

JANUARY

2020

Weekly Topic for prayer and meditation, to impact lives.

# Mercredi en Montagne

*« Imagine, if anyone is in Christ, he is a new creation, the old has gone, the new has come »  
(2 Corinthians 5: 17)*

Free distribution

## What if JESUS-CHRIST came back today ?

« Ye have heard how I said unto you, I go away,  
and come again unto you. »  
(John 14:28a)

### CONTENT:

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

**FAMILLE  
"GLOIRE"**  
Jan 17:22



### What if Jesus Christ comes back today?

From **John 14 :3** « *And if I go and make ready a place for you, I will come back again and will take you to Myself, that where I am you may be also* » (Amplified Bible)

The Holy Spirit asks the question to you and to all men:

What if, as promised in John 14: 3, today Jesus Christ returns?

Take this question seriously, think carefully about your Christian faith, refuse controversy about His return and believe what He said in this verse of the Bible. In fact, God loves you and does not want to lose you; He wants to bring your heart back to Him, especially in this year 2020.

#### **Testimony:**

'*Tell them I love them*'. Here is a message received by the vision bearer of this program of restoration of lives and families inspired by the Holy Spirit. The Lord asked her to declare His love to all men without exception. Concretely, God is telling you: whatever your ethnic group, your religion, your nationality, your race, your nature, your character, your age, etc: « **I LOVE YOU** ». This love which consists in giving and giving oneself without expecting anything in return, was shown to you more than 2000 years ago: « **For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life** » (John 3 :16).

Since the announcement of this divine message, a multitude of people have accepted the love of God; testimonies of deliverance and of healings are numerous. Hearts are at peace and many live a full development. Also, The life of the vision bearer, the joy she communicates, the character she manifests, her family, her ministry, the growth of the movement 'Mercredi en montagne', are the fruit of the acceptance of God's love in her heart.

If you want to live a peaceful life, accept the love of God, open your heart to Him with this prayer: « **Lord Jesus Christ, I accept your love, I make a covenant with you today. I open my heart to you and I sincerely receive you. Amen!** ». May the name of the Lord be glorified.

A word of advice: If you are not yet a member of a Christian community, ask the Lord to guide you to one of them in order to exercise your faith.

Note: The biblical verses present in this manual are taken from the following translations: '**New King James Version (NKJV)**', '**Amplified Bible Classic Edition (AMPC)**'

**Year of intimacy with God, Year of abundance... Happy year 2020!**

## 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 works to transform a soul so he may 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. 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 this booklet that is distributed for free and the Lord raises in His people a spirit of devotion and sacrifice for His glory; it is the reason why edification meetings are held every Wednesday afternoon in the different prayer cells (Douala, Yaounde, Bafoussam, Bagangte, Bamendjou, Bangou, Ebolowa, Kribi, Fouban, Bertoua, Kouoptamo, Tchoutnoun, Baigon, Mbouda, Dschang, as well as in Canada and in the Central African Republic).

To spread the Gospel through the booklets and cover all the nation remains our challenge. Families, lives, couples are restored; business leaders are won over to Christ and impact their activities. The ministry '*prayer life*' is born: prayers are raised at waking hours (00 a.m., 3 a.m., 6 a.m., 9 a.m., 12 a.m., 3 p.m., 6 p.m., 9 p.m.) and many testimonies of healing, deliverance and life transformations are noted. The Lord prepares sentinels to watch. Intense programs multiply throughout the year to create impact. The websites [www.mercredienmontagne.com](http://www.mercredienmontagne.com), [www.ChercheDieu.com](http://www.ChercheDieu.com) and several expansion projects have been launched with the aim of spreading the gospel on the earth. 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...*** » (Isaiah 54: 2-3).

Praise the Lord!

### PROGRAMME : EVERY WEDNESDAY

05 a.m – 06 a.m	Morning devotion (Praises, worship, prayer, meditation)
03:30p.m–06 p.m	Meetings in cells or individually

Great union of prayer every Wednesday. Fasting without drink or food is observed from **00 a.m to 6 p.m.**

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

## PROCLAMATIONS YEAR 2020

« *Death and life are in the power of the tongue, and those who love it will eat its fruit* » (Proverbs 18:21 NKJV). The Lord accomplished everything with the Word and gave you the power through your mouth to proclaim blessings and see glorious destinies fulfilled. Proclaim with faith the following words inspired by the Holy Spirit and give thanks to God who will certainly accomplish them each in His time (Mark 11:24).

- 1- I believe in the work of Christ on the cross: When He died, my old man died, when He was raised from the dead, my divine nature was raised with Him. All the curses that were weighing on me and on my offspring have been removed. We are now blessed (Romans 6: 4-6).
- 2- In this year, in this season, I accomplish what the Lord created me for. My family, my offspring, the body of Christ, the movement '*Mercredi en montagne*', each for their part, accomplishes what God created them for, in the name of Jesus Christ (Ephesians 2:10).
- 3- Therefore, I do not stray from God's plan for my life; neither do my family (father, spouse, child, brother, etc.); (list the names); nor the movement '*Mercredi en montagne*'. And nothing separates us from this love of God which is in Jesus Christ (Romans 8: 38-39).
- 4- I believe in what God said or revealed to me and His words are perfectly fulfilled in my life, my family, my nation, the movement '*Mercredi en montagne*' in the name of Jesus Christ (Luke 1:45). I call to physical manifestation everything that God said in the movement '*Mercredi en montagne*', to my brothers in the faith and I give Him all the glory.
- 5- In the name of Jesus, I resist the devil with firm faith and he flees far from me, far from my family, far from my nation, far from the movement '*Mercredi en montagne*' and from the body of Christ in general (1 Peter 5: 9).
- 6- I hold the Word of God in my heart so that I might not sin against Him (Psalm 119: 11). I adorn myself with good works to joyfully await the return of Jesus Christ and I refuse all kinds of distraction (Revelation 19: 7-8). I stay awake, I keep my zeal and my flame does not go out, in the name of Jesus.
- 7- For this year 2020:  
 God's favor is with me every day, 24 hours a day  
 I live a year of spiritual power, glory, abundance, victory and I overcome all conflict situations of my life  
 I show the character of Christ and I keep it high in my life.  
 I manifest divine health and I serve the Lord with total devotion.  
 I bless my family and all those around me. AMEN! PRAISE TO GOD!

## 'PRAYER LIFE'- THE SENTINELS

You, son of God, no matter your Christian assembly, take at least 5 minutes and join your voice to that of a multitude to raise these prayers where you are (in the market, at home, in the office, in a means of transportation, etc.) at the indicated waking hours (00 a.m., 3 a.m., 6 a.m., 9 a.m., 12 a.m., 3 p.m., 6 p.m., 9 p.m.). This prayer program is inspired by the Holy Spirit and aims to saturate the spiritual atmosphere of each day by raising true intercessors for the Heavenly Kingdom.

Hours	Prayer topics
00 a.m	<ul style="list-style-type: none"> <li>- Let's apply the blood of Jesus to our lives, our homes, our families, the sentinels, everyone connected to the program MEM, in order to protect us from the angel of death. Cancel all claims of the enemy (Exodus 12: 7).</li> <li>- As Paul and Silas in prison prayed and sang praises to God at about midnight, let's get up, sing, dance and celebrate the Lord for all His benefits (Acts 16: 25-34).</li> <li>- « At midnight I will rise to give thanks to You, because of your righteous judgments» (Ps 119: 62). Here is midnight; let us proclaim the righteousness of God in our lives, our families, in the movement <i>'Mercredi en montagne'</i> and in Cameroon.</li> <li>- Let's break all satanic influence in our lives, our families and in Cameroon. Let's disperse all satanic meetings and cancel their decrees against us, our families, our property, the movement <i>'Mercredi en montagne'</i> and all those connected. Let all their plans fail (Isaiah 54:17)</li> <li>- Let us erase with the blood of Jesus, all the names written in satanic registers and consume by fire all those registers.</li> <li>- Let us pray for couples in trouble and cancel all decree of Satan (rejection, divorce, sterility, poverty, etc.) against them. Indeed, « every tongue which rises against you in judgment you shall condemn ... » (Isaiah 54:17).</li> </ul>
03 a.m	<ul style="list-style-type: none"> <li>- Let's bless our God for the salvation of our souls and those of our families, we who are now in His house; for it is written, « Bless the LORD, all you servants of the LORD, who by night stand in the house of the LORD! » (Psalm 134: 1).</li> <li>- Just as Samuel cried out to the Lord all night (1 Sam 15:11), let us cry out to the Lord that He raise in the world a generation of dynamic young people, committed, thirsty for the manifestation of the kingdom of Jesus Christ as Paul, Daniel and Moses did for their generation.</li> <li>- Let's proclaim the kingdom of God in all enterprises, in schools, and in hospitals, in our families, (Matthew 6:10) « your kingdom come ... »</li> <li>- « Jacob wrestled until the breaking of day, and was then blessed by the Lord» (Genesis 32:24). Get up and proclaim firmly the fulfillment of the promises of God in your life, in your family, in the movement <i>'Mercredi en montagne'</i> and in Cameroon (2 Cor 1:20).</li> <li>- Let's bind the strongmen of our families who prevent conversions to Christ and let's destroy their plans.</li> </ul>

	<ul style="list-style-type: none"> <li>- Let's proclaim unity of the body of Christ (John 17:21)</li> <li>- Let's revoke all spirit of adultery, irresponsibility and rebellion working in couples and families (Isaiah 54:17).</li> <li>- Let's bind all spirit of sexual immorality and drugs acting in the life of young people in school settings in the name of Jesus (1Cor 6:18).</li> </ul>
06 a.m	<ul style="list-style-type: none"> <li>- Let's give thanks to God for our prayer life and proclaim Psalm 118: 24 « This is the day the Lord has made; we will rejoice and be glad in it».</li> <li>- Let's proclaim that our strength and our vigor are in the service of our Lord Jesus Christ by the Holy Spirit. (1 John 2:13)</li> <li>- Let's proclaim that every Christian brings the kingdom of Christ today everywhere because He who lives in us is greater than he who is in the world. (1 John 4: 4)</li> <li>- Pray for the restoration of couples so that husbands love their wives and wives be submissive to their husbands as the Scripture says. (Ephesians 5: 22-25)</li> <li>- Let's pray for the salvation, the consecration, the protection and the blessing of our families (parents, spouse, children, etc.) to the Lord Jesus Christ; indeed, "I and my house will serve the Lord". (Joshua 24:15)</li> <li>- (Psalm 143: 8) « In the morning, ... show me the way in which I should walk ... » then, let us pray that the Holy Spirit takes control and reveals to us the way to follow as well as to the leaders of the movement '<i>Mercredi en montagne</i>', heads of families, Christian and political leaders of Cameroon and around the world.</li> </ul>
09 a.m	<ul style="list-style-type: none"> <li>- Let's give thanks to God for His Word that He sent to heal us (Ps 107: 20a) and for the healing gift that we received from Him by faith in Jesus Christ. (1Cor 12: 9)</li> <li>- Let's proclaim the kingdom of God in Hospitals, Schools, Enterprises, Prisons and that these places become places of conversion for all those who are there. (Ps 47: 8)</li> <li>- Pray for reconciliation and unity in couples; may the Holy Spirit grant them the grace to be humble and to forgive each other in order to be healed from internal wounds and tears. (Ephesians 4:32)</li> <li>- Let's pray that every sick person we know (mention the names of the sick) be healed from all kinds of sickness by the Word of God (Jeremiah 17:14) "Heal me, O Lord, and I shall be healed"</li> <li>- Pray for unity and love in the Body of Christ to strengthen and encourage the beloved who have backslidden in faith. (Matt 5: 43-48)</li> <li>- Let's bind all spirit of rebellion in the life of children and pray for the restoration of parent / child relationships. Let the hearts of fathers turn to their children and vice versa (Malachi 4: 6)</li> </ul>
12 a.m	<ul style="list-style-type: none"> <li>- Let's give thanks to God for His presence in us by the Holy Spirit and who makes us more than conquerors.</li> <li>- Let's trample on serpents and scorpions with authority, and over all the</li> </ul>



	<p>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)</p> <ul style="list-style-type: none"> <li>- Let's cancel all plan of accident, incident of any kind, fire and aggression prepared to reach men in general, our families and our property in particular.</li> <li>- Pray for the restoration of the material and spiritual possessions of Cameroon and declare that they are managed fairly for the happiness of the people. (Amos 9:14)</li> <li>- We have the 5 mandates that God gave us in Genesis 1:28 and we show them: We live fertility, multiplication, expansion, we subjugate all wicked spirits and dominate over all the power of the enemy.</li> <li>- Let's overturn the old foundations of couples (name the couples) and proclaim Christ as the new foundation in order to take possession of God's promises about the couple. (1 Cor 3:11)</li> <li>- Let's cast out of our lives and of the MEM movement, all devourer of our finances, of our material and spiritual blessings and proclaim the restoration of our possessions in the name of Jesus. (Malachi 3:11)</li> <li>- Let's pray for all men of God (pastors, priests, deacons, apostles, prophets, etc.) so that they may be upright and faithful to the Lord. Protect them and their families from the attacks of the enemy. Let them preach the Truth and lead the people of God righteously.</li> </ul>
03 p.m	<ul style="list-style-type: none"> <li>- Let's thank God our Father for our salvation in Jesus Christ by faith and for all those who stand in the gap and intercede for us and for Cameroon. (John 3:16)</li> <li>- Pray for the salvation of all our leaders and those who are in positions of authority so that we may lead a quiet and peaceable life in all godliness and reverence. (1Timote 2: 1-6)</li> <li>- Let's pray that the Father draw to Jesus all the members of our families, our acquaintances, youth and all those who do not know God in Cameroon and in the world. (John 6:44)</li> <li>- Let's pray that the Holy Spirit place in our hearts an immense burden for the salvation of souls and make us effective workers for the great harvest of God. (Luke 10: 2)</li> <li>- Pray that everyone who opposes the gospel (false pastor, marabout, sectarian, atheist, etc.) meets Jesus Christ and converts as Saul did. (Act 23: 6)</li> <li>- Recommend the way back to the house of all workers, families and cover their paths with the blood of Jesus.</li> </ul>
06 p.m	<ul style="list-style-type: none"> <li>- Let's give thanks to God for all Christian families in Cameroon and pray for the salvation and development of abandoned families and those who do not have an intercessor. (Hebrews 7:25)</li> <li>- Let's break all heaviness, procrastination, laziness, permissiveness and carelessness of the young people in our families, in the MEM movement and in the Church in Cameroon. (Joshua 1: 5)</li> </ul>



	<ul style="list-style-type: none"> <li>- (Ps 55: 17) "Evening and morning and at noon will I utter my complaint and moan and sigh, and He will hear my voice"; Yes, let's moan before God this evening about Cameroon so that the Peace of Christ and the Righteousness of God reign there (particularly in war zones).</li> <li>- Let's intercede for the forgiveness of sins committed in Cameroon; may the blood of Jesus wash and purify Cameroon. (Daniel 9: 1-19)</li> <li>- Let's pray against divisions within our families and proclaim the reign and love of God in hearts. Let's cancel all plan of running away, of separation in our families in the name of Jesus Christ.</li> </ul>
<p>09 p.m</p>	<ul style="list-style-type: none"> <li>- Pray for the revival and zeal of God's people in Cameroon and around the world. (Romans 12:11)</li> <li>- Pray for the faithfulness and perseverance of each sentinel. (Hebrews 10:23)</li> <li>- Let's submit our hearts to the Lord, that of the members of our families so that everyone is freed from all evil, jealousy, lust, lies, etc. (Proverbs 4:23). Pray that the blood of Jesus Christ cleanse us from all evil and implore the mercy of God.</li> <li>- Let's forgive all those who have offended us and ask forgiveness from God for the sins we have committed today. For those of our family members and the body of Christ. (Matthew 6: 12-15)</li> <li>-Let's pray that just as God raised Jesus Christ from the dead by His Holy Spirit, that He may also resurrect in our homes and families everything that is dead (blessings, fertility, fruitfulness, expansion, etc.).</li> <li>- Pray that the Lord open the eyes of single people to their spouses and bring them together (Genesis 1:24)</li> <li>- Let's pray for couples so that they may be fruitful. Let's call their children in their womb (Genesis 1:28)</li> <li>- (Ps 128: 2) "For you shall eat the fruit of the labor of your hands; happy shall you be"! At this word, let's proclaim that our possessions belong to us and nothing shall prevent us from enjoying them in the courts of the Lord.</li> <li>- Let's declare a prayer life which is authentic and effective for us, our families, MEM, and for the Church. (Matthew 21:22)</li> <li>- Let's activate the ministry of the angels so that they encamp around us, our families, our goods and deliver us.</li> </ul>

NB:

- You can choose one or more waking hours and thus participate effectively in this prayer line. In case of misunderstanding or revelation, please call these numbers: 675 204 082/678 660 809. Glory be to God who always answers us.
- Each cell must make sure that all the sentinels are always at their post.



## MESSAGE OF THE MONTH: JANUARY 2020

### 'What if Jesus Christ comes back today?'

God formed a people to worship Him and He blessed them to win His heart more, but alas! God's people have turned their attention away from Him the parent to focus on what He gives (blessings). In a vision, the Lord showed a dad coming back home with his hands full of gifts, but when his children saw him, they jumped on the gifts and left without greeting him, leaving him standing, alone. This image draws our attention to the question of the love of God. Do we love the Lord or what He gives? Jesus Christ asked the disciples a question: « **When the Son of Man comes, will He really find faith on the earth?** » (Luke 18:8b NKJV). This question still needs to be asked: If Jesus Christ returns today, will He find His people eager to meet Him, zealous? In sincere worship? He said to the disciples, « **You heard Me tell you, I am going away and I am coming back to you** » (John 14:28a AMPC). Will He find loving hearts for Him? Will He find godfearing people or those attracted by the pleasures of life? And if Jesus Christ comes back today, in what condition will He find you?

## SUBTHEMES OF THE MONTH OF JANUARY

Thurs. 02 Jan.	Warning! The Church is distracted.
Wed. 08 Jan.	What if Jesus Christ comes back today?
Wed. 15 Jan.	Long after the return of Jesus Christ
Wed. 22 Jan.	Don't attach to the earth! All is vanity.

## TEACHINGS AND SHARINGS OF THE MONTH:

Thurs. 02 Jan.	Meditation sharing (texts of the calendar)
Wed. 08 Jan.	Teaching: Motivate yourself for the new year (1)
Wed. 15 Jan.	Meditation sharing (texts of the week)
Wed. 22 Jan.	Teaching: Motivate yourself for the new year (2)

## GOOD TO KNOW: HEALING FROM THE WOUNDS OF THE SOUL AND DEDICATING ONESELF TO THE MOST IMPORTANT THING

**THURSDAY, JANUARY 02<sup>ND</sup>, 2020****'WARNING! THE CHURCH IS DISTRACTED'**

**J**esus Christ loves you! He proves it to you every day. Like a fiancé who woos his fiancée, He seeks to please you and win your heart by doing you good and protecting you. He does everything for you to love Him and to await His return, even the blessings He grants you are intended to create more intimacy with you and encourage you to endure persecution and to wait for Him patiently. He loves you, no matter your nature, your tribe, your social position, He just wants you to accept Him in your heart: **«Behold, I stand at the door and knock; if anyone hears and listens to and heeds My voice and opens the door, I will come in to him and will eat with him, and he [will eat] with Me. (Revelation 3:20 AMPC).**

You must understand the message of the Good News, Jesus Christ came to give you His blessed, rich, peaceful life, full of goodness (John 10: 10b), in exchange for yours with all your infidelities, your lies and your disabilities. When He fulfilled the work of salvation on the cross, He went to the Father and made Himself be represented in you by the Holy Spirit to help you show His power, His love and to make your life easy, your impossibilities possible: **«However, I am telling you nothing but the truth when I say it is profitable (good, expedient, advantageous) for you that I go away. Because if I do not go away, the Comforter will not come to you; but if I go away, I will send Him to you [to be in close fellowship with you]» (John 16:7 AMPC).**

The Holy Spirit just came to help you live the divine life and fulfill your new mission of evangelism on earth (Matthew 28:19). He came to help you stay awake and keep your lamp on for the return of Jesus Christ: **«You heard Me tell you, I am going away and I am coming [back] to you. »(John 14:28a AMPC).** He did not only come to bless you, but to prepare you for the rapture, this moment of encounter with Christ: "For the Lord Himself will descend from heaven with a loud cry of summons, with the shout of an archangel, and with the blast of the trumpet of God. And those who have departed this life in Christ will rise first. Then we, the living ones who remain [on the earth], shall simultaneously be caught up along with [the resurrected dead] in the clouds to meet the Lord in the air; and so always (through the eternity of the eternities) we shall be with the Lord!" (1 Thessalonians 4:16-17 AMPC). The Holy Spirit came to make you a holy

wife for you to meet a Holy Husband (Ephesians 5:27). A wife without spot or any such thing, but holy and faultless.

But, the Church is distracted. The Lord showed a rather sad and upsetting image. He showed a dad back home, his hands were loaded with gifts for his children, but when he crossed the threshold of his house, the children quickly collected all the gifts and left without greeting him, without welcoming him or making him sit down. He stood there watching His children walking away with the gifts and he was sad. The Holy Spirit thus revealed the attitude of the Church who awaits the blessings of God and does not consider the return of Jesus Christ. Some don't even believe it! God's blessings are more awaited than Himself. Many lost their faith when a loved one dies. Some are discouraged because there are no happy events (birth, marriages, work, etc.) in their lives. Others doze off when they are satisfied (they no longer pray and no longer read the Bible). On what do you place your hope? The teachings of preachers are more about the promises than the preparation of the people for the return of Christ.

### **It's distraction!**

You quickly take fast and prayer programs for your carnal expectations. You do it so frequently that you forget that at any time, Christ can come and take you away: ***"Afterward the other virgins came also, saying, 'Lord, Lord, open to us!' But he answered and said, 'Assuredly, I say to you, I do not know you'" (Matthew 25: 11-12 NKJV).*** It must not be late for you; you must be ready to meet Jesus Christ. Do everything by integrating the grand event of your life, whether you are dead or alive: the return of Christ, the rapture of the Church. Work to stay in tune with the Holy Spirit. Don't be distracted! "... Stay awake, therefore, because you know neither the day nor the time "(Matthew 25:13 AMPC)

### **Prayer:**

Father, I beg your pardon for being distracted by the cares of life and by my carnal expectations. I choose to stay in fellowship with the Holy Spirit, I look forward to the return of Christ. Amen!

### **Texts for meditation**

Friday	03/01/20	Revelation 3: 14-22
Saturday	04/01/20	John 16 : 5-21
Sunday	05/01/20	John 14 : 12-21
Monday	06/01/20	1 Thessalonians 4 : 9-18
Tuesday	07/01/20	Matthew 25 : 1-13



**WEDNESDAY, JANUARY 08, 2020**

**'WHAT IF JESUS CHRIST COMES BACK TODAY?'**

**J**esus Christ talked about His return to His disciples: *«And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also»(John 14: 3 NKJV)*. At the moment He left, He sent angels to remind the disciples of the promise of His return: *«And while they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel, who also said: Men of Galilee, why do you stand gazing up into heaven? This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven» (Acts 1: 10-11 NKJV)*. Then after all these events, the Lord made powerful revelations about His return to Apostle John, witness of His departure to heaven: *«Behold, He is coming with clouds, and every eye will see Him, even they who pierced Him. And all the tribes of the earth will mourn because of Him. Even so, Amen. I am the Alpha and the Omega, the Beginning and the End, says the Lord, who is and who was and who is to come, the Almighty» (Revelation 1: 7-8 NKJV)*. God has sufficiently warned His Church of His return. He did it so that you would prepare and not be surprised: *«But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into. Therefore, you also be ready, for the Son of Man is coming at an hour you do not expect» (Luke 12: 39-40 NKJV)*.

The question you are asked today is not: Will Jesus Christ come back? Or when is He coming back? These questions are subject to unnecessary debates. What the Lord wants to know now: Are you waiting for His return? And if He comes back today, will you be ready to meet Him? For many years you have certainly heard about the return of Jesus Christ and nothing has happened so far. Do not tire of waiting for Him; He announced it, He will come: *«Then the kingdom of heaven shall be likened to ten virgins who took their lamps and went out to meet the bridegroom. Now five of them were wise, and five were foolish. Those who were foolish took their lamps and took no oil with them, but the wise took oil in their vessels with their lamps. But while the bridegroom was delayed, they all slumbered and slept. And at midnight a cry was heard: 'Behold, the bridegroom is coming; go out to meet him!'. Then all those virgins arose and trimmed their lamps. And the foolish said to the wise, 'Give*

***us some of your oil, for our lamps are going out.’ But the wise answered, saying, ‘No, lest there should not be enough for us and you; but go rather to those who sell, and buy for yourselves.’ And while they went to buy, the bridegroom came, and those who were ready went in with him to the wedding; and the door was shut» (Matthew 25: 1-10 NKJV).*** The ten virgins are all Christians; they represent the Church. Since thousands of years that Christ (the Husband) is announced, He has not yet come and the subject is no longer topical. Many Christians are not serious in their walk. Some of them (the foolish ones) have become religious (respect the rules of religion) but are not in love with Christ; They believe that they are close to God through this, but their heart is very far from Him. They lack perseverance (lack of oil, that is to say, faith, zeal). The Holy Spirit is there, but He is not playing His part. Others however (the wise) are in an intimate relationship with the Lord, they have zeal and faith. The Word of God is rooted and put into practice. The Holy Spirit is at work in their lives. But all will be surprised at the return of Jesus Christ (Read Matthew 24:44).

And you who are warned today, what is the state of your relationship with God? Do you have any oil in your lamp? Is the Holy Spirit working with you for the advancement of the Kingdom? **« Behold, I am coming quickly! Hold fast what you have, that no one may take your crown» (Revelation 3:11 NKJV).** You have received the Holy Spirit, don't sadden Him because of carnal expectations. You must rejoice always (*1 Thessalonians 5:16*) because you are waiting for Christ, the bridegroom. Try to imagine life with Christ and love Him passionately. He will arrive like a husband who comes back home surprisingly after a long journey; He must find you clean, happy, with no wrinkles, in an attitude of wait. Even if He surprises you, He must find you ready to welcome Him with a heart full of love for Him. The Lord will feel honored.

#### Prayer:

Father, I don't know when Christ will return, but I am ready, body, soul, spirit to welcome Him, for He is worthy of it. In the name of Jesus Christ, Amen!

#### Texts for meditation

Thursday	09/01/20	John 14 : 1-11
Friday	10/01/20	Acts 1 : 1-13
Saturday	11/01/20	Revelation 1 : 1-8
Sunday	12/01/20	Matthew 24 : 36-51
Monday	13/01/20	Revelation 3: 1-6
Tuesday	14/01/20	Revelation 3: 7-13





**WEDNESDAY, JANUARY 15, 2020****'LONG AFTER THE RETURN OF JESUS CHRIST'**

**J**esus Christ was revealed as the Son of God, your elder brother in faith because He is the firstborn of all new creation: ***"He is the image of the invisible God, the firstborn over all creation."*** (*Colossians 1:15 NKJV*). This level of knowledge of Christ as the elder brother is good, but it is not enough to bring you into deep intimacy with Him. As a brother, you tend to experience respect for Him. In family relationships, we respect brothers but very often, they remain only brothers and not close friends. God did not want it to be so with our elder brother Jesus Christ, that's why John the Baptist announced Christ, the husband, and him, the husband's friend. Through the prophet John the Baptist, the Holy Spirit clearly established the kind of relationship He foresaw between Jesus Christ and the Church: He established a strong and solid alliance: Christ is the HUSBAND and the Church is the WIFE: ***«He who has the bride is the bridegroom; but the friend of the bridegroom, who stands and hears him, rejoices greatly because of the bridegroom's voice. Therefore, this joy of mine is fulfilled. He must increase, but I must decrease »*** (*John 3: 29-30 NKJV*). The husband-wife relationship is primarily a love relationship, although there are many marriages based on false motives; normally, if there is no love, there should be no marriage.

To fully understand the revelation of Christ as HUSBAND, you'll observe in the epistle of Paul to the Ephesians, the description that the Holy Spirit gives about marriage between Man and Woman: ***« Wives, submit to your own husbands as to the Lord. For the husband is head of the wife, as also Christ is head of the Church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself for her»*** (*Ephesians 5: 22-25 NKJV*).

Through this analogy, the Lord draws your attention to the kind of relationship that you must build with Christ, the Bridegroom of the Church of which you are a part. The Holy Spirit wants you to enter this spiritual level, to see yourself as a wife, to submit to Christ, the head of the Church, not by constraint, but out of love for Him. You will see that Christian life in the wife dimension is a delight. The wife makes no effort to love her

husband, she loves him! That's why the Lord did not ask the woman to love her husband but to submit to him. A wife who loves her husband longs after his return at home when he goes out for a run, for work and even on a trip. She impatiently awaits his return, feels great joy, prepares a good meal, and sets up a beautiful table to welcome him. The husband in this case feels loved and honored; in return he showers her with gifts, even though she made no request **« Delight yourself also in the Lord, And He shall give you the desires of your heart. » (Psalm 37: 4 NKJV).**

This is what the Lord expects from you. He is asking you to yearn for, that is to strongly desire the return of Jesus Christ. It is a great proof of love for Him and of gratitude for what He has done and is still doing: **« You have heard Me say to you, 'I am going away and coming back to you.' If you loved Me, you would rejoice because I said, 'I am going to the Father,' for My Father is greater than I. » (John 14:28 NKJV)** He went to prepare the place for you who love Him, what a grace! It is also a deep respect for His Word and a proof of your faith in Him: **« And now I have told you before it comes, that when it does come to pass, you may believe » (John 14:29 NKJV).** The Lord revealed to Apostle John what the encounter with the bridegroom will look like, the wedding that is about to take place: **« Let us be glad and rejoice and give Him glory, for the marriage of the Lamb has come, and His wife has made herself ready." And to her it was granted to be arrayed in fine linen, clean and bright, for the fine linen is the righteous acts of the saints» (Revelation 19: 7-8 NKJV).** Will you be part of this heavenly feast? Long after the marriage of the Lamb.

### Prayer:

Father, in the name of Jesus Christ, I give you thanks for the places you have gone to prepare for the Church. Grant me to dress with good works and to yearn for the encounter with you in heaven. Amen.

### Texts for meditation

Thursday	16/01/20	Colossians 1 : 12-22
Friday	17/01/20	John 3 : 22-32
Saturday	18/01/20	Ephesians 5 : 22-33
Sunday	19/01/20	Psalm 37 : 1-11
Monday	20/01/20	John 14 : 23-31
Tuesday	21/01/20	Revelation 19 : 1-10



**WEDNESDAY, JANUARY 22, 2020****“DON'T ATTACH TO THE EARTH! ALL IS VANITY”**

**J**esus Christ carefully taught His disciples about things that cause the fall in faith, and which can cause to miss the rapture: « *But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly. For it will come as a snare on all those who dwell on the face of the whole earth.* » (Luke 21: 34-35 NKJV). A warning to you and to all those who accept Jesus Christ as their Lord and Master. God warns you because He knows that your heart can easily attach to all that the earth offers. You will certainly have material, human and financial possessions (Read Mark 10: 29-30). The blessings of the Lord can be materialized by beautiful children, a spouse you had dreamed of, you will prosper in your work and you will be able to acquire great riches. But these things often change the subject of your worship when you are not watching; be careful! «*You shall love the Lord your God with all your heart, with all your soul, and with all your strength*» (Deuteronomy 6: 5 NKJV). In other words, nothing should take the place of God in your heart. You must not love them to the point of clinging to them (all other things besides the Lord).

Anyway, all is vanity: «*There is a severe evil which I have seen under the sun: Riches kept for their owner to his hurt. But those riches perish through misfortune; When he begets a son, there is nothing in his hand. As he came from his mother's womb, naked shall he return, To go as he came; And he shall take nothing from his labor Which he may carry away in his hand. And this also is a severe evil Just exactly as he came, so shall he go. And what profit has he who has labored for the wind?* » (Ecclesiastes 5: 13-16 NKJV). The wise Solomon also tried to tell you that you will take nothing from what you have acquired on this earth: you will return naked as you came. The message of the Holy Spirit is clear! Appreciate what you receive on earth, love it even and be joyful about it but, do not attach yourself to all these because the end of everything is vanity: «*All go to one place: all are from the dust, and all return to dust... So I perceived that nothing is better than that a man should rejoice in his own works, for that is his heritage. For who can bring him to see what will happen after him?* » (Ecclesiastes 3:20 and 22 NKJV) Just as Christ

spent a brief time on earth and went away, you will also spend a limited time on earth which can sometimes seem brief depending on the opinions of men but this time will be enough for you to fulfill your destiny. Your goal must be this: ***Accomplish the purpose for which the Lord created you and sent you to the earth; in other words, fulfill your destiny.*** It will be more useful to you than setting as goal the accumulation of earthly goods, for all this is nothing but dust: « ***All go to one place; all are of the dust, and all turn to dust again***» (***Ecclesiastes 3:20 AMPC***).

The Lord knows the heart of man; He knows that he can easily turn away from Him (His creator) because of the pleasures that the goods of the earth provide. The rich young man is a good illustration of this: « ***Then Jesus, looking at him, loved him, and said to him, "One thing you lack: Go your way, sell whatever you have and give to the poor, and you will have treasure in heaven; and come, take up the cross, and follow Me. But he was sad at this word, and went away sorrowful, for he had great possessions. With God All Things Are Possible. Then Jesus looked around and said to His disciples, "How hard it is for those who have riches to enter the kingdom of God!"*** » (***Mark 10: 21-23 NKJV***). Jesus Christ draws your attention; you must not love to the point of making your soul prisoner of the goods of the earth. Rejoice of your goods but do not make them a subject of idolatry. Jesus Christ did not come to demonstrate His great material and financial power; He came to demonstrate His spiritual omnipotence and His strength which is found in LOVE. He will not come back to take you with your possessions but He will come to save your soul.

### Prayer:

Father, thank you for causing me to focus on You and to detach myself from everything that belongs to the earth. I refuse to let myself be diverted by the pleasures of the earth and by the love of earthly riches. The most important thing is You. In the name of Jesus Christ. Amen!

### Texts for meditation

Thursday	23/01/20	Luke 21 : 29-38
Friday	24/01/20	Deuteronomy 6 : 1-9
Saturday	25/01/20	Ecclesiastes 5 : 1-15
Sunday	26/01/20	Ecclesiastes 3 : 10-22
Monday	27/01/20	Mark 10 : 17-27
Tuesday	28/01/20	Acts 4 : 32-37





## GOOD TO KNOW: HEALING FROM THE WOUNDS OF THE SOUL AND DEDICATING ONESELF TO THE MAIN THING

The purpose of this theme is to identify the wounds of the past, and to heal them in order to turn the page and devote ourselves to the essential: Christ. Indeed, when these wounds are still present, they press us, distract us, shift our eyes to the futilities of this world, and we do not show the character of the wife of Christ.

The majority of a Man's characters come from his past, and concerning our theme, from the traumas of the past:

Abuse, rape, repeated failures, insults, physical maltreatment, rejection, sufferings, disappointments, death of a loved one, abandonment, contempt, frustrations, etc.

The direct consequences are:

- **Lack of self-esteem:** to think that you are worthless, that you are useless
- **Lack of trust:** you trust no one, no matter who it is
- **Gloom (permanent sadness):** no matter the grace of God and others, you are always sad
- **Fear:** refusing to confront anyone or anything, physically as well as spiritually
- **Obstinacy:** clinging to something or someone not good, and not giving up despite the bad consequences. Like someone who has found refuge in alcohol: although he knows that it destroys him (innerly and externally), he does not give up because, according to him, it calms his worries.
- **Guilt:** Believing that you deserve what you have been through, thinking "it is my fault if they were able to do this to me... »

The kind of thoughts that overwhelm people who have been hurt in the past:

- If I had not suffered this; If they hadn't done this to me; If I had been given this; If such had not gone;

**... I'll be better today**

What people with wounds from the past do:

- **For some, they stay with the wound constantly open.** These are epidermic people, short-tempered, very carried away, very nervous, etc.

- ***Others, they cover the wound without treating it, and they put a bandage on it.*** What happens is that these people are usually calm, fine, but when a terrible situation happens in their life, they lose their temper.

Another thing is that these people, when speaking of or remembering their past, ***are always in tears (or in deep sadness). And these tears indicate the presence of an unhealed wound that continues to influence their present.***

So what should we do?

After recognizing the presence of unhealed wounds in the heart, it is necessary to:

- ***Invite God and allow God to go to the root of the problem:*** If we do not allow it, God will not go there. Ask God to show you what is the origin of such behavior that you do not succeed banishing; for example: Why am I always angry? ***Empty your bag:*** talk to someone (mainly a spiritual leader), and if you still need to cry, cry FOR A LAST TIME

- ***Ask God for the strength to forgive yourself.*** Since many people believe that they are partly at the origin of their sufferings, you need to forgive yourself.

- ***Ask God for the strength to forgive others:*** If we do not forgive those who have caused us harm, we will never turn the page.

- ***See God's love in your life permanently and believe that our future does not depend on our past.*** See that God has allowed us to meet Him and that perhaps without these trials, we would never have done so; we would have lived without being hurt, but also without knowing Him. Not to mean an evil for good, but that God uses the harm we go through to bring us to Him. We have in the Bible the story of several people with a catastrophic past (Joseph the prisoner, Rahab the prostitute, Ruth the Moabite, Esther the orphan, Mary Magdalene the prostitute) and whom God restored. Use these examples to believe that God can do it for us too.

- ***Banish bad thoughts:*** Satan will endeavor to remind you of your past so you may think that nothing has changed. It will be necessary to fight these thoughts forcefully and renew your mind by what God says about you through His Word (The Bible).

- ***Look at the essential:*** All the other things we can seek to fill a gap, even if we reach those things, they will serve us no purpose in fact, since all is vanity. The most important thing is to focus your look on Christ and believe that He is above anything else. So make Him your daily quest (Matthew 6:33).



## PROGRAMME FOR MONTHLY MEETINGS 2020

Date	Activity	Period
26 January 2020	Praise/Sharing/Message + Monthly Prayer	2:30 p.m. - 6:00 p.m.
23 February 2020	Praise/Sharing/Message + Monthly Prayer	2:30 p.m. - 6:00 p.m.
29 March 2020	Praise/Sharing/Message + Monthly Prayer	2:30 p.m. - 6:00 p.m.
26 April 2020	Praise/Sharing/Message + Monthly Prayer	2:30 p.m. - 6:00 p.m.
31 May 2020	Praise/Sharing/Message + Monthly Prayer	2:30 p.m. - 6:00 p.m.

➤ **WOMEN OF GLORY WILL MEET ON  
SATURDAY, JANUARY 11, 2020**

« 4:00 p.m. - 6:00 p.m. »

Douala Contact: 672 901 907 / 696 903 639

➤ **YOUTHS OF GLORY WILL MEET ON  
SUNDAY, JANUARY 12, 2020**

« 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, JANUARY 19, 2020**

« 4:00 p.m. - 6:30 p.m. »

Douala contact: 694 751 673 / 676 270 560

Foumban : 694 143 032

➤ **MONTHLY EVANGELIZATION DAY  
SATURDAY, JANUARY 18, 2020**

In all the cells – « 9:00 a.m.-12:00 a.m. »

## 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 «*Mercredi en 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 contact:

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Bangou - Cameroon

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