✓ Hypocrisy: Envy turns you into hypocrite. In public, Saul honoured David, but in private he couldn't stand him (I Sam 18: 12) You congratulated a colleague for his promotion, but resented him behind the door. You are an hypocrite.
- ✓ Gossiping and Backbiting: Ill-natured talk about the other person who has what you don't have e.g. the Jews became infuriated with jealousy and envy towards Paul and Barnabas about their preaching, and spoke evil of them. (Acts 13: 42-52).
- ✓ Ingratitude: When what you get is never good enough or sufficient, but you still see that others have more than you do like Cain with Abel, you will not be thankful to God.

Envy comes from an evil spirit, not the Holy Spirit. We therefore need to ask the Lord to fill us with the Holy Spirit and His Love.

LITTLE FOXES (4) - ENVY

PST. DAVID OYEDEJI
CHRIST HARVEST FIELD CHURCH IBADAN



ENVY'S REMEDY (OR CURE TO ENVY)

1. Contentment: This is a feeling of quiet happiness and satisfaction. Since envy is the resentment that another person is enjoying something that you would like, but don't have. Let your response to it be contentment. This will save you from envy.

The scriptures says, "Be content with such things as ye have" (Heb13: 5); "...and be content with your wages" (Luke 3: 14); "...for I have learned in whatever state I am to be content" (Philippians 4: 11); "And having food and clothing, with these we shall be content" (1Tim 6: 8); "Now godliness with contentment is great gain" (1 Tim 6: 6).

2. Heart of Love

1 Corinthians 13: 4 says, "Love suffers long and is kind, love does not envy; love does not parade itself is not puffed up." The Medieval Theologian, Thomas Aquinas said, "Love rejoices in our neighbor's good, while envy grieves over it". Love helps to check all vices, because it is God's attribute. Psalm 48: 16-19 teaches us that one day all men will stand before a Holy God and what will matter is not your possession, but your relationship with Jesus Christ. If we remember this, it will help us to keep our priorities right; live out Christ-like love towards those around you; rejoice at others good fortune.

Envy is an attitude that we must purge from our Christian life. Its cure is living under a constant sense of divine presence, worshipping God and communing with Him at all times. The more of heaven there is in our lives, the less of earth we would covet. The fear of God casts out envy of men.

So the double cure of envy, a little fox (Sin), that destroys the vineyard (Soul) is contentment (being satisfied with God's goodness to you) and love (truly rejoicing in God's goodness to others). You do not envy if you're content, and you do not envy if you have love.

PRAYER POINTS

- Father, thank you for giving me the gift of life.
- Lord, deliver me from the spirit of envy and jealousy.
- Father, expose every little fox (sin) in my life and give me Victory over them.
- Help me Lord, to count my blessings and rejoice in them.
- Help me Lord, to live a life of contentment.
- Lord, fill my heart with love, help me to be kind to others
- Father, give me the heart to wait on you all my life.



JESUS - THE LINK

ADEFIOYE CLINTON BENJAMIN

"God is not a mortal like me, so I cannot argue with him or take him to trial.
If only there were a mediator between us, someone who could bring us together.
The mediator could make God stop beating me, and I would no longer live in terror of his punishment.
Then I could speak to him without fear, but I cannot do that in my own strength.

Job 9:32-35 (NLT)

In our text is the story of a man that went through the highest kind of Faith test ever; and I strongly believe that there are some lessons to learn from Him during times like this.

The truth is, if a believer could go through difficult moments and challenges in life, then what would be the fate of an unbeliever whom the devil can freely torment at will, without any form of restriction - because he has no relationship with His Maker? Actually, the big difference between a believer going through a challenging moment and an unbeliever experiencing same is that the believer can look up to Heaven and boldly declare; 'I know my Redeemer Lives!' as God's promises give Him Hope of Glory. But an unbeliever remains helpless until he/she realizes that God Almighty is His/her source and accepts that Jesus Christ is the Link for connectivity with the Father.

From our anchor text, Job sounded helpless because there was no advocate to plead his case before God; given the fact that he went through this turbulent experience during the Old Testament dispensation (before the coming of Christ). Thankfully, in this era of grace, we have a Mediator - Jesus Christ, who is seated at the right hand of God, pleading on our behalf. No one can approach God's throne or receive pardon for sin except through Jesus.

Let's read John 3:17-18 together,

God sent his Son into the world not to judge the world, but to save the world through Him.

"There is no judgment against anyone who believes in him. But anyone who does not believe in him has already been judged for not believing in God's one and only Son. John 3:17-18 NLT

There is much danger of not believing in Jesus as the Link for Redemption and Salvation. My brothers and sisters, Jesus is the Link and He is ready to connect you to the Father if you are willing and ready to accept Him. If Jesus is not the ruler of your life or probably you have missed it at a point, I'll like you to run back to Jesus because He is the way, the truth and the life and only through Him can we access the Father. Could you please pray at this very moment and plead for forgiveness of sin and ask Jesus to connect you back to God?

Indeed you might be going through one crisis or the other. It could be financial challenges or marital turbulence, academic crisis or terrible health condition and what have you. Whatever your situation is however, the story doesn't necessarily have to end that way. You need to know that there is a way out. The first thing to do is to connect back to God through Jesus, and afterwards, you can then present your case before Him; or how do you talk to someone whom you cannot access, let alone asking Him to solve your problems for you? Thankfully, the good news is that He is a merciful God. So I pray that as you reconnect back to God through Jesus, God in His infinite mercy will hear your cry and answer your prayers in Jesus name. (Amen)

Point to Ponder: Jesus wasn't available for Job in his dispensation, and yet He was able to hold unto God during his challenging moment. Now that Jesus is available as the Link, what's holding you down?

Remain blessed.



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.

HYPERTENSION

DR. AKERELE VICTORIA SOYOBI

If you know anyone with high blood pressure, when you see or call them, after good morning, the next thing should be "Have you taken your medications"?

It is that serious and important.

Usually defined when the blood pressure is above 140/90MMHG (systolic/diastolic)

SYMPTOMS

High blood pressure has no real symptoms. It may take several years before symptoms starts appearing; and despite no symptoms, it causes silent damages to organs in the body including the heart, eyes, brain and the kidneys.

Symptoms of severe High BP may be:

- ✓ Headache
- ✓ Dizziness
- ✓ Persistent poor sleep
- ✓ Palpitations (when u can hear your heart beat)
- ✓ Nose bleed
- ✓ Chest pain
- ✓ Poor vision
- ✓ Feeling of tingling sensation in the hands and feet etc.

Some people only find out for the first time that they are hypertensive after they collapse from heart attack or suffer stroke.

The best way to know if you are hypertensive and prevent serious complications is to do regular blood pressure check; and if already placed on medications, use them regularly and keep clinic appointments.

Complications of hypertension

1. Stroke: sudden inability to use any part of the body, mostly the limbs (hands and legs). Sometimes it may be a sudden inability to see or talk, it's still a stroke.
2. Heart failure: This may present with difficulty in breathing, cough, leg swelling etc.
3. Kidney failure: This may present with increased urination or reduced urination, swelling of the face (worse in the morning after waking up), swelling of the whole body, foamy urine

Other complications include: Nose bleed, Poor vision, Poor hearing etc.

HYPERTENSION

DR. AKERELE VICTORIA SOYOBI

MANAGEMENT

This depends on if the hypertension is primary or secondary.

- Primary Hypertension: It occurs inexplicably or as a result of heredity
- Secondary Hypertension: This usually springs from another cause like kidney disease, heart disease, use of some illegal drug, alcohol abuse, some tumors (cancers), some medications etc.

If it's secondary, when what's causing the hypertension is treated, the blood pressure will be controlled too.

General Management

Lifestyle changes such as maintenance of good weight, exercising, and consumption of low fat diet go a long way in helping manage hypertension.

In addition, medications as prescribed by an actual doctor (reason is there are some hypertensive drugs that are avoided for prolonged use in males while some are better for young than old people. Also, some drugs are not given to people with kidney disease and some are avoided because of their side effects e.g deafness). Your actual doctor knows all these.

Finally, please don't stop your medications unless instructed by your doctor to do so.

If there is a need to increase or reduce the dose, your doctor will say. That is why you should keep your appointments and take them seriously.

Live long and live well!