

OCTOBER  
2020

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)



## Do GOOD

« Trust in the Lord and do good »  
(Psalm 37:3a AMP)

### CONTENT:

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

**FAMILLE  
"GLOIRE"**  
Jean 17:22



### Message of the Lord: 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)

In this time of waiting for the return of the Lord Jesus Christ, the Holy Spirit is working so that each child of God should manifest the good that is in him. The Word of God must come back to the heart of our daily actions. It's time to bring the kingdom of God to the earth by doing good: «**Trust in the Lord, and do good**» (Psalm 37:3a ESV).

### Testimonies:

I really bless the Lord for His grace in my life. Last Saturday during the meeting of the 'messengers of the Good News', the Lord said He would surprise us. And a few days later, a sister living in Dubai called us and gave us a sum of money which allows us to take a house; it should be noted that we were looking for a new place and we had no money. We immediately found a house to rent: the Lord really surprised us. I give Him all the glory.

I give glory to God for the birth of my son. The pregnancy was not easy, and I even lost consciousness during the delivery but God gave grace and it all ended well. Baby Emmanuel is there and it is a miracle from God. God is good!

Following these testimonies, if you also desire to have a new experience with God, open your heart to Him through this prayer: « **Lord Jesus Christ, I make a covenant with You today. I open my heart to You and sincerely receive You. Fill me with Your love. Reign totally in my life. Amen!** ». You are therefore a child of God. Hallelujah!

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 Bible verses present in this manual are taken from the following translations: 'New King James Version (NKJV)', 'Amplified Bible Classic Edition (AMPC)', 'New Living Translation (NLT)' and 'English Standard Version (ESV)'.

**Year of total consecration to God, Year of souls winning, Year of abundance (Psalm 37:4)... 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 should 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, Baïgon, 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 p.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!

### PROGRAM : EVERY WEDNESDAY

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

Great prayer union 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

**DAILY PRAYER CHAIN OPEN TO ALL****'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 p.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.

You can choose one or more waking hours and thus participate effectively in this prayer chain. In case of misunderstanding or revelations, please contact us.

Our contacts: +237 675 204 082 / 678 660 809

Glory be to God who always answers us.

Hours	Prayer topics
00 :00 a.m.	<b>Pray for the vision of the movement MEM</b>
	<ul style="list-style-type: none"> <li>Let's praise the Lord our God for the vision He has given for the movement MEM and pray that the vision bearer and all MEM members should have the same understanding of that vision. <b>Isaiah 54 : 2-3</b></li> <li>Let's quash all that breeds misunderstanding, rivalry and division within the movement MEM, for « <b><i>no weapon formed against you shall prosper</i></b>» <b>Isaiah 54: 17a.</b></li> </ul>
	<b>Pray for the Ministry of Public Health in Cameroon and in other nations</b>
03 :00 a.m.	<ul style="list-style-type: none"> <li>Let's give thanks to our Heavenly Father for the health and healing He gives to the many sick people in the world (name them), for «<b><i>by His stripes we are healed</i></b> » <b>Isaiah 53 : 5b.</b></li> <li>Having put on the armor of God, let's bind all demons and principalities whose mission is to cause diseases in Cameroon. <b>Ephesians 6 : 13</b></li> </ul>
	<b>Pray for the kingdom of Jesus Christ in our families</b>
	<ul style="list-style-type: none"> <li>Let's give thanks to the Almighty God for our families and implore Him to draw by His grace each member of our families to Christ Jesus. <b>Matthew 6 : 10</b></li> <li>Let's cancel every decree of the enemy (divorce, division, infertility, poverty, misery, etc.) and tear down any veil that prevents our families from believing in the Lord Jesus Christ and from receiving the light of God. Indeed, «<b><i>Every tongue which rises against you in judgment you shall condemn</i></b>» <b>Isaiah 54 :17b.</b></li> </ul>
	<b>Pray for the Ministry of Transports in Cameroon and in other nations</b>
	<ul style="list-style-type: none"> <li>Let's bless our Lord for the safety of transport in Cameroon and pray that wisdom and intelligence should be given to the Minister of Transports and to all his staff for the development of infrastructures and for better management of the resources of the said ministry. <b>1 Timothy 2 :1-3</b></li> <li>Let's cancel all demonic influence and doom to failure any project of the enemy on the means of transport used in Cameroon (motorbike, taxi, bus, train, etc.). <b>Isaiah 54 :17</b></li> </ul>
06 :00 a.m.	<b>Pray for heads of families in MEM and in Cameroon</b>
	<ul style="list-style-type: none"> <li><b>1 Timothy 5:8</b> «<b><i>But those who won't care for their relatives, especially those in their own household, have denied the true faith. Such people are worse than unbelievers</i></b>». Let's refuse to deny our family members and pray to the Lord to help us take good care of them.</li> </ul>

	<ul style="list-style-type: none"> <li>- Let's pray that each head of family should receive the Gospel for the salvation, the consecration, the protection and the blessing of all his family (parents, spouses, children, etc.) for indeed, <b>«As for me and my house, we will serve the Lord» Joshua 24:15.</b></li> </ul> <p><b>Pray for the government of Cameroon and of other nations</b></p> <ul style="list-style-type: none"> <li>- Let's give thanks to God for those who govern Cameroon and entrust their hearts to the Holy Spirit so that they do exclusively the will of God for a peaceable, quiet life in all godliness and reverence. <b>Proverb 21 : 1</b></li> <li>- Let's proclaim the restoration of material and spiritual possessions of Cameroon and declare that they are fairly managed for the fulfillment of the people. <b>Amos 9 : 14</b></li> </ul>
09 :00 a.m	<p><b>Pray for the leaders of the Church in Cameroon and in other nations</b></p> <ul style="list-style-type: none"> <li>- Let's give thanks to our Heavenly Father for the life of every leader of the Church in Cameroon (name them) and pray <b>«so that He may establish their hearts blameless in holiness before our God and Father» 1 Thessalonians 3 : 13</b></li> <li>- Let's pray that the Holy Spirit should expose all the false pastors who oppose the Gospel by seducing crowds; may they be converted by believing in the Lord Jesus Christ as Saul did. <b>Acts 23 :6</b></li> </ul> <p><b>Pray for the Ministry of Employment in Cameroon and in other nations</b></p> <ul style="list-style-type: none"> <li>- Let's praise our Heavenly Father for the jobs already created and pray that the Ministry of Employment facilitates the creation of millions of legal jobs in Cameroon. <b>Psalms 128 : 2</b></li> <li>- Let's renounce all laziness and implore the strength of Christ to work hard in order to benefit from the fruits, for <b>«Lazy people want much but get little, but those who work hard will prosper» Proverb 13 : 4</b></li> </ul>
12 :00 p.m.	<p><b>Pray for the revelation of God's will in the Body of Christ</b></p> <ul style="list-style-type: none"> <li>- Let's pray that the Holy Spirit should take control and reveal to Christians daily the way to follow for the growth and the edification of the Body of Christ because it is written: <b>«...cause me to know the way in which I should walk...» Psalm 143 :8b</b></li> <li>- Let's banish from our lives any distraction that diverts us from our mission and from the will of God, and let the Holy Spirit fill our hearts with will and action <b>«for it is God who works in you both to will and to do for His good pleasure» Philippians 2 : 13</b></li> </ul>

	<p><b>Pray for the conversion and salvation of the souls of those who govern Cameroon</b></p> <ul style="list-style-type: none"> <li>- Let's give thanks to God for His children present among those who govern Cameroon and nations, let's pray that their faith should remain firm and immovable in the face of adversities from all sides. <b>1 Corinthians 15 : 58</b></li> <li>- Let's pray that the Gospel should be preached to those who govern Cameroon and nations; that they open their hearts to believe and receive salvation in Jesus Christ <i>«For the grace of God that brings salvation has appeared to all men»</i> <b>Titus 2 : 11</b></li> </ul>
03 :00 p.m.	<p><b>Pray for the preachers of the Gospel in Cameroon</b></p> <ul style="list-style-type: none"> <li>- Let's pray for all those who preach the Gospel in Cameroon and in the world so that the Holy Spirit may strengthen them and confirm the message by signs and wonders. <b>Hebrews 2 : 4</b></li> <li>- Let's pray that anyone who opposes the gospel (false pastor, witch doctor, sectarian, atheist, etc.) should meet Jesus Christ and convert as Saul did. <b>Acts 23 :6</b></li> </ul> <p><b>Pray for the media and social networks in Cameroon and in nations</b></p> <ul style="list-style-type: none"> <li>- Let's give thanks to God for the technological innovations making it possible to share the Gospel all over the world and let's pray that the Church should benefit greatly from them for the harvest of the Lord. <b>Luke 10 : 2</b></li> <li>- Let's pray for the deliverance of people addicted to social networks and destroy any satanic agenda hidden behind the media and social networks. <b>Ephesians 6 : 12-13</b></li> </ul>
06 :00 p.m.	<p><b>Pray for the faith of new converts in Christ Jesus</b></p> <ul style="list-style-type: none"> <li>- Let's praise our God for the new converts and the weak in the faith; let's pray for their growth in the Lord, that they may be encouraged and exhorted regularly by the Church. <b>Romans 15 :1</b></li> <li>- Let's proclaim words of blessing in the lives of new converts (list the names) so that they may lead a fulfilling Christian life full of fruit. <b>John 15 : 16</b></li> </ul> <p><b>Pray for the Ministry of Defense and the police of Cameroon and of other nations</b></p> <ul style="list-style-type: none"> <li>- Let's entrust to the Holy Spirit the hearts of all the personnel of the defense and the police of Cameroon so that they may all be directed towards a true sustainable Peace in Cameroon. <b>John 14 : 27</b></li> <li>- May the Lord give quietness to Cameroon especially in conflict zones; let the satanic principalities sent to spread trouble be now bound and subdued in the name of Jesus Christ, for <i>«When He gives quietness, who then can make trouble? And when He hides His face, who then can see Him, whether it is against</i></li> </ul>



	<b><i>a nation or a man alone? » Job 34 : 29</i></b>
09 :00 p.m.	<b>Pray for destitute families in Cameroon and in other nations</b>
	<ul style="list-style-type: none"> <li>- Let's proclaim this passage of the Scripture, <b>Philippians 4:19</b> <b><i>«And my God shall supply all your need according to His riches in glory by Christ Jesus »</i></b> in our lives and in our respective families.</li> <li>- <b><i>« If someone has enough money to live well and sees a brother or sister in need but shows no compassion, how can God's love be in that person? » 1 John 3:17.</i></b> At this passage of the Scripture, let's pray that God's love should be manifest in words and deeds in our biological and Christian families.</li> </ul>
	<b>Prayer for the Ministry of Justice and prisoners in Cameroon and in nations</b>
	<ul style="list-style-type: none"> <li>- Let's implore our Lord to make His justice reign in Cameroon and to expose any network of corruption and injustice, for <b><i>«Righteousness exalts a nation, but sin is a reproach to any people» Proverb 14 : 34</i></b></li> <li>- Let's pray for the faith of the beloved ones in prison so that they may proclaim the Gospel there with confidence and praise the Lord because <b><i>« Paul and Silas in prison were praying and singing hymns to God, and the prisoners were listening to them,...and everyone's chains were loosed» Acts 16 : 25-34</i></b></li> </ul>

**SUBTHEMES OF THE MONTH**

These subthemes are made available to you so that you can read them with greater attention while holding your Bible close to you. Take notes that will help you to meditate deeply on the message the Lord will give you personally.

You can join us through 15 cells in Cameroon and 2 cells beyond (Central African Republic and Canada). You can also do it virtually using the live sessions on our FaceBook page '*mercredi en montagne*' at the appointed times, and the Replays on our YouTube channel '*mercredi en montagne*'. You will thus be able to fellowship with brothers and sisters who have the same passion as you: To discover the greatness of the love of our Lord and Savior Jesus Christ and be subject to Him.

If you have questions related or not to these teachings, or need prayers, please contact us.

Our contacts: +237 672 901 907 / 697 610 026 / 678 547 556

Glory be to God who acts powerfully.

## MESSAGE OF THE MONTH: OCTOBER 2020

### Do good.

Evil has abounded and the order of values seems to be reversed; evil has become normal and tends to be viewed as good. In these end times, people are going through trials, difficulties and pains. What once was an abomination is being accepted as a good thing: Beware! Stay focused on Christ, abhor evil, the norm is only in Christ: «**Trust in the Lord, and do good**» (*Psalm 37:3a ESV*). Practice the good recommended by the Lord according to His Word. Jesus Christ is coming back!

### SUBTHEMES OF THE MONTH :

Wed. 30 September	<b>Abhor what is evil</b>
Wed. 07 October	<b>Do what is good</b>
Wed. 14 October	<b>Remain under the authority of the Holy Spirit</b>
Wed. 21 October	<b>Prepare for the return of the Lord by doing good</b>

### SHARING OF THE MONTH :

Wed. 30 September	Meditation sharing (reading calendar)
Wed. 07 October	<b>The work of Christ on the cross</b> (part 1)
Wed. 14 October	<b>The work of Christ on the cross</b> (part 2)
Wed. 21 October	Meditation sharing (reading calendar)

### FAMILY MOMENT:

Recommendations

**WEDNESDAY, SEPTEMBER 30, 2020**

## **'ABHOR WHAT IS EVIL'**

**T**he Lord created the whole universe, and He did everything He did well. He organized everything and created a perfect harmony between men, animals and all the elements of nature (plants, soil, water, air, etc.). He established the divine order and gave man superiority over all creation: **«You gave them charge of everything you made, putting all things under their authority the flocks and the herds and all the wild animals, the birds in the sky, the fish in the sea, and everything that swims the ocean currents..» (Psalm 8:6-8 NLT).** The lion lived with man, the mouse and the cat lived without problem until the day evil came in. Because of Adam and Eve's disobedience, a new word was inscribed, "Evil". From now on, evil rubs shoulders with good.

However, God has not changed; He continues to embody the good. His Word or His instructions, is 'good'. He recommends that you choose the good. To choose His Word is to choose the good and reject evil: **«See, I have set before you today life and good, death and evil» (Deuteronomy 30:15 NKJV).** All that is evil is anything contrary to the will of God. Yes beloved, each day in front of each situation you have a choice to make: either good or evil. You have the choice between telling the truth or lying, between remaining honest or stealing, cheating; between building or destroying, between uniting or dividing, between forgiving or revenge. In short, both (good and evil) appear before you on a daily basis. The Lord tells you: "CHOOSE THE GOOD", abhor evil: **«Abhor what is evil. Cling to what is good» (Romans 12:9b NKJV).** In other words, work your heart to hate evil (lies, deception, murder, theft, disloyalty, infidelity, hypocrisy, slander, etc.). Pray, refuse, reject and hate evil, don't make excuses for it, don't justify it. There is no question for hating men who do evil, but we must hate the evil acting in them. If you hate men then you are conceiving evil: **«For we are not fighting against flesh-and-blood enemies» (Ephesians 6:12a NLT).**

For a long time the devil has always wanted to do like God (to multiply on earth). In a subtle way, he enters your heart and your thoughts by suggestions thus wanting to deposit his seed on your soil which is your

heart. Once he does that, he is not going to stop there: he is going to push you to water his bad seed by murmuring and meditating on the thing, on the situation or the person so that you end up consuming and manifesting evil. Only the Lord says to you: « ***Does a spring pour forth from the same opening both fresh and salt water?*** » (***James 3:11 ESV***), you have inherited the good, so show it. To abhor evil is to remove evil from your heart, from your house, from your life by obeying the Word of God. Do not let the bad seed produce offspring, your heart risks being harden and making you rebel against the Word of God. Your home risks becoming a battleground and your life a breeding ground for the actions of the enemy. Even if you see others doing it, you, do not do it because you belong to God: « ***Beloved, do not imitate evil but imitate good. Whoever does good is from God; whoever does evil has not seen God***» (***3 John 1:11 ESV***).

More and more Men are becoming callous, impatient, murderous, uncontrolled, full of animosity, deceitful, lazy, greedy and haughty; no longer seeking to please God but wanting to satisfy their desires. They ambush and trap others, practice unnatural covenants, and cause others to be and do like them. But you, reject these things, renounce them, abhor evil, commit to good: « ***But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed***» (***Colossians 3:8-10a NLT***). Wow! You have become a new creature, dislike evil.

### **Prayer:**

Holy and good Father, I acknowledge that more than once I have chosen to do wrong and I ask your forgiveness. Grant me the grace to hate evil by manifesting good around me in the name of Jesus Christ. Amen!

### **Meditation Texts**

Thursday	01/10/20	Psalm 8 : 1-10
Friday	02/10/20	Deuteronomy 30 : 11-20
Saturday	03/10/20	Romans 12 : 1-11
Sunday	04/10/20	Ephesians 6 : 10-20
Monday	05/10/20	James 3 : 11-18
Tuesday	06/10/20	3 John 1 : 5-12

## 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.

**WEDNESDAY, OCTOBER 07, 2020**

## 'DO WHAT IS GOOD'

**G**ood is a seed for life. Man was created in the image and likeness of God (Genesis 1:26), the DNA of goodness was imparted to him, and the seed of good took place in his bowels. When you choose to do good, you sow for life and you will reap the benefit:

**« So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up» (Galatians 6:9 NLT).**

As a Christian, child of God, You received the Holy Spirit, so you received the ability to do good. On earth, Jesus could say: **«The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor» (Luke 4:18-19 ESV).** Hallelujah! The Spirit of the Lord is upon you so that you should practice good; God has set you apart so you can communicate to others the joy that is in you, so that you may be a channel of deliverance, to establish light where there was darkness (Matthew 5: 14a). In short, to tell the living beings that salvation is available. So choose and declare: I DO WHAT IS GOOD.

You must desire to do what is good, Christ freed you, He made you righteous, He forgave you, He gave you an inheritance, He took you out of darkness to give you a place with Him: **« He has delivered us from the domain of darkness and transferred us to the kingdom of His beloved Son» (Colossians 1:13 ESV).** This is the good that Christ has done for you, He was not obliged to do it but He wanted to do it out of Love for you. So do the same for your fellow man: **« The desire of the righteous is only good» (Proverbs 11:23a NKJV).** Desire to help someone who is in need without looking for your interest; Desire to educate a child and do good to him even if he is not yours, without expecting something in return; bring food to a family without necessarily having an affinity; refrain from speaking ill or murmuring against someone even if you feel like doing it. Desire to forgive those who have and those who will offend you for any reason (Psalm 37: 7-8). Desire to do good to your enemy without rejoicing in his misfortune :

**«For it is better to suffer for doing good, if that should be God's will, than for doing evil» (1 Peter 3:17 ESV).**

Are you still a stumbling block or a source of sorrow for those around you? Do not grieve the Holy Spirit in you by doing evil. It may happen that you take a bad action, you do wrong without knowing it or without wanting to: **«I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway» (Romans 7:19 NLT)**, but once it is made known to you or you realize it, you must promptly get up and correct as much as possible the wrong you have done. At times there is a struggle in your soul, this is due to sin hiding at your door. Reject it, pray that it should go away and pray to stay awake, pray to stay on the course: PRACTICE GOOD.

Doing good should not depend on your mood. Every morning pray and proclaim the Word of God. Align your thoughts with those of God; agree with the word of God in order to walk according to what it says. Accept to do the will of God and you will thus teach others to always do what is good: **«For this is the will of God, that by doing good you should put to silence the ignorance of foolish people» (1 Peter 2:15 ESV).**

To practice good is to live Christ daily; it is working to manifest the character of Christ every day; it is living the practical and palpable Christian life, not theoretical; It is to be a genuine Christian and not to be superficial or give lip service. Christ in you is 'good' in you; it's your new nature. You therefore become an agent of transformation and impact for a family, a society, a city, a country.

### **Prayer:**

Father, I declare that I manifest the character of Christ daily by doing the good that you have put in me. I refuse to be a source of sorrow but of happiness in the name of Jesus Christ. Amen!

### **Meditation Texts**

Thursday	08/10/20	Galatians 6 : 1-10
Friday	09/10/20	Colossians 3 : 1-10
Saturday	10/10/20	Luke 4 : 16-22
Sunday	11/10/20	Colossians 1 : 12-20
Monday	12/10/20	1 Peter 3 : 13-18
Tuesday	13/10/20	1 Peter 2 : 11-17



## NOTES

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**WEDNESDAY, OCTOBER 14, 2020****'REMAIN UNDER THE AUTHORITY OF THE HOLY SPIRIT'**

**I**n the gospel of John it is written: «*In the beginning the Word already existed. The Word was with God, and the Word was God*» (*John 1:1 NLT*). Since the Garden of Eden, man has always lived with the Word, he received life through the Word and he knew only that Word: the Word of God. It was clean and clear, it did good and produced life, brought joy and gave peace. But another word came contrary to the Word of God to cause the human being to make a bad choice and to reject the Word of God: It is the word of the enemy (cunning, confusing, honeyed and producing death, bringing sorrow and taking away peace). But glory be to Jesus Christ who came to restore the Word of God in you (Psalm 119: 105) and to give you the discernment of the voice of God through the Holy Spirit. Amen!

To stay under the authority of the Word of God is to remain under the authority of the Holy Spirit. Jesus Christ said to His disciples: «*Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing*» (*John 15:5 NLT*). This message from Jesus Christ is a clear information. He informs you of your inability to do anything without Him. He created you and He knows your weaknesses, He knows how far you can go. He knows your limits, and tells you today that you must recognize your disabilities and come under His authority to be able to do what is good anytime and anywhere. You need Him. The Lord wants to do you good and to do good to those around you and He wants you to be the channel.

To remain under the authority of the Holy Spirit is to let good reign in your life: «*For all who are led by the Spirit of God are children of God*» (*Romans 8:14 NLT*). Indeed, the starting point of an authentic Christian life is dependence on the Holy Spirit. He came to earth and especially to your life to help you and lead you in the truth, on the way, in God's plan. So if you are a child of God, you must let yourself be led by the Holy Spirit. To be led by the Holy Spirit is to allow yourself be guided by the Word of God because the Holy Spirit obeys the Word of God. The Holy Spirit has not come to occupy a space to watch you, but He has come to accomplish the will of God in your life. He wants to act, so you have to let go, drop your own

reasoning, your pride and accept that He should lead you: « ***casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ*** » (2 ***Corinthians 10:5 NKJV***). In your daily prayer, you must reject the way of thinking that prevents you from submitting to the Holy Spirit, break down barriers and walls (resentment, philosophy, human intelligence, pride, etc.) that stand up against the Word of God and you must declare: I bring my thoughts captive to the obedience of Christ.

To do what is good is to let the Holy Spirit work through you. He is the one who knows what is good, He will choose for you the way, the word, the action to be taken whenever you need it. He will lead you to care for others and seek their good, others and their situations will no longer go unnoticed for you. The Holy Spirit will draw your attention and open your eyes to a detail that might seem trivial, a word that seemed to mean nothing, etc. The Holy Spirit is already the good in you, letting Him make your choices is doing what is good! He is the factory for producing good in you and transforming all that is bad into good around you: « ***So then, as occasion and opportunity open up to us, let us do good to all people. Be mindful to be a blessing, especially to those of the household of faith [those who belong to God's family with you, the believers]*** » (Galatians 6:10 ***AMPC***). Remaining under the authority of the Holy Spirit will prompt you to do good to others whenever you have the chance.

In short, remaining under the authority of the Holy Spirit will keep you humble, prevent you from showing pride in the good you do. Indeed, « ***Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble"*** » (1 Peter 5:5b ***ESV***). You are just the channel that God has chosen for Himself.

### **Prayer:**

Eternal Father, I accept the authority of the Holy Spirit over my life, I submit myself to Him and I let Him lead me and accomplish the will of God for my life, my projects, my family, my ministry, etc. in the name of Jesus Christ. Amen!

### **Meditation Texts**

Thursday	15/10/20	John 1 : 1-9
Friday	16/10/20	John 15 : 1-10
Saturday	17/10/20	Romans 8 : 12-17
Sunday	18/10/20	1 Peter 5 : 1-11
Monday	19/10/20	Ephesians 2 : 1-10
Tuesday	20/10/20	Philippians 2 : 1-11

[illegible]

## WEDNESDAY, OCTOBER 21, 2020

### 'PREPARE FOR THE RETURN OF THE LORD BY DOING GOOD!'

**J**esus Christ is coming back for sure. He said to the disciples, **«Nevertheless, when the Son of Man comes, will He find faith on earth?» (Luke 18: 8b ESV)**. The Lord is asking this question to anyone who is committed to following Him truly. In other words, He is asking you, when He comes, will He find you living His word? Practicing what He says? Doing what is good? Jesus Christ will return for the rapture, we do not know the day (Acts 1:11), nor the time. It is therefore essential to be prepared. It should be understood here that preparing for the Lord's return is not limited to praying and fasting. Real preparation comes with practical life. It is living Christ in the smallest daily acts and deeds. Evil must not corrupt you: **«and when the Chief Shepherd appears, you will receive the crown of glory that does not fade away» (1 Peter 5: 4 NKJV)**. So prepare for the rapture by doing good.

To prepare for the Lord's return by doing good is to demonstrate one's faith in God through one's life choices. What will prove to God that you love Him and that you are waiting for Him? It is when you choose to do every day what is good and in accordance with His Word. Doing good while waiting reveals the faith in you, the hope that darkness will not always reign: **« Nevertheless, that time of darkness and despair will not go on forever» (Isaiah 9: 1a NLT)**, the time will come when evil will disappear completely.

While waiting for the Lord's return, men will offend you, it will not fail. Some will reject you, slander you; choose to do good in spite of everything: love, forgive, accept to lose, agree to say it's okay. Very close people will sometimes disappoint you, choose to do what is right: tolerate, love, endure... You too will sometimes disappoint, frustrate or offend people around you. Choose to do good: humble yourself, ask for forgiveness, give back, love. Know that you will receive according to what you have sown, **« For we must all stand before Christ to be judged. We will each receive whatever we deserve for the good or evil we have done in this earthly body» (2 Corinthians 5:10 NLT)**. You will often lose money, property, men, your honour; choose to do what is good: to continue to love God, to show joy. Life won't always turn your way. Things will not always turn out the way

you want, choose to do what is right: accept the will of God, you will be able to realize that you made a bad decision, a path that was not necessary; do what is good: reconsider your decision, accept others with their opinion.

To prepare for the Lord's return by doing good is also to attract God's favor on your family. This was the case of Mephibosheth son of Jonathan: « ***So David said to him, "Do not fear, for I will surely show you kindness for Jonathan your father's sake, and will restore to you all the land of Saul your grandfather; and you shall eat bread at my table continually» (2 Samuel 9:7 NKJV)***. What a favor! Because of the good that Jonathan son of Saul showed to David, the anointed of the Lord, God made him sit at the king's table. To do good is also to educate your offspring to do good. When your offspring will always see you choosing and doing good out of love for Christ and obedience to His Word, they will tend to make the same choices as you.

In short, preparing for the Lord's return by doing good is choosing to be pleasing to God, to do what is in accordance with His Word, it boils down to choosing to manifest the fruit of the Spirit: « ***But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law» (Galatians 5:22-23 ESV)***. It is also accepting that your flesh has been crucified and that you should no longer be guided by it. You have the Holy Spirit, so it is no longer you who lives but it is the good in you that lives. To wait for the return of Jesus Christ by doing good is to accept to win souls to Christ by doing what is good.

### **Prayer:**

Thank you Heavenly Father for allowing me to wait for the return of Jesus Christ by doing good, thank you for making me a channel to impact those around me and win souls to Christ in the name of Jesus. Amen!

### **Meditation Texts**

Thursday	22/10/20	Luke 18: 1-8
Friday	23/10/20	Isaiah 9: 1-7
Saturday	24/10/20	2 Corinthians 5 : 1-10
Sunday	25/10/20	2 Samuel 9 : 1-11
Monday	26/10/20	Galatians 5 : 16-26
Tuesday	27/10/20	Matthew 24 : 42-51

## 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 He 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 rose from the dead, my divine nature rose 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 of them, accomplish what God created them for, in the name of Jesus Christ (Ephesians 2:10).

3- I take possession of any place where I find myself according to the Lord's recommendation in Joshua 1 verse 3 and I bring the presence of God everywhere (name the places). His glory is manifested by signs and miracles because He is with me (Matthew 28: 20b).

4- In this season, I live total restoration and the Lord replaces in my life the years that the great army of locusts, jeelk, etc., had devoured in the name of Jesus Christ (Joel 2:25). I proclaim physical restoration of the movement "Mercredi en Montagne", of each of my brothers and sisters in faith.

5- "In the name of Jesus, I declare that no one will stand before me. Any opposition to my destiny and to that of my brothers in Christ bows its knees at the mention of the name of Jesus (Joshua 1: 5).

6- I hold the Word of God in my heart so that I will not sin against Him (Psalm 119: 11). I adorn myself with good works as I joyfully await the return of Jesus Christ and I refuse all sorts 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 the 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!

## FAMILY MOMENT

The Lord poured out a special anointing on the movement *mercredi en montagne* for the restoration of couples and families. It is therefore essential for anyone who joins this movement to submit to this power released by the Heavenly Father and to receive the restoration of his family, his couple. **'Family moment'** was inspired by the Holy Spirit to remind us of our role as intercessors for our family or our couple: « ***For Zion's sake (list the names of individuals) I will not hold My peace, And for Jerusalem's sake (name the family) I will not rest, Until her righteousness goes forth as brightness, And her salvation as a lamp that burns» (Isaiah 62: 1 NKJV).***

It's all about devoting one to two Wednesdays per month to raise families before the throne of grace (Hebrews 4:16), pray for salvation (John 6:44), pray for reconciliations in couples and families (2 Corinthians 5:18-20), pray for sincere forgiveness, that God's love should ablaze hearts. Pray for hunger for the Word and thirst for God in hearts (Amos 8:11). Pray and destroy any opposition to the glorious destiny of couples and families (Isaiah 54:17; Joshua 1: 5).

### **Some verses to proclaim for the family:**

1- It is finished: the new creature that I am has been justified and forgiven by God. I have become a saint, my illnesses have been healed, and I am resurrected. My old man is no more, in Jesus Christ I have eternal life, I received the blessing of Abraham which is to prosper in all things, to have good health and to know the satisfaction of the spirit and the soul and to enjoy a more abundant life. (Hebrews 12:24)

2- I proclaim that I am freed from the triple curse by the grace of the cross. With my family, I enjoy the blessing of the Spirit which makes my soul and the souls of my family prosper; I enjoy the blessing from the environment and everything around me (Acts 16:31)

3- Father, replace the years that the devourer had taken to my couple, to each member of my family and to our projects. By the blood of Christ, I close the door to the angel of death, to the plague, to the devourer and to the destroyer (Joel 2:25 and Exodus 12:23-24).

4- Father, by the blood of Jesus, the curse has been removed from my family, the light of Christ now enlightens my couple, my family and salvation is received by my spouse as well as by each member of my family in the name of Jesus Christ (Acts 26:18).



## ONE YEAR BIBLE READING CALENDAR

## SEPTEMBER 2020

DAYS		Old Testament	New Testament
Tuesday	1	Psalm 135, 136	1 Corinthians 13
Wed.	2	Psalm 137, 138,139	1 Corinthians 14 : 1-20
Thursday	3	Psalm 140, 141,142	1 Corinthians 14 : 21-40
Friday	4	Psalm 143, 144,145	1 Corinthians 15 : 1-19
Saturday	5	Psalm 146, 147	1 Corinthians 15 : 20-34
Sunday	6	Psalm 148, 149,150	1 Corinthians 15 : 35-58
Monday	7	Proverbs 1,2	1 Corinthians 16
Tuesday	8	Proverbs 3,4,5	2 Corinthians 1
Wed.	9	Proverbs 6,7	2 Corinthians 2
Thursday	10	Proverbs 8,9	2 Corinthians 3
Friday	11	Proverbs 10,11,12	2 Corinthians 4
Saturday	12	Proverbs 13,14,15	2 Corinthians 5
Sunday	13	Proverbs 16,17,18	2 Corinthians 6
Monday	14	Proverbs 19,20,21	2 Corinthians 7
Tuesday	15	Proverbs 22,23,24	2 Corinthians 8
Wed.	16	Proverbs 25,26	2 Corinthians 9
Thursday	17	Proverbs 27,28,29	2 Corinthians 10
Friday	18	Proverbs 30,31	2 Corinthians 11 : 1-15
Saturday	19	Ecclesiastes 1,2,3	2 Corinthians 11 : 16-33
Sunday	20	Ecclesiastes 4,5,6	2 Corinthians 12
Monday	21	Ecclesiastes 7,8,9	2 Corinthians 13
Tuesday	22	Ecclesiastes 10,11,12	Galatians 1
Wed.	23	Song of songs 1,2,3	Galatians 2
Thursday	24	Song of songs 4,5	Galatians 3
Friday	25	Song of songs 6,7,8	Galatians 4
Saturday	26	Isaiah 1,2	Galatians 5
Sunday	27	Isaiah 3,4	Galatians 6
Monday	28	Isaiah 5,6	Ephesians 1
Tuesday	29	Isaiah 7,8	Ephesians 2
Wed.	30	Isaiah 9,10	Ephesians 3

## OCTOBER 2020

DAYS		Old Testament	New Testament
Thursday	1	Isaiah 11, 12, 13	Ephesians 4
Friday	2	Isaiah 14, 15, 16	Ephesians 5 : 1-14
Saturday	3	Isaiah 17, 18, 19	Ephesians 5:15-33
Sunday	4	Isaiah 20, 21, 22	Ephesians 6
Monday	5	Isaiah 23, 24, 25	Philippians 1
Tuesday	6	Isaiah 26, 27	Philippians 2
Wed.	7	Isaiah 28, 29	Philippians 3
Thursday	8	Isaiah 30, 31	Philippians 4
Friday	9	Isaiah 32, 33	Colossians 1
Saturday	10	Isaiah 34, 35, 36	Colossians 2
Sunday	11	Isaiah 37, 38	Colossians 3
Monday	12	Isaiah 39, 40	Colossians 4
Tuesday	13	Isaiah 41, 42	1 Thessalonians 1
Wed.	14	Isaiah 43, 44	1 Thessalonians 2
Thursday	15	Isaiah 45, 46	1 Thessalonians 3
Friday	16	Isaiah 47, 48, 49	1 Thessalonians 4
Saturday	17	Isaiah 50, 51, 52	1 Thessalonians 5
Sunday	18	Isaiah 53, 54, 55	2 Thessalonians 1
Monday	19	Isaiah 56, 57, 58	2 Thessalonians 2
Tuesday	20	Isaiah 59, 60, 61	2 Thessalonians 3
Wed.	21	Isaiah 62, 63, 64	1 Timothy 1
Thursday	22	Isaiah 65, 66	1 Timothy 2
Friday	23	Jeremiah 1, 2	1 Timothy 3
Saturday	24	Jeremiah 3, 4, 5	1 Timothy 4
Sunday	25	Jeremiah 6, 7, 8	1 Timothy 5
Monday	26	Jeremiah 9, 10, 11	1 Timothy 6
Tuesday	27	Jeremiah 12, 13, 14	2 Timothy 1
Wed.	28	Jeremiah 15, 16, 17	2 Timothy 2
Thursday	29	Jeremiah 18, 19	2 Timothy 3
Friday	30	Jeremiah 20, 21	2 Timothy 4
Saturday	31	Jeremiah 22, 23	Titus 1

## PROGRAM FOR 2020 MONTHLY MEETINGS

Date	Activity	Time
September 27, 2020	Praise/Sharing/Message + Monthly prayer	2:30pm - 6 :00pm
October 25, 2020	Praise/Sharing/Message + Monthly prayer	2:30pm - 6 :00pm
Novembre 29, 2020	Praise/Sharing/Message + Monthly prayer	2:30pm - 6 :00pm

➤ **THE 'MESSENGERS OF THE GOOD NEWS' WILL MEET ON**

**SATURDAY, OCTOBER 10, 2020**

« 04:00pm - 6:00pm »

Douala contact: 672 901 907 / 696 903 639

➤ **THE YOUTHS OF GLORY WILL MEET ON**

**SUNDAY, OCTOBER 11, 2020**

« 3:00pm – 6:00pm »

Douala contact: 676 718 955 / 676 029 307

Foumban : 694 143 032 / Bagangte : 681 986 612

➤ **MONTHLY EVANGELISM DAY**

**SATURDAY, OCTOBER 17, 2020**

In all the prayer cells

➤ **MEN OF GLORY WILL MEET ON**

**SUNDAY, OCTOBER 18, 2020**

« 04:00pm - 6:30pm »

Douala contact: 694 751 673 / 676 270 560

Foumban: 694 143 032

➤ **THE CHILDREN OF GLORY WILL MEET ON**

**SATURDAY, OCTOBER 24, 2020**

« 02:00pm – 05:00pm »

Douala contact: 677 104 852 / 696 772 581

Foumban: 694 143 032

➤ **THE « JMT 2020 » (JOURNEES METIERS ET TALENTS)  
NOVEMBER 2020**

For more information: 676 718 955

## 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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Yaoundé - Cameroon

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If you want to make a donation, contact us on:

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