

December 2019

Weekly Topic for prayer and meditation, to impact lives.

Mercredi en Montagne



Therefore if anyone is in Christ, he is a new creation; the old has gone, the new has come!
(2 Corinthians 5:17)

Stay TOGETHER arouses BLESSING

« Behold, how good and how pleasant it is for
brethren to dwell together in unity! »

(Mark 9:35)



CONTENT:

- One topic of meditation per week
- Scripture for daily meditation
- Exhortation messages

**FAMILLE
"GLOIRE"**

Jean 17 : 22

Theme of the year 2019:

Seek God and possess your inheritance! (Matthew 6 :33)

Message of December 2019:

Remaining together brings the blessing (Psalm 133:1-3)

Our Father, the Father of our Lord and Savior Jesus Christ, is the God who raised the movement *Mercredi en Montagne*; He offers you His love for free...

Receive the love of God.

You are big or small, white or black, young or old, woman or man, rich or poor ... you need the love of God.

A so great love, so powerful, an unconditional love, that believes everything, forgives everything, endures everything and wins souls for the kingdom

It is the love of God manifested to men by the sacrifice of Jesus Christ on the cross of Golgotha: **« For God so greatly loved and dearly prized the world that He [even] gave up His only begotten Son, so that whoever believes in Him shall not perish but have eternal life» (John 3 :16).**

Receive the love of God, receive Jesus Christ in your heart. Raise your voice and say this prayer with faith: **« Lord Jesus Christ, I need you, I open my heart to You. I receive You in my life, I receive your love. Thank you for saving me. Amen! ».**

If you have sincerely done this prayer, believe that Christ is in you, the Holy Spirit has visited you, the love of God is in your heart. Get up and manifest it, bear the burden of your brother and serve the Lord with joy.

If you are not yet a member of a local christian community, ask the Lord to guide you to one of them in order to exercise your faith.

Be blessed in the name of Jesus Christ!

Seek God, win souls for the Kingdom of God.

Believe that your year 2019 is excellent in intimacy with Jesus Christ.

Give thanks to God and praise the Lord for what He has prepared for you

Give thanks to God for all His blessings.

HOSANNA...

Note: The biblical verses in this booklet are excerpted from the 'New King James Version (NKJV)' and the 'Amplified Bible Edition (AMP)'.

THE VISION 'MERCREDI EN MONTAGNE'

Mercredi en Montagne is a movement inspired by God for the restoration of lives and families. It works in prayer cells.

Through this movement, God takes a person into darkness, presents Jesus Christ to him, follows him up so he may be transformed and manifest the character of Christ. His life becomes a testimony that favors the salvation of his loved ones (family, neighbor, colleague etc.). Only the Word of God unites all the persons who get connected to this program. All religious practices are not considered there. It welcomes anyone, believer or not, and allows everybody to start or continue serving God in their own church.

Under the inspiration of the Holy Spirit, edification themes are developed every month in a booklet that is multiplied and distributed for free and the Lord raises in his people a spirit of devotion and sacrifice for His glory; it is the reason why the edification meetings are held every Wednesday afternoon in the different prayer cells (Douala, Yaounde, Bafoussam, Bagangte, Bamendjou, Bangou, Ebolowa, Kribi, Garoua, Foumban, Bertoua, Edea, Kouoptamo, Baïgon and Longueuil in Canada). Anyone connected to this ministry must fast every Wednesday to fellowship with the group and pray.

To spread the Gospel through the booklets and cover all the nation remains our challenge. Lives, families, couples are restored; business leaders are won over to Christ and impact their activities. Intense prayer programs multiply throughout the year to raise true intercessors. The website www.mercredienmontagne.com as well as an application 'MEM' are available. The vision progresses according to this divine instruction: **« Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. For you will spread out to the right and to the left; your descendants will dispossess nations and settle in their desolate cities» (Isaiah 54: 2-3).**

Praise the Lord!

PROGRAMME : EVERY WEDNESDAY

05 A.M – 06 A.M	Morning devotion (Praise, worship, prayer, meditation)
03 P.M – 06 P.M	Prayer in cell or individual

Great union of prayer every Wednesday. Fasting without drinking, nor eating, is observed from **00 a.m to 6 p.m.**

Note: From Monday, prepare yourself in prayer for the fasting.

PROCLAMATIONS FOR DECEMBER 2019

Every beginning of the month, show faith in God by giving Him multiple thanks for what He has planned in your life, in the movement *Mercredi en montagne* and in your nation during the month to come. Possess the fruit that God has produced for the month (the blessings) according to ***Revelation 22:2 « Through the middle of the broadway of the city; also, on either side of the river was the tree of life with its twelve varieties of fruit, yielding each month its fresh crop; and the leaves of the tree were for the healing and the restoration of the nations».***

I give thanks to God the Father, who gives me the grace to close this year 2019 in His covenant. I choose to cling to Him, to His Word and I remain connected to the Holy Spirit in the name of Jesus. I proclaim these words of blessings and I confess them with my mouth for this month of December 2019:

1- Jesus Christ is the vine and I am the branch. I abide in Him and He in me and I bear abundant fruit. I recognize that without Him, I can do nothing (John 15: 5).

2- I have absolute certainty: neither death nor life, nor angels nor principalities, nor things impending nor things to come, nor powers, nor height nor depth, nor anything else in all creation, and nothing will be able to separate me from the love of God which is in Christ Jesus our Lord (Romans 8: 38-39 AMP).

3- I choose to walk in love

4- I am a crown of glory, a royal diadem in the hand of my God. I shall no longer be termed Forsaken, nor shall my land any more be termed Desolate, but I shall be called Hephzibah [My delight is in her], and my land shall be called Beulah [married]; for the Lord delights in me, and my land shall be married [owned and protected by the Lord]. (Isaiah 62: 3-4).

5- The Spirit of the Lord is upon me, and His words which He has put in my mouth, shall not depart from my mouth, nor from the mouth of my children, nor from the mouth of my children's children (Isaiah 59:21a).

6- I am more than a conqueror, Jesus Christ has overcome death and all its works in my life (illness, divorce, hatred, rejection, failure, limitations, infertility, barrenness, divisions, etc). (Revelation 5:5)

7- I rejoice in knowing that Jesus Christ is coming back and I place all my hope in Him... I prepare myself to meet Him by putting on righteous acts (Revelation 19: 8)

MESSAGE OF THE MONTH: DECEMBER 2019

'Remaining together brings the blessing'

To put ourselves together is one thing; to establish covenants is one thing; to form groups is one thing; to maintain unity is another. To seek God is also to commit oneself to remain in an eternal relationship with Him; it's to remain faithful in relationships with the brethren, to remain together with God and with the brethren in unity: it is there that the LORD pours blessings abundantly: « ***Behold, how good and pleasant it is for brethren to dwell together in unity! ... For there the Lord commanded the blessing, life forevermore*** » (*Psalm 133:1-3*). God invites you this month of December to take stock of your relationship of intimacy with Him and your relationship with Men: Have you remained faithful?

SUBTHEMES OF THE MONTH OF DECEMBER

Wed. 27 Nov.	God approves life together
Wed. 04 Dec.	Fight division: Watch!
Wed. 11 Dec.	Remaining together brings the blessing
Wed. 18 Dec.	Walk in love
Thurs. 26 Dec.	Stand in the gap in prayer

TEACHINGS OF THE MONTH

Wed. 27 Nov.	Meditation sharing
Wed. 04 Dec.	Teaching : Offerings, tithes, thanksgivings
Wed. 11 Dec.	Meditation sharing
Wed. 18 Dec.	Teaching: seeds, feast of ingathering
Thurs. 26 Dec.	Meditation sharing

SPECIAL PROGRAM

Theme: '**Restoring love relationships**' (details on pages 9, 12 and 15)

WEDNESDAY, NOVEMBER 27, 2019

'GOD APPROVES LIFE TOGETHER '

God conceived this wonderful project for humanity: To form a people for His Kingdom on earth. Practically, the project consists in uniting men from every tribe, from every nation, from every race, from every language and make them one nation, 'His people': ***« But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; 10 who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy» (1 Peter 2:9-10 NKJV).*** God has made this project of unity possible through the Holy Spirit poured out on anyone who believes in Him and receives Him in his heart. By the Holy Spirit, love, peace, temperance, self-control, etc. come and change hearts of stone into hearts of flesh, thus making life together possible.

Jesus Christ presented to men the perfect model of life with people different in every way. The disciples of Jesus Christ were men from different families, different professions and educational backgrounds, different social class, and so on. But they all worked with Him during His three years of earthly ministry. They used to go everywhere together, pray, eat, and work in harmony: ***« Having said these things, Jesus went out with His disciples beyond the winter torrent of the Kidron. There was a garden there, which He and His disciples entered» (John 18:1 AMP).*** Like a mother hen with her chicks, Jesus-Christ walked with His disciples, brought them everywhere and they formed a good team of work. Together, they won the challenge of feeding a crowd of over 5000 people (John 6: 35-42). This is what He expects from His Church today: Men who believed in Him, coming from every tribe, from every language, from every race, who work together and forever, for the advancement of His kingdom: ***« There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus » (Galatians 3:28 NKJV).***

Beloved, God wants to see you praying, praising, serving with brethren and remaining in a good and lasting fraternal relationship in order to evangelize unbelievers. The first Christian assemblies applied this divine will and were blessed: ***« So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and***

simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved» (Acts 2:46-47).

When two different people come together to achieve a durable project, God is glorified, especially when it concerns His children. He wants to see couples remaining together until death separates them, He is not for divorce: « ***They said, "Moses permitted a man to write a certificate of divorce, and to dismiss her." And Jesus answered and said to them, "Because of the hardness of your heart he wrote you this precept» (Mark 10:4-5 NKJV).*** He wants families united forever (father, mother, children around the family table every day). Jesus Christ was born into a complete family and when He was absent, His family was looking for Him (Matthew 12). Through their testimony the Lord presents the family lifestyle that He wants: love is shown, the desire to be together, people are not indifferent. Father and mother are present and take care of their children.

God wants to see His people work in harmony, carry out projects together, and above all remain in the same mind. Jesus Christ prays that the unity of God's children be preserved: « ***Holy Father, keep through Your name those whom You have given Me, that they may be one as we are***» (John 17:11b NKJV). At the same time, the devil strives to break this unity: he makes every effort to achieve his goals because he sees the blessings that flow from it. Be vigilant; declare that you are not the person he will find in your family, in the midst of your Christian brothers, in your couple to bring division. Watch!

Prayer:

Father, thank you for making life possible among brethen, in couple, in family by the Holy Spirit. I close the access to the devil: he will not pass through me. I cancel all his divisive actions in the name of Jesus Christ. Amen!

Texts for meditation

Thursday	28/11/19	1 Peter 2 : 1-10
Friday	29/11/19	Galatians 3 : 20-29
Saturday	30/11/19	Acts 2 : 37-47
Sunday	01/12/19	Mark 10 : 1-12
Monday	02/12/19	John 17 : 1-13
Tuesday	03/12/19	John 18 : 1-9

WEDNESDAY, DECEMBER 04, 2019**'FIGHT DIVISION: WATCH!'**

You have to watch! It is a recommendation from the Lord to you and to anyone who has agreed to make a covenant with Jesus-Christ: **« Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak » (Matthew 26:41 NKJV)**. In other words, do not let your heart yield to the thief, the tempter who will come to turn you away from the goal of the Lord.

In fact, you were born in Christ to impact lives and bring a multitude of people into salvation; you are not a product of chance. God formed a good life plan for you before the foundation of the world (Romans 8: 29-30). Married or single, young or old, man or woman, no matter your social status, you are called to enlighten your neighborhood and to lead them to Christ by your actions, your words, your life, etc. **« Having your conduct honorable among the gentiles, that when they speak against you as evildoers, they may by your works which they observe, glorify God in the day of visitation » (1 Peter 2:12 NKJV)**. You are therefore a useful instrument in the hands of the Lord to win the hearts of your family members, your colleagues, in short, all those who are close to you. Warning! This strategic position you have, can become an opportunity that you offer to the devil to drive souls away from the Lord and delay their salvation.

So you have to make sure to dismiss the devil from your life. To do it well, begin by controlling the state of your heart which is the starting point of EVERYTHING: **« Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life » (Proverbs 4:23 AMP)**. Thoughts come from the state of your heart, the actions taken are just the result of the work done in your heart. What does your heart meditate throughout the day? What fills your heart? Fear, anger, vengeance, jealousy, violence, hatred, pride, lies, or love, joy, peace, forgiveness, etc.? You will see that what fills your heart influences your language and your actions. The devil is just an opportunist, he roams around to see if you have in your heart what belongs to him (as a wicked character) in order to take hold of it and

attack. If he finds nothing of him in your heart, he will not be able to influence you.

Watch! Do not let a bad feeling animate your heart for a long time. As soon as your conscience signals a wicked character, neutralize it instantly and take a serious time of prayer to drive it out of your heart. Do not let it take root in you or grow: « ***When angry, do not sin: do not ever let your wrath last until the sun goes down*** » (*Ephesians 4:26 AMP*).

Watch! Do not let yourself be defeated by evil: « ***Do not let yourself be overcome by evil, but overcome evil with good***» (*Romans 12:21 AMP*). It may happen that a hint of jealousy, fear, resentment or hypocrisy comes to manifest itself in you, do not let it overcome you but overcome it! Be aware that it is a miniature bomb that will explode if you do not defuse it!

Watch! To love your neighbor as yourself. Love is a powerful weapon to overcome evil. Always set forth the card of love when you face all kinds of accusations or quarrels: « ***Above all things have intense and unfailing love for one another, for love covers a multitude of sins***» (*1 Peter 4:8 AMP*). God invites you to love your neighbor (member of your family, colleague, brother in Christ, neighbor, etc.), to forgive his offenses and to maintain this love through prayer and physical actions. Pray that your love for your spouse, your friend, your brother, your neighbor be sincere and durable. Pray against the wiles and strategies of the devil who will try to break this love by provoking quarrels, jealousies, suspicions, gossip, etc. Know that he does not like to see people love one another and stay together to move forward: his role is to destroy everything that is built for good. Watch!

Prayer:

Father, in the name of Jesus Christ, I decide to examine my heart and to make sure that nothing comes to destroy my relationships. Amen !

Texts for meditation

Thursday	05/12/19	Matthew 26 : 36-46
Friday	06/12/19	1 Peter 2 : 11-17
Saturday	07/12/19	Proverbs 4 : 18-27
Sunday	08/12/19	Ephesians 4 : 25-32
Monday	09/12/19	Romans 12 : 9-21
Tuesday	10/12/19	1 Peter 4 : 1-11

Special program : 'Restoration of love relationships'**1- First step (04-05-06 December) : examine oneself deeply**

God is love and He wants His people to live this love He has poured into their hearts (Romans 5: 5). He asks you to examine yourself to see your responsibility share in all possible conflicts of your life (with your parent, your spouse, your friend, your child, your brother, your colleague, your neighbor, etc.). It is therefore strongly advised to take a time of retreat for this crucial step which will be to mirror yourself and to refrain from pointing your finger at your neighbor (enemy).

✓ ***Get ready to let yourself be examined by the Holy Spirit.***

Speak with the Lord about yourself. Answer the following questions and pray that the Lord set you right with His Word:

- Are you quickly irritated when you are offended?
- Do you usually murmur? Complain?
- Do you speak behind people's back? Are you used to slander people?
- Do you take pleasure in offending your neighbor?
- Do you tend to make fun of people because of their mistakes?
- Are you often jealous to learn good news from others?
- Do you accept to forgive all faults? (betrayal, gossip, murder)
- Do you covet what people have around you and which you do not have?
- When you look at your future, what image do you give it?
- Do you have friends? Do you often confide in someone?
- Have you been a stumbling block for someone, for a group? For a family?

✓ ***Repent of all your faults***

Repentance is an unavoidable step in restoring relationships. It consists in acknowledging all your mistakes, regretting them and abandoning them. It must be deep and radical.

✓ ***Make the decision to repair***

After a good repentance, you are required to repair the faults by forgiveness and if possible, by physical actions. So, decide to forgive and pray that your heart forget offenses. Also make the decision to apologize to people you have offended and expect nothing in return; pray that the person accept your pardon.

✓ ***Pray for yourself (submit to God and obey Him)***

WEDNESDAY, DECEMBER 11, 2019

'REMAINING TOGETHER BRINGS THE BLESSING'

To put ourselves together is one thing, to establish covenants is a good thing; to form groups is also good; to decide to build a couple together, to found a family, to build a ministry, to carry out a project is excellent. But to remain together in unity is another thing; it's even the most delicate and fragile stage. Nehemiah had in mind to rebuild the walls of Jerusalem. He got down to it by surrounding himself with men who espoused the vision: ***«Then I said to them, You see the bad situation we are in—how Jerusalem lies in ruins, and its gates are burned with fire. Come, let us build up the wall of Jerusalem, that we may no longer be a disgrace. Then I told them of the hand of my God which was upon me for good, and also the words that the king had spoken to me. And they said, Let us rise up and build! So they strengthened their hands for the good work» (Nehemiah 2:17-18 AMP).*** They started very well, but at a certain point the fight for the survival of the project began. They had to be vigilant and make sure that this glorious project comes to its fulfillment. It was time to join together in unity and prayer so that the enemies of the project would be defeated: ***«But when Sanballat heard that we were building the wall, he was angry and in a great rage, and he ridiculed the Jews. And he said before his brethren and the army of Samaria, What are these feeble Jews doing? Will they restore things? Will they [try to bribe their God] with sacrifices? Will they finish up in a day? Will they revive the stones out of the heaps of rubbish, seeing they are burned? Now Tobiah the Ammonite was near him, and he said, What they build—if a fox climbs upon it, he will break down their stone wall» (Nehemiah 4:1-3 AMP).*** One fact was to start the project of rebuilding the walls of Jerusalem, but the most difficult thing was to finish it by staying together.

One thing is to start your marriage project with your spouse, another is to grow old together and united; One thing is to start a family, another is to grow up happy with your children, your brothers and sisters; One thing is to begin the Christian walk with brethren, another is to remain together and united in the same spirit; One thing is to get together to advance a vision,

another is to remain faithful to the vision and work in harmony till the end. The real fight is to finish what we have started together. God rewards loyalty: **« Be faithful until death, and I will give you the crown of life » (Revelation 2:10b NKJV).**

The good news is that God blesses those who are faithful to Him, faithful to His vision for the group, for the home, for the family, and who walk in unity: **« Behold, how good and pleasant it is for brethren to dwell together in unity! ... For there the Lord commanded the blessing, life forevermore» (Psalm 133:1-3 NKJV).** God pours the blessing on sincere and faithful men. He loves unity and glorifies Himself in unity. Jesus Christ prayed for the unity of God's children: **« That they all may be one, [just] as You, Father, are in Me and I in You, that they also may be one in Us, so that the world may believe and be convinced that You have sent Me» (John 17 : 21 AMP).** Unity gives glory to the Father, walking together in unity glorifies the Father and testifies of His presence among the brethren. It is also an effective way to draw unbelievers to Christ.

« To him who overcomes I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on His throne » (Revelation 3:21 NKJV). The Lord announces to you a strong blessing: He will raise up and position all those who have overcome the temptations of division (aiming to put hatred in the heart against a brother and cause divisions).

Prayer:

Father, I thank you for this exhortation to stay together to advance your work. I am willing to put into practice and to remain in unity with my brothers to do good works on this earth. I receive with joy all the blessings attached to this fidelity. Amen!

Texts for meditation

Thursday	12/12/19	Nehemiah 2 : 9-18 LSG
Friday	13/12/19	Nehemiah 3 : 1-12 LSG
Saturday	14/12/19	Revelation 2 : 8-11
Sunday	15/12/19	Psalms 133 : 1-3
Monday	16/12/19	John 17 : 20-26
Tuesday	17/12/19	Revelation 3 : 14-22

Special program: 'Restoration of love relationships'**2- Second step(18-19-20 December) : Pray intensely**

After examining your own life and your heart, take time to recap all that is suffering from division around you and pray for unity and peace (Isaiah 54 :17).

✓ ***Pray to the Holy Spirit to reveal cases of division***

Ask the Holy Spirit to enlighten you about cases of present or future divisions concerning families, couples, companies, Christian assemblies, including the movement 'Mercredi en montagne' and nations.

Ask the Lord to reveal to you every source of possible division in your life and that of your loved ones, in other families, in groups and in Christian assemblies including the movement 'Mercredi en montagne'.

Ask the Holy Spirit to expose any ravenous wolf that comes to infiltrate lives, couples, families and ministries to destroy them.

✓ ***Pray as a priest for God anointed by the Lord***

Pray that the Lord through the Holy Spirit neutralize all source of division and cancel designed plans and strategies of division; that it may abort and He restore everything that has been destroyed. Let the ravenous wolves be destabilized and completely annihilated and their influences broken:

- In the body of Christ (all churches, Christian groups that suffer from division and misunderstanding)
- In families touched by internal crises (lack of forgiveness, laceration, revenge, etc.)
- In divided, divorced, separated couples, those who lack dialogue and harmony.
- In companies that have fallen, those who suffer the attacks of the enemy and fail to recover.
- In nations victims of internal wars, tribal fights, etc.
- In the movement 'Mercredi en montagne'.
- In groups of friends who are victims of gossip and various misunderstandings.

WEDNESDAY, DECEMBER 18, 2019**'WALK IN LOVE'**

All things considered, walk in love! The Lord gave precise and effective instructions for walking in love. He considered all social entities: couples, families, men in general. He did it because He is love and it is good to love. Everyone finds their balance in the love of God and the love of neighbor: **« You must love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and your neighbor as yourself » (Luke 10 :27b AMP).** Love is a very strong motivational element that makes life together pleasant and helps it remain. When there is no love, there is no life in relationships: they become fragile and break at the least adversity. Couples without love eventually separate. Families without love live an ordeal. Friendships without love break down quickly. God says that you are useless when you have no love: **« If I [can] speak in the tongues of men and [even] of angels, but have not love, I am only a noisy gong or a clanging cymbal. And if I have prophetic powers (the gift of interpreting the divine will and purpose), and understand all the secret truths and mysteries and possess all knowledge, and if I have [sufficient] faith so that I can remove mountains, but have not love (God's love in me) I am nothing» (1 Corinthians 13:1-2 AMP).** That's why one thing you have to work hard on, spiritually and physically is 'love'. We must pray to love, activate this love and communicate it to all those we meet.

He said to husbands, **« Husbands, love your wives, just as Christ also loved the church and gave Himself for her» (Ephesians 5:25 NKJV).** The husband is the head of the family and as such, he is one of the keys to the walk in love within his family. His way of loving his wife considerably influences the family atmosphere and promotes the unity of the family. A husband who loves his wife educates his children and teaches them to love their mother and their future children. Loving his wife and taking care of her is a guarantee for family stability. A child who sees his father behaving like that receives a very good education, beneficial for his future family. God wants you to walk in love ; that's why He tells you and all men: **« But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and**

persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust» (Matthew 5 :44-45 NKJV). Through this verse, the Lord tells you that it is when you love your enemies and you do them good, you bless them (that supposes you have forgiven all those who offended you), that He considers you as son of God! So you have an interest if you claim to love God, to pray to love your enemies; Pray that your heart should not keep offenses and take someone as enemy; Pray that your ears should not let in bad words that may be addressed to you; Pray that your eyes should not see what will hurt you; Pray for your memory not to record all that can sustain anger against your neighbor; Pray to draw strength to bless your enemies; Pray and proclaim that you love them. If you do all these prayers, you will certainly walk in love and finally be able to blossom.

God said, ***« If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord» (Romans 12 :18-19 NKJV).*** To walk in love is also to help bring peace through your prayers, exhortations and various acts of reconciliation. No need to flee, to isolate yourself, to leave when there is conflict, but you must know how to bear with others by seeking peace with all. It is in this the will of God.

Prayer:

Father, I give you thanks for your love poured out in my heart. I draw from it the strength to forgive those who have offended me. I refuse to keep their trespasses but rather I bless them and those who persecute me and want me harm. In the name of Jesus Christ, I walk in love. Amen !

Texts for meditation

Thursday	19/12/19	Luke 10 : 25-37
Friday	20/12/19	1 Corinthians 13 :1-13
Saturday	21/12/19	Ephesians 5 : 25-33
Sunday	22/12/19	Matthew 5 : 38-48
Monday	23/12/19	1 John 3 : 1-10
Tuesday	24/12/19	1 John 3 : 11-24
Wednesday	25/12/19	1 John 4 : 7-21

THURSDAY, DECEMBER 26, 2019

'STAND IN THE GAP IN PRAYER '

Love is one of the keys to success in remaining together. But we must support love with an intense and diligent prayer life. That is why Apostle Paul said, « ***Pray without ceasing*** » (1 ***Thessalonians 5:17 NKJV***). A family, an assembly, a couple, who do not pray, do not live. Prayer is the foundation that maintains family unity, marital harmony, the stability of an assembly and its growth, the solidity of a project and its survival. It was necessary that Nehemiah and his companions watch in prayer to be able to detect the cunning of the enemy who came to them to destroy the wall they were rebuilding: « ***Let each man and his servant stay at night in Jerusalem, that they may be our guard by night and a working party by day.*** » So neither I, my brethren, my servants, nor the men of the guard who followed me took off our clothes, except that everyone took them off for washing; each kept his weapon [in his hand for days]» (Nehemiah 4:22-23 AMP).

The fight for love is first of all spiritual: « ***For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere***» (Ephesians 6:12 AMP). You must be aware of the existence of a battle against spirits. Everything starts in the spiritual and is fulfilled in the physical realm. So you must pray to annihilate and drive out evil spirits that disturb relationships among humans. If you do not do so, you will miss the goal and you will spend time fighting vain physical battles. When you notice an abnormal behavior in a person's life, start by praying before speaking. Jesus Christ saw how the devil wanted to destroy the disciples and He prayed for them: «***...Simon, Simon! Indeed, Satan has asked for you, that he may sift you as wheat. But I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren***» (Luke 22: 31-32 NKJV). Here is how intercession is powerful! Pray in secret for your spouse, your children, your brethren in Christ, your parents, etc. Do not let the devil make fun of them. Do not engage in reconciliation without binding evil spirits and interceding seriously for the people concerned. Pray and do not take sides, choose to be on Christ's side to overcome all conflicts.

God needs a man in a couple, in a family, in a group, etc. He did not say two, but one! If he finds more, it is wonderful: « ***So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one***» (***Ezekiel 22 :30 NKJV***). God needs you, He wants you to be ready to pray for your family, your Church, your nation, etc. It is just necessary that you agree to do it; He will reveal to you all hidden things that could bring ruin and destruction so that you cancel them. Even if you are alone in praying for the nation, it is enough to make the Lord intervene: « ***No king is saved by the multitude of an army; A mighty man is not delivered by great strength***» (***Psalms 33:16 NKJV***). Remember David who overthrew the giant Goliath.

Prayer helps build a stable and prosperous life. « ***They labor in vain who build it; unless the Lord guards the city, the watchman stays awake in vain***» (***Psalms 127:1 NKJV***). Only God has the ability to build and watch over all things, all project and to make them prosper. It is therefore important for you Christian to get up and embrace a prayer life useful for you and for all those around you.

The first ministry of a child of God is intercession. That's why the Lord commends you to bear the burdens of the brethren: « ***Bear one another's burdens, and so fulfill the law of Christ***» (***Galatians 6:2 NKJV***). God recommends to live together by supporting one another. Nobody can live isolated and move forward: it's better to move together by carrying burdens of one another. Everything will be done successfully in prayer.

Prayer:

Thank you Father for calling me to prayer. I prepare myself to pray incessantly and to stand in the gap for a multitude in the name of Jesus Christ. Amen!

Texts for meditation

Friday	27/12/19	1 Thessalonians 5 : 12-22
Saturday	28/12/19	Nehemiah 4 : 11-23 LSG (4 : 5-17 BDS)
Sunday	29/12/19	Ephesians 6 : 10-18
Monday	30/12/19	Ezekiel 22 : 23-30
Tuesday	31/12/19	Psalms 33 : 12-22
Wednesday	01/01/20	Galatians 6 : 1-5

[illegible]

PRAYER CALENDAR OF THE CELLS

This prayer program inspired by the Holy Spirit aims to saturate the spiritual atmosphere of each day by raising true intercessors for the heavenly Kingdom.

You, son of God, no matter your Christian community, you can raise these prayers where you are (in the market, at home, in the office, in a means of transportation) and at these precise times. Through this prayer union, the Lord God will act powerfully (Matthew 18:20).

Hours	Cell	Prayer topics
00 a.m.	DOUALA BAFOUSSAM NKOUOPTAMO	<ul style="list-style-type: none"> ▪ Give thanks to God for this new day, this blessed day, and for the authority He has given us in Jesus Christ. (Luke 10:19) ▪ Let's cast down all obstacles to the knowledge of the truth and denounce every lies in our lives, our families, the body of Christ and in Cameroon (2 Cor 11:10) ▪ Proclaim that no weapon formed against us shall prosper, and condemn to failure, any attack of the enemy, all their ongoing actions against us, our families the body of Christ as well as the nation. (Isaiah 54:17) ▪ Bind any spirit of sexual immorality and / or drugs in action in the lives of young people in schools in the name of Jesus Christ. (1Cor 6: 18) ▪ Proclaim the restoration of the body of Christ and of Cameroon in its entirety in the name of Jesus Christ. (Ps 80: 1-20)
03 a.m.	DOUALA DIASPORA YAOUNDE	<ul style="list-style-type: none"> ▪ Let us bless our Heavenly Father for His presence and His angels deployed for us. (Ps 34: 7) This morning, He renews for us His kindness and mercy. ▪ Let us invoke the light and the blood of Jesus Christ in our families and in Cameroon. (John 8:12) Let us present the blood of Jesus against all claims of the enemy in our lives. ▪ Cancel any satanic influence and incantations made against us. Let's disperse any wizard's meeting against us, our families and the body of Christ and revoke all their decrees. ▪ Proclaim the Kingdom of the Lord Jesus Christ and the fulfillment of His plans in our lives, in our families and in Cameroon. (Jer 29:11)

06 a.m.	DOUALA BERTOUA MBOUDA BAMENDJOU	<ul style="list-style-type: none"> ▪ Give thanks to God for the ministry "Prayer life", for the spiritual revival in the nation, for transformations of the situations of our lives and for the theme of humility. ▪ Give thanks to God who sustains us in this work because He extends His eyes on us whose hearts are loyal to Him. (2 Ch. 16: 9a) ▪ Give thanks to God for this day and take possession of all the blessings planned for us today. (John 8:12) ▪ Pray for the revival and the zeal of the people of God in Cameroon today. (Romans 12:11) For the faithfulness and perseverance of each sentry. (Heb 10:23)
09 a.m.	DOUALA BAÏGON BAGANGTE	<ul style="list-style-type: none"> ▪ Give thanks to God for health and the gift of healing that we received from Him through faith in Jesus Christ. (Isaiah 53: 5) Let us present the blood of Jesus and claim the healing of the sick around us. May each person (named here) receive healing from all kinds of sickness in the name of Jesus. ▪ Bind every strong man in the hospitals of Cameroon and proclaim the Kingdom of God, the salvation of the sick people and the medical team, as well as the healing of the sick persons there. (Mark 3: 27 and 1 Peter 1: 9). ▪ Proclaim the Kingdom of God in schools (name them), in prisons, and pray to stop the advancement of the activities of the devil in these places in the name of Jesus. (Ps 47: 8) ▪ Declare that hospitals, clinics and prisons become places of conversion for all who are found there. (Rom 14:17)
12 a.m.	DOUALA FOUMBAN EBOLOWA	<ul style="list-style-type: none"> ▪ Proclaim that our old man was crucified at the cross with Christ so that we died to sin and we are living for God in Jesus Christ. (Rom 6: 6) ▪ Give thanks to God for His work in Cameroon and pray for the spiritual revival of His church in Cameroon. (1Kings 18) ▪ Cast down the old foundations of Cameroon and establish Christ as the new foundation. (1Cor3: 11) ▪ Let's walk with authority over serpents, scorpions and all the power of the enemy in our lives, in our families, in Cameroon and nothing shall harm us in the name of Jesus Christ. (Luke 10:19) ▪ Declare that Cameroon becomes an Eden for all its inhabitants. (Gen 3: 24) ▪ Neutralize any devilish attack against our lives, our

		<p>families, the movement 'Mercredi En Montagne', the Church and the nation in the name of Jesus.</p> <ul style="list-style-type: none"> ▪ By the blood of Jesus, let us break any umbilical cord that holds the nation to impious roots and satanic deities in the name of Jesus Christ.
03 p.m.	DOUALA TCHOUTNOUN BERTOUA	<ul style="list-style-type: none"> ▪ Let us give thanks to God our Father for our salvation in Jesus Christ by faith and for all those who stand in the gap and intercede for Cameroon. (John 3:16) ▪ Pray for unity and love in the Body of Christ, in order to strengthen and encourage the beloved who have backslided in their faith (Matth 5: 43-48) ▪ Pray that the Holy Spirit put in our hearts an immense burden for the salvation of souls and make us efficient workers for the great harvest of God in Cameroon. (Luke 10: 2) ▪ Pray that anyone who opposes the gospel (false pastor, marabout, sectarian, etc.) meets Jesus Christ and converts as Saul did. (Acts 23: 6)
06 p.m.	DOUALA FOUMBAN YAOUNDE	<ul style="list-style-type: none"> ▪ Give thanks to God for His favors and graces in the lives of His children on earth. (Titus 1: 1) ▪ Pray for the growth and fulfillment of the Body of Christ in Cameroon (1 Cor 12: 27). Submit the hearts of Cameroon's rulers to the Lord and let their hearts be turned to God. (Prov 21: 1) ▪ Proclaim the Kingdom of Jesus Christ in Cameroon on the political plan, social, health, economic, military, etc. (Matthew 6: 12) ▪ Intercede for the forgiveness of sins committed in Cameroon and that the blood of Jesus should wash and purify Cameroon. (Deut 9: 1-19)
09 p.m.	DOUALA BANGOU KRIBI	<ul style="list-style-type: none"> ▪ Ask God for strength to forgive all those who have offended us (Matthew 6: 12-15) ▪ Ask forgiveness for our faults, as well as those of our families and Cameroon. ▪ Let us implore the mercy of God for families who are abandoned without prayer, pray for their salvation and development. (Heb 7:25) ▪ Let us implore the mercy of God for couples so that all causes of division be neutralized and that Christ rebuilds the foundations of couples, consolidates their union. Let's cancel every divorce project (Mark 10: 7-9)

	<ul style="list-style-type: none"> ▪ Let's ask the Holy Spirit to talk to us, restore us and strengthen us during this night. (John 10:14) ▪ Thank you for this fabulous day, and see you tomorrow Lord!
--	--

NB:

- *Each cell must make sure that all sentinels are at their posts.*

— If you are not a member of the movement and wish to be part of this prayer life, contact us at the following Whatsapp number: 675 204 082

— If during your prayers you receive divine revelations in relation to all these topics, note them and contact us so that together we may present them to God.

NOTES

This image shows a full page of white paper with horizontal blue dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

ONE YEAR BIBLE READING CALENDAR

NOVEMBER 2019

Friday	1	Titus 2	Jeremiah 24,25,26
Saturday	2	Titus 3	Jeremiah 27,28,29
Sunday	3	Philemon	Jeremiah 30, 31
Monday	4	Hebrews 1	Jeremiah 32, 33
Tuesday	5	Hebrews 2	Jeremiah 34, 35,36
Wed.	6	Hebrews 3	Jeremiah 37, 38,39
Thursday	7	Hebrews 4	Jeremiah 40, 41,42
Friday	8	Hebrews 5	Jeremiah 43, 44,45
Saturday	9	Hebrews 6	Jeremiah 46, 47
Sunday	10	Hebrews 7	Jeremiah 48, 49
Monday	11	Hebrews 8	Jeremiah 50
Tuesday	12	Hebrews 9	Jeremiah 51, 52
Wed.	13	Hebrews 10:1-18	Lamentations 1,2
Thursday	14	Hebrews 10:19-39	Lamentations 3, 4, 5
Friday	15	Hebrews 11:1-19	Ezekiel 1, 2
Saturday	16	Hebrews 11:20-40	Ezekiel 3,4
Sunday	17	Hebrews 12	Ezekiel 5,6,7
Monday	18	Hebrews 13	Ezekiel 8, 9, 10
Tuesday	19	James 1	Ezekiel 11,12,13
Wed.	20	James 2	Ezekiel 14, 15
Thursday	21	James 3	Ezekiel 16, 17
Friday	22	James 4	Ezekiel 18, 19
Saturday	23	James 5	Ezekiel 20, 21
Sunday	24	1 Peter 1	Ezekiel 22, 23
Monday	25	1 Peter 2	Ezekiel 24, 25,26
Tuesday	26	1 Peter 3	Ezekiel 27, 28,29
Wed.	27	1 Peter 4	Ezekiel 30, 31,32
Thursday	28	1 Peter 5	Ezekiel 33, 34
Friday	29	2 Peter 1	Ezekiel 35, 36
Saturday	30	2 Peter 2	Ezekiel 37, 38,39

DECEMBER 2019

Sunday	1	2 Peter 3	Ezekiel 40, 41
Monday	2	1 John 1	Ezekiel 42, 43,44
Tuesday	3	1 John 2	Ezekiel 45, 46
Wednesday	4	1 John 3	Ezekiel 47, 48
Thursday	5	1 John 4	Daniel 1, 2
Friday	6	1 John 5	Daniel 3, 4
Saturday	7	2 John	Daniel 5, 6, 7
Sunday	8	3 John	Daniel 8, 9, 10
Monday	9	Jude 1	Daniel 11, 12
Tuesday	10	Revelation 1	Hosea 1,2,3,4
Wednesday	11	Revelation 2	Hosea 5,6,7,8
Thursday	12	Revelation 3	Hosea 9, 10, 11
Friday	13	Revelation 4	Hosea 12, 13, 14
Saturday	14	Revelation 5	Joel 1, 2, 3
Sunday	15	Revelation 6	Amos 1, 2, 3
Monday	16	Revelation 7	Amos 4, 5, 6
Tuesday	17	Revelation 8	Amos 7,8,9
Wednesday	18	Revelation 9	Obadiah 1
Thursday	19	Revelation 10	Jonah 1,2,3,4
Friday	20	Revelation 11	Micah 1,2,3
Saturday	21	Revelation 12	Micah 4, 5
Sunday	22	Revelation 13	Micah 6, 7
Monday	23	Revelation 14	Nahum 1,2,3
Tuesday	24	Revelation 15	Habakkuk 1, 2, 3
Wednesday	25	Revelation 16	Zephaniah 1, 2, 3
Thursday	26	Revelation 17	Haggai 1, 2
Friday	27	Revelation 18	Zechariah 1,2,3,4
Saturday	28	Revelation 19	Zechariah 5,6,7,8
Sunday	29	Revelation 20	Zechariah 9,10,11,12
Monday	30	Revelation 21	Zechariah 13, 14
Tuesday	31	Revelation 22	Malachi 1,2,3,4

PROGRAMME FOR MONTHLY MEETINGS 2019

Date	Activity	Period
24 November 2019	Praise/Sharing/Message + Monthly Prayer	2:30 p.m. - 6:00 p.m.
29 December 2019	Thanksgiving	1:30 p.m. - 6:30 p.m.

NB: We precise that the meetings of Wednesday, December 25, 2019 and January 1st, 2020 will respectively take place on Thursdays December 26, 2019 and January 02, 2020 because of the celebration of the end of year feasts.

➤ **GREAT ANNUAL CELEBRATION 'HOSANNA' IN
MOMENTS OF PRAISE, WORSHIP AND THANKSGIVING**
SUNDAY, DECEMBER 29, 2019

« 2:00 p.m- 7:00 p.m »

➤ **EVANGELISATION PROGRAM**
FROM THURSDAY 26 TO SATURDAY 28 DECEMBER, 2019
More details : 696 485 889 / 671 242 105

➤ **EVANGELISATION SPIRITUAL RETREAT**
SATURDAY, DECEMBER 14, 2019

« 08 :00 a.m- 01:00 p.m »

➤ **YOUTHS OF GLORY WILL MEET ON**
SUNDAY, DECEMBER 15, 2019

« 3:00p.m. -6:00p.m. »

Douala contact: 676 718 955 / 676 029 307
Foumban: 694 143 032 / Bagangte: 681 986 612

➤ **MEN OF GLORY WILL MEET ON**
SUNDAY, DECEMBER 22, 2019

« 4:00 p.m. - 6:30 p.m. »

Douala contact: 694 751 673 / 676 270 560
Foumban : 694 143 032

THE VISION

My beloved, it is a grace and a privilege to be part of a great family of Christ. This family has God as a father and Jesus Christ as first born. The bible says « Yet to all who received him, to those who believed in his name he gave the right to become children of God » (John 1:12).

To maintain a good relationship from father to son, it becomes necessary and even indispensable to take time with God through fasting, prayer and meditation on the word of God.

This is the reason why under the divine inspiration in March 2012, the program called « *Heure de Montagne* » was born and brings together people from diverse backgrounds in prayer cells every Wednesday in a spirit of fasting.

GOALS

- *Constitute prayer cells that welcome people who wish to deepen their relationship with God*
- *Establish a very large chain of national and international prayer every Wednesday.*
- *Impact lives, Restore homes, families, activities.*
- *Win souls to Christ and encourage them to find Christian assemblies for their edification.*

If you desire to join us in this divine mission, these are our contacts:

Douala - Cameroon

Tél : (00237) 672 901 907 / 656 670 707 / 676 036 054

Yaoundé - Cameroon

Tél : (00237) 693 873 582 / 679 559 959 / 697 840 404

Banganté - Cameroon

Tél : (00237) 681 986 612 / 679 270 939

Bafoussam - Cameroon

Tél : (00237) 699 840 453 / 693 681 814 / 699 822 800

Bangou - Cameroon

Tél : (00237) 677 388 740 / 674 972 728

Ebolowa - Cameroon

Tél : (00237) 677 445 362

Foumban - Cameroon

Tél : (00237) 699 816 746 / 677 478 335

Baham - Cameroon

Tél : (00237) 673 323 871

Site Web: www.mercredienmontagne.com

Mail: Mercredienmontagne@yahoo.fr

Balgom - Cameroon

Tél : (00237) 699 698 862

Foumbot - Cameroon

Tél : (00237) 696 671 433

Kouoptama - Cameroon

Tél : (00237) 694 673 821 / 660 628 532

Bertoua - Cameroon

Tél : (00237) 697 087 823 / 699 733 434

Bamendjou - Cameroon

Tél : (00237) 679 799 532

Kribi - Cameroon

Tél : (00237) 691 194 724 / 675 204 411

Nkongsamba - Cameroon

Tél : (00237) 6 74 366 188

Canada

Tél : (00237) 438 7 / 514 400 04 17

If you want to donate, contact us at:

676 270 560 / 694 751 673 / 676 036 054