



Weekly Topic for prayer and meditation, to impact lives.

*Mercredi en Montagne*

APRIL  
2022

# HONOR **GOD** WITH A **PURE HEART**

«Blessed are the pure in the heart, For  
they shall see God.»

(Matthew 5:8 NKJV)



*«Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.»*

(2 Corinthians 5:17)

## CONTENT:

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

**FAMILLE  
de GLOIRE**

Jean 17 : 22





**MESSAGE  
OF THE  
LORD FOR  
THE  
YEAR 2022**

***Honour God with all your heart***

From **Revelation 4:11** « You are worthy, O Lord, to receive glory and honour and power, for You created all things, and by your will they exist and were created» (New King James Version)

The state of the heart is an important element to watch in the life of every person who seeks God and wants to please Him. You must therefore watch over your heart to see if it is true, free from all spiritual defilement (lies, cheating, covetousness, hypocrisy, jealousy, etc.). The Lord gives this instruction: **(Proverbs 4:23 NKJV)** « **Keep your heart with all diligence, for out of it spring the issues of life.**».

**TESTIMONY**

I have been suffering from an illness for a long time and have been in hospital many times and have not received healing. One evening at Atmosphere of Healing, a leader testified about an illness that plagued her and how she confessed over and over that this illness had no place in her based on the word of God. She had made this confession in faith over a period of time and was healed. I took this testimony and committed myself to no longer accept this disease, but to reject it through confession. I was still sick for some time, and miraculously I noticed that the symptoms were no longer there. I went to the hospital and the tests confirmed that I was completely healed. I give glory to God for this miracle in my life which encourages me to go further with Him.

Following this testimony, if you also wish 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 receive you sincerely. Fill me with your love. Amen !**». You are now a child of God.

Halleluiah!

Advice: If you are not yet a member of a Christian community, ask the Lord to guide you to one to exercise your faith.

Note: The Bible verses shown are taken from the translations '**New king James Version (NKJV)**', '**English Standard Version (ESV)**', '**Amplified Bible Classic Edition (AMPC)**' and '**New Living Translation (NLT)**'.

**Happy year 2022! In perfect peace!**



April  
2022

## THE VISION

### "Mercredi En Montagne"

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

Through this movement, God works to transform a soul so that he can manifest the character of Christ, his life becomes a testimony that promotes the salvation of those close to him (family, neighbour, colleague etc.). Only the Word of God unites all the people who connect to this programme. It welcomes everyone, believer or not, and allows everyone to start or continue serving God in their assembly.

Under the inspiration of the Holy Spirit, edification themes are developed every month in this booklet which is distributed free of charge and the Lord arouses in His people a spirit of consecration and sacrifice for His glory, This 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, Tchoutnoun, Baigom, Mbouda, Dschang, also in Canada, and in the Central African Republic).

Spreading the Gospel through the brochures and covering the whole nation remains our challenge. Families, couples, lives are restored; business leaders are won to Christ and impact their businesses. The 'prayer life' ministry was born, prayers are raised at watch times (12am, 2am, 4am, 6am, 8am, 10am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm) and numerous testimonies of healing, deliverance and life transformations are noted. The Lord has sentries to keep watch. Intense programs multiply throughout the year to create impact. 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 is moving forward in obedience to this divine instruction: ***« Enlarge the place of your tent, and let the curtains of your habitations be stretched out; do not hold back; lengthen your cords and strengthen your stakes. For you will spread abroad to the right and to the left, and your offspring will possess the nations and will people the desolate cities» (Isaiah 54: 2-3).***

Glory to God!

## WEDNESDAY PROGRAM

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

|               |   |
|---------------|---|
| 4:30am-5:30am | Morning devotion (Praises, worship, prayer, meditation) |
| 3:00pm-6:00pm | Prayer in cells or individually (cities without cells)  |
| 6:30pm-8:00pm | Second meeting (Douala-Ndogbong only)                   |



## DAILY PRAYER CHAIN OPEN TO ALL

### 'PRAYER LIFE'

(The Sentinels)

You, son of God, regardless of your Christian assembly, take at least 5 minutes and join your voice to that of a multitude to raise these prayers where you are (at the market, at home, at the office, in a means of transportation, etc.) at the indicated watch times (12am, 2am, 4am, 6am, 8am, 10am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm)

This prayer program is inspired by the Holy Spirit and is intended to saturate the spiritual atmosphere of each day by raising up true intercessors for the Heavenly Kingdom.

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

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

Glory to God who always hears us.



April  
2022

| Hours         | Prayer topics  |
|---------------|--|
| 00:00<br>a.m. | <b>Pray for family evangelism</b>  |
|               | <ul style="list-style-type: none"><li>- Let's celebrate the Lord Jesus Christ for the families who have opened their doors to the gospel and whose members are all saved today as it is written, «...<b><i>Believe on the Lord Jesus Christ, and you will be saved, you and your household</i></b>» <b>Acts 16 : 29-31</b></li><li>- Let's cancel any satanic decree that opposes evangelism in our families and in the families to whom we present the gospel; proclaim that Christ has commissioned us to bring the gospel to these families: « <b><i>And He said to them, "Go into all the world and preach the gospel to every creature</i></b> » <b>Mark 16: 15</b></li></ul> |
|               | <b>Pray for the Ministry of Territorial Administration (MINAT) of Cameroon</b>   |
| 02:00<br>a.m. | <ul style="list-style-type: none"><li>- Let's pray for the leaders of MINAT so that their decision-making favors the spread of the gospel throughout the territory of Cameroon. <b>Mark 16: 15</b></li><li>- Let's denounce and cancel any network of corruption present in the MINAT so that each project aimed at improving the living conditions of Cameroonians will be carried out successfully. <b>1 Tim 2 : 2</b></li></ul>   |
|               | <b>Pray for the projects of the MEM movement</b>   |
|               | <ul style="list-style-type: none"><li>- Let's praise Jesus Christ our Lord for the projects of the MEM movement (name them) and pray for discernment and foresight in those projects according to the will of God because « <b><i>Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand</i></b> » <b>Prov 19 : 21</b></li><li>- Let's proclaim the success of the said projects and pray for the devotion of the persons responsible for each of those projects. <b>Is 54 : 17</b></li></ul>  |
| 04:00<br>a.m. | <b>Pray for the ministries of education in Cameroon</b>  |
|               | <ul style="list-style-type: none"><li>- Let's pray for those who lead the ministries of education in Cameroon so that they should work with wisdom and fairness for better management of the teaching body and for the development of the education system and infrastructures. <b>Prov 22 : 6</b></li><li>- Let's stop the influence of the works of the devil on the education of young people, especially sexual abuse, sects, drugs, homosexuality, lesbianism, pedophilia, theft, laziness, etc. for « <b><i>the Son of God came to destroy the works of the devil</i></b> » <b>1 John 3 : 8b.</b></li></ul>  |
|               | <b>Pray for Christians on spiritual retreat</b>  |
| 04:00<br>a.m. | <ul style="list-style-type: none"><li>- Let's give thanks to God who puts it in our heart to take times of fasting and spiritual retreat in order to listen to and follow the instructions of the Holy Spirit, as Jesus Christ in <b>Matthew 14 : 23</b> « <b><i>And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there</i></b> ».</li><li>- Let's defeat the maneuvers of the satanic authorities and dominations who oppose the spiritual retreat programs of Christians. <b>Isaiah 58 : 4-9</b></li></ul>   |



|            |  |
|------------|--|
|            | <p><b>Pray for the Ministry of Water and Energy in Cameroon</b></p> <ul style="list-style-type: none"> <li>- For the Ministry of Water and Energy in Cameroon, let's pray that wisdom and intelligence will be given to the leaders of the said ministry for a continuous supply of drinking water and electricity throughout the territory of Cameroon. <b>1 Tim 2 :2</b></li> <li>- In the name of Jesus Christ, let's take authority over the obstacles to the supply of drinking water and electricity for all in Cameroon as it is written, <b>« And my God shall supply all your need according to His riches in glory by Christ Jesus » Phil 4: 19</b></li> </ul>   |
| 06:00 a.m. | <p><b>Let's pray for the reign of Jesus Christ in the places we enter</b></p> <ul style="list-style-type: none"> <li>- On this day of grace, let's thank God our Father for the opportunity He gives us to preach the gospel in every place and pray that every Christian will seize this opportunity to preach the good news where he will find himself today. <b>2 Tim 4 : 2</b></li> <li>- <b>Luke 1:33 « And He will reign over the house of Jacob forever, and of His kingdom there will be no end ».</b> Let's thus proclaim the reign of Jesus Christ in every place we'll enter today.</li> </ul> <p><b>Pray for the Ministry of Youth in Cameroon</b></p> <ul style="list-style-type: none"> <li>- Let's thank Christ for the Cameroonian youth and pray that the ministry in charge of this youth works under the direction of the Holy Spirit. <b>1 Tim 2:2</b></li> <li>- <b>1 John 3: 8b « the Son of God came to destroy the works of the devil ».</b> Let's proclaim the destruction of the works of the devil on the youth, especially sexual abuse, sects, drugs, homosexuality, lesbianism, pedophilia, theft, laziness, etc.</li> </ul>                               |
| 08:00 a.m. | <p><b>Pray for job creation in Cameroon</b></p> <ul style="list-style-type: none"> <li>- Let's raise our hands to the Lord, praise Him and rejoice for the impact of the presence of His children in enterprises in Cameroon and for the noble jobs already existing in Cameroon. <b>Amos 9 :14</b></li> <li>- <b>Psalms 128: 2 « Then you enjoy the work of your hands, you are happy, you prosper »;</b> so, let's pray that the Ministry of Employment of Cameroon should work in justice and the creation of job for all.</li> </ul> <p><b>Pray for the Ministry of Economy in Cameroon</b></p> <ul style="list-style-type: none"> <li>- Let's pray that the leaders of the economic system of Cameroon renounce bad practices and allow themselves to be led by the Holy Spirit for the improvement of the current economic system in Cameroon. <b>1 Tim 2:2</b></li> <li>- <b>Prov 12: 11 « He who tills his land will be satisfied with bread, but he who follows frivolity is devoid of understanding ».</b> Let's pray that all Cameroonians will work hard to reduce the current cost of living in Cameroon and build an unshakeable, Christ-based economic system.</li> </ul> |
| 10:00 a.m. | <p><b>Pray for peace in troubled hearts at MEM</b></p> <ul style="list-style-type: none"> <li>- <b>Leviticus 26: 6a « I will give peace in the land, and you shall lie down, and none shall make you afraid».</b> Let's proclaim true peace in the MEM movement and declare that everyone who comes to MEM always finds the peace of Christ Jesus.</li> </ul>  |





April  
2022

- **Psalm 147: 14 «He makes peace in your borders, and fills you with the finest wheat».** Let's entrust to Christ each member of MEM whose heart is currently troubled so that the Prince of Peace may reign over the situation that is disturbing them.

#### **Pray for the Ministry of Justice in Cameroon**

- **Psalm 2: 10-11 « Now therefore, be wise, O kings; be instructed, you judges of the earth. Serve the Lord with fear, and rejoice with trembling ».** Let's proclaim this passage of the Scripture in order to submit to the will of God, the heart of each stakeholder in the Ministry of Justice of Cameroon and other nations (name them).
  - Let's rebuke any spirit of corruption operating in the courts in Cameroon and in the nations; let's pray for ourselves that we may be **« blameless and harmless in the midst of a crooked and perverse generation »**
- Phil 2 : 15**

12:00  
p.m.

#### **Pray for families closed to the Gospel in Cameroon**

- Let's possess the gates of families and proclaim the entry of the Gospel into every house by the power of the Holy Spirit and in the name of Jesus Christ. Indeed, **« Every place that the sole of your foot will tread upon I have given you, as I said to Moses » Joshua 1 : 3**
- In the name of Jesus Christ, let's neutralize the spirits of the families who keep them in captivity and pray for their deliverance during the program "100 families to Christ".

#### **Pray for the Ministry of Finance in Cameroon**

- Let's thank Christ Jesus for the personnel in charge of managing the finances of Cameroon and entrust their hearts to God so that they act with wisdom and foresight for a better financial health of Cameroon. **Amos 9 :14**
- Let's bind the spirits and authorities attacking Cameroon's financial system and declare the fulfillment of God's plans for Cameroon's finances . **Isaiah 54 : 17**

02:00  
p.m.

#### **Pray for forgiveness and healing in families at MEM**

- Let's glorify Jesus Christ for each member of our families and pray for the healing of hearts bruised by all kinds of offenses; Indeed, **« Heal me, O LORD, and I shall be healed » Jer 17 : 14**
- Let's expose to the light of Christ, the lies of satan having led to misunderstandings and caused serious wounds in the hearts and pray for a true reconciliation. Indeed, **« ...Let us cast off the works of darkness, and let us put on the armor of light » Rom 13 : 12**

#### **Pray for the Ministry of Transport in Cameroon**

- Let's give thanks and pray for the leaders of the Ministry of Transport and the personnel involved in land, rail, air and sea transport in Cameroon so that they work according to the Holy Spirit to guarantee the safety of transport in Cameroon. **1 Tim 2 : 1-3**
- Let's cancel any transport system inspired by darkness in Cameroon and proclaim the dominion of the Holy Spirit over all decrees and decisions made in connection with transport because **« The king's heart is in the hand of the Lord, like the rivers of water ; He turns it wherever He**





|            |  |
|------------|--|
|            | <b>wishes». Prov 21 : 1</b>  |
| 04:00 p.m. | <p><b>Pray for tested marriages of MEM members</b></p> <ul style="list-style-type: none"> <li>- Let's give excellent thanks to God for all the marriages in the MEM movement, for the action of the Holy Spirit in all the couples of the movement. <b>Mth 5: 13-16</b></li> <li>- Let's pray for dialogue, truth, forgiveness, reconciliation, fidelity, unity and love in couples in difficulty (name them) and proclaim the restoration of tried marriages at MEM and in the Church. <b>1 Cor 3 :11</b></li> </ul> <p><b>Pray for peace in Cameroon</b></p> <ul style="list-style-type: none"> <li>- <b>Psalm 55: 17 « Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice ».</b> Let's give thanks to our heavenly Father for those who sigh and groan every day for peace in Cameroon and in the nations; pray for continued intercession until God hears our cries.</li> <li>- Let's intercede again for the Peace and Justice of God in Cameroon; let's implore God's mercy on the atrocities committed in the regions at war. <b>« The Lord lift up His countenance upon you, and give you peace » Numbers 6: 26</b></li> </ul>   |
| 06:00 p.m. | <p><b>Pray for the leaders of the MEM movement and the Church in Cameroon</b></p> <ul style="list-style-type: none"> <li>- Let's give thanks to our God for the wisdom, intelligence and perseverance that He gives every day to the leaders of MEM and of the Church in Cameroon (mention names) in order to lead His people with love and faithfulness. <b>1 Tim 3: 12-15</b></li> <li>- <b>1 Thess 5: 18 « In everything give thanks; for this is the will of God in Christ Jesus for you ».</b> Let's give thanks to God for the trials and attacks of the enemy against our Christian leaders (mention names) for the victory is already won in the name of Jesus Christ.</li> </ul> <p><b>Pray for evangelism in war zones</b></p> <ul style="list-style-type: none"> <li>- Let's sing songs to God for those who have announced the gospel and for those who have received it despite the war that is raging in the areas where they are now. Indeed, it is written in <b>Mark 16: 15 « And He said to them, "Go into all the world and preach the gospel to every creature »</b></li> <li>- In <b>1 Cor 9: 23</b>, Apostle Paul says: <b>« Now this I do for the gospel's sake, that I may be partaker of it with you »;</b> so, let's pray that every Christian wherever he is in the world, will fervently intercede for the proclamation of the gospel and the salvation of souls in war regions around the world.</li> </ul> |
| 08:00 p.m. | <p><b>Pray for the finances of the MEM movement and the Church in Cameroon</b></p> <ul style="list-style-type: none"> <li>- Let's proclaim this scripture, <b>Phil 4:19 « And my God shall supply all your need according to His riches in glory by Christ Jesus »</b> in our lives, in MEM and in the Church in Cameroon.</li> <li>- Let's cancel the financial attacks and influences of the enemy aimed at negatively impacting the finances of the MEM movement and of the Church in Cameroon, because <b>« No weapon formed against you shall</b></li> </ul>  |



April  
2022

**prosper » Isaiah 54: 17**

**Pray to break satanic covenants**

- Let's exalt our Lord and savior Jesus Christ, He who delivered us from every satanic pact and by whom we are in a unique covenant with God our Heavenly Father, for « **God is our refuge and strength, a very present help in trouble** » **Psalm 46: 2**
- By authority in the name of Jesus Christ, let's renounce any satanic pact that influences our lives and revoke all its consequences in our lives and in those of our loved ones because « **It is better to trust in the Lord than to put confidence in man** ». **Psalm 118: 8**

10:00  
p.m.

**Pray for obedience to the Holy Spirit at MEM**

- Let's give thanks to God the Father for having given us the Holy Spirit as promised by Christ in **Acts 1 : 8** « **But you shall receive power when the Holy Spirit has come upon you ; and you shall be witnesses to Me in Jerusalem, and in all Judea and Smaria, and to the end of the earth** ».
- **Galatians 5: 16** « **Walk in the Spirit, and you shall not fulfill the lust of the flesh** » ; Let's pray for ourselves, for the brothers and sisters in Christ (name them) so that by listening to the Word of God, we renounce each day the carnal desires to walk in obedience to the Holy Spirit..

**Pray for the Ministry of Public Health**

- For the Minister of Health and his entire team, let's pray that they will be totally dedicated to the development of health infrastructures and the administration of quality care to the sick. **Prov 22 : 6**
- **Jer 33 : 6** « **Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth** » At this word, let's pray for the healing and restoration of the sick, families and nations devastated by the pandemic the world is currently going through.



## SUBTHEMES OF THE MONTH

1. **'The heart that seeks God must be pure'**  
(Matthew 5 :8)
2. **'Keep your heart clean'**  
(Proverbs 4 :23)
3. **'How to feed your heart to be pure'**  
(Philippians 4 :8)
4. **'To watch over your heart is to honour God'**  
(Matthew 26 :41)

These sub-themes are provided for you to read more carefully while holding your Bible close to you. Take notes that will help you to meditate more deeply on the message that the Lord will give you personally.

You can join us through the 15 cells in Cameroon and 2 cells abroad (Central Africa and Canada). You can also do it virtually through the live stream on our FaceBook page 'mercredi en montagne' at the indicated times, and the replays on our YouTube page 'mercredi en montagne'. In this way you will be able to commune with brothers and sisters who have the same passion as you: to discover the greatness of the love of our Lord and Saviour Jesus Christ and to be submitted to Him.

If you have any questions related to these teachings or outside of them, or if you need prayer, please contact us.

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

Glory to God who acts mightily!





April  
2022

**MESSAGE  
OF THE  
MONTH:  
April  
2022**

**Honour God with a pure heart**

Are you true to God? With your neighbour? What is the state of your heart with which you want to honour? The Lord is calling your attention this month to your heart, saying that if you seek Him and want to be pleasing to Him, you must desire to have a pure heart: *(Matthew 5 :8 ESV)* « **Blessed are the pure in heart, for they shall see God** ».

**DETAILED  
PROGRAM :**

|               |  |
|---------------|--|
| Wed. 30 March | <ul style="list-style-type: none"> <li>✓ Bible study for the week</li> <li>✓ Praise - Worship - Intercession – Thanksgiving</li> <li>✓ Subtheme 1 : <b>'The heart that seeks God must be pure'</b> (Matthew 5 :8)</li> <li>✓ Testimonies, announcements, etc.</li> </ul>   |
| Wed. 06 April | <ul style="list-style-type: none"> <li>✓ Bible study for the week</li> <li>✓ Praise - Worship - Intercession – Thanksgiving:</li> <li>✓ Exhortation: <b><i>From information to transformation (Part 1)</i></b></li> <li>✓ Subtheme 2 : <b>'Keep your heart clean'</b> (Proverbs 4 :23)</li> <li>✓ Testimonies, announcements, etc.</li> </ul>            |
| Wed. 13 April | <ul style="list-style-type: none"> <li>✓ Bible study for the week</li> <li>✓ Praise - Worship - Intercession – Thanksgiving</li> <li>Exhortation: <b><i>From information to transformation (Part 2)</i></b></li> <li>✓ Subtheme 3 : <b>'How to feed your heart to be pure'</b> (Philippians 4 :8)</li> <li>✓ Testimonies, announcements, etc.</li> </ul> |
| Wed. 20 April | <ul style="list-style-type: none"> <li>✓ Bible study for the week</li> <li>✓ Praise - Worship - Intercession – Thanksgiving</li> <li>✓ Subtheme 4: <b>'To watch over your heart is to honour God'</b> (Matthew 26 :41)</li> <li>✓ Testimonies, announcements, etc.</li> </ul>  |

**THE + OF  
MONTH:**

- ∠ Proclamations April 2022
- ∠ The April 2022 one-year Bible reading schedule



SUBTHEME 1

WEDNESDAY 30<sup>TH</sup>  
MARCH 2022

THE HEART THAT SEEKS  
GOD MUST BE PURE

Say these prayers as a family: from 30<sup>th</sup> March to 05<sup>th</sup> April

- 1- Father, I expose my heart to you and I ask that everything that makes it unclean (anger, jealousy, slander, lies, idolatry, etc.) be exposed, broken and destroyed by the power of the Holy Spirit,
- 2- I desire a pure heart and I pray that your blood will cleanse it thoroughly,
- 3- I also pray for the hearts of all my family members to be spiritually cleansed and become pure.

**Matthew 5:8 NLT**

**Blessed are the pure in heart, for they shall see God!»**

Beloved, the Lord shows here a cause-and-effect relationship: first, the pure heart makes you happy, but also will allow you to see God. With these words, Jesus Christ declares that happiness is linked to purity and holiness. He speaks to the disciples and teaches them how to flourish in His presence. He notes that many people seek Him but very few achieve true communion or intimacy because of the state of their hearts. Many seek to heal the outward appearance while the inward (i.e. the heart) is unclean and defiled. This is why He further challenges the leaders (pastors, teachers, prophets etc.) to clean their inner selves i.e. their hearts: ***(Matthew 23 :25-26 ESV) «Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and the plate, but inside they are full of greed and self-indulgence. You blind Pharisee! First clean the inside of the cup and the plate, that the outside also may be clean».***

The called are many but the chosen are few. Christians are unfortunately those among whom we still find much divorce, jealousy, betrayal, pride. You will still see in Christian assemblies' quarrels, positional struggles, massive departures, people who slander their brother in Christ. Is this the state in which the Church should seek God? It certainly will not find Him. Jesus Christ in this week's verse (Matthew 5:8) tells you that those who are pure in heart will see God and be happy. So, you should work to make your heart pure. Pray and expose your weaknesses: Father, I know that you are holy, I desire to be happy, I seek you, but inside my heart are still much defilement



April  
2022

(evil desires, quarrels, lies, adultery, fornication, etc.). Remove these things and let my heart be pure for you in the name of Jesus Christ. Amen!

Your heart is the dwelling place of your mind. It is the intimate and secret centre of your thoughts and feelings. When your heart is sick and stops, you stop living. Your heart is the part of your being that has the power of life and death over you. It is also the part of your being that attracts God's gaze. Your physical appearance is of no use to him : **(2 Chronicles 16 :9a NKJV)** *«For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him»*. The eyes of the Lord are looking for the pure of heart in all the earth!!!

Having a pure heart is very important, when Jesus Christ started to call the disciples, He too was struck by the heart of Nathanael: **(John 1:47 NKJV)** *«Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit»*. Jesus did not look at Nathanael's skin colour, height or build, He was touched by his heart: **(1 Samuel 16:7b NLT)** *« Don't judge by his appearance or height, for I have rejected him. The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart»*. Nathanael must have felt happy. Jesus did not only notice this, but also testified publicly about the state of his heart. What a joy when it is God who distinguishes you, He lifts you up and you are happy.

You can worship God on your knees, lying on the ground, you can even cry, shout, but if your heart is not pure it is useless, it is drumming that does not make any sound, you dishonour God. An impure heart makes false worship and seeks to deceive God, it cannot honour God, on the contrary it dishonours Him. But a worshipping heart always seeks to be pleasing to Him.

### Moment of declaration

*Thank you Lord for cleansing my heart and making it pure, I no longer want my worship to be false in Jesus' name. Amen !*

| Meditation texts  | Thursday | 31/03/22               | Matthew 5 : 1-12       |
|---|----------|------------------------|------------------------|
|   | Friday   | 1 <sup>st</sup> /04/22 | Matthew 23 : 1-12      |
|   | Saturday | 02/04/22               | Matthew 23 : 13-22     |
|   | Sunday   | 03/04/22               | Matthew 23 : 23-36     |
|   | Monday   | 04/04/22               | 2 Chronicles 16 : 1-14 |
|   | Tuesday  | 05/04/22               | John 1 : 39-51         |
| To be shared:<br>The story of ABRAHAM<br><b>Genesis 19 and 20</b> |          |                        |                        |



SUBTHEME 2

WEDNESDAY 06<sup>TH</sup>  
APRIL 2022

KEEP YOUR HEART  
CLEAN

Say these prayers as a family: from 06<sup>th</sup> to 12<sup>th</sup> April

- 1- Father, I acknowledge that my heart receives much temptation and shock, make my heart strong, joyful and full of life through your Word
- 2- Let your Word guide, bound and rule my heart so that it will not stray from your ways,
- 3- Thank you Father, I keep my heart clean through the Holy Spirit.

**Proverbs 4:23 NKJV**

**K** *Keep your heart with all diligence, for out of it spring the issues of life».*

Here is an instruction, an advice from the Lord to His people: "Guard your heart". And He says: keep it more than anything else.

In other words, watch, monitor, control your heart, examine your heart, do it diligently and seriously. Your life depends on it, your relationships with your friends, your neighbours, your family, your colleagues depend on the state of your heart. Your intimacy with God and even your personal growth depends on the state of your heart. This is where the springs (what feeds your life) come from. If your heart is bitter, your source is bitter and your life will be full of bitterness: bitter relationships, people will not want to be with you, your zeal in Christ will be bitter. But if your heart is joyful, your face will glow with happiness, your body will be healthy, your relationships will be at their best, your worship will be joyful: ***(Proverbs 17:22 ESV) « A joyful heart is good medicine, but a crushed spirit dries up the bones».*** Many illnesses do not come from the devil, demons or attacks, but come from a depressed mind, a troubled and saddened heart. When the spirit is down, internal disorders set in: stomach aches, high blood pressure, vision problems, menstruation disturbances in women, heart palpitations,... and even stroke.

Beloved, guard your heart, watch like the watchman who guards the houses so that the thief does not enter. Watch your thoughts because they are the major access point to the agents of the devil for all kinds of evil. The devil's prowling to see what's on your mind: ***(1 Peter 5:8 ESV) « Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring***





April  
2022

***lion, seeking someone to devour».*** When you have thoughts of suicide, the devil puts strategies in place to make you commit suicide. When you harbour thoughts of adultery, he sends someone to seduce you into committing the act of adultery. When you entertain a thought of stealing, he gives you an opportunity to steal and even accomplices. In short, he uses the doors and opportunities you open for him. That is why you must take care to cast out all evil thoughts. You must pray to reject them and refuse them. You must even denounce them by confiding in your pastor or spiritual director in order to pray and find ways to keep them away. This is mandatory! Guard your heart! Raise this prayer like King David: ***(Psalm 139:23-24 ESV) « Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the everlasting way».***

Keep your heart pure; in other words, saturate it with the Word of God. When situations arise (temptations, difficulties, trials or persecutions) seek the Word which dominates them and which will keep your heart in confidence. Like David, fill your heart with the Word of God, meditate on it day and night (Joshua 1:8). You can say: ***(Psalm 119:11 ESV) « I have stored up your word in my heart, that I might not sin against you.»*** The true greatness of your heart is the Word of God in your heart and the Holy Spirit working through that word. The Word of God in your heart is the sword that you brandish to fight all the adversaries of your heart and destroy them. Keep your heart pure by constantly cleaning it as you clean your house by prayer: Father, I cast out of my heart all evil thoughts (jealousy, theft, cheating, adultery, idolatry, hatred, pride, etc.) I denounce and refuse them. I bring my thoughts captive to the obedience of Christ. Keep your heart clean and your way of worshipping and honouring God will be pleasing to Him. Amen !!

**Moment of  
declaration**

*I declare that the light God has put in my heart begins to shine now in Jesus name. Amen.*

| Meditation texts | Thursday  | 07/04/22 | 1 Samuel 16 : 1-13  |
|------------------|---|----------|---------------------|
|                  | Friday  | 08/04/22 | Proverbs 4 : 20-27  |
|                  | Saturday  | 09/04/22 | Proverbs 17 : 1-15  |
|                  | Sunday  | 10/04/22 | Proverbs 17 : 16-28 |
|                  | Monday  | 11/04/22 | 1 Peter 5 : 1-14    |
|                  | Tuesday   | 12/04/22 | Psalm 119 : 1-12    |
|                  | To be shared:<br>The story of ABRAHAM<br><b>Genesis 21 and 22</b> |          |                     |



SUBTHEME 3

WEDNESDAY 13<sup>TH</sup>  
APRIL 2022

HOW TO FEED YOUR HEART  
SO THAT IT IS PURE

Say these prayers as a family: from 13<sup>th</sup> to 19<sup>th</sup> April

- 1- Father, I pray that you feed my thoughts regularly with your Word, during meditations, teachings and prayers,
- 2- Lord, by your Spirit, may I close my soul to everything that is false, disrespectful, unjust and that produces dishonour,
- 3- Lord, without you I can do nothing; that by your Spirit I strive to obey your word.

***Philippians 4:8 ESV***

**F***inally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things».*

What feeds your thoughts? Is it the desire to seduce? Pornographic films? The desire to steal? Worldly songs? The desire for revenge? Is it the crude and provocative lyrics? Is it the secrets that come out, the A1s? What feeds your thoughts? The Lord is giving you a simple formula for healthy thoughts: feed them, maintain them by:

**1-** Everything that is true: you must reject everything that is false, ill-spoken, a lie. Do not give ear to it, do not let lies enter your heart, reject slander (1 Peter 3:9-12)

**2-** Everything that is noble, i.e., honourable: you must refuse to think of any shameful act. There are acts that you can do but which are so shameful (adultery, theft, etc.). Imagine that you are surprised, this would bring shame to you and to the heavenly Father, to the body of Christ. Reject, therefore, any thought that might lead you to commit such acts. Instead, meditate and keep in your thoughts every act that will bring honour to God. For example, when you have been offended, honour God with forgiveness, which is a noble act (think of doing noble deeds that honour God). Calmness, silence, self-control, and words of blessing honour God..

**3-** All that is right: You must reject the false, the forgery, the corruption, the prejudice: ***(1 Corinthians 6:9a NKJV) « Do you not know that the unrighteous will not inherit the kingdom of God? ».*** Be fair in your



relationships with those around you (children, colleagues, brothers, etc.), be fair in your sharing, be fair in your actions.

**4-** All that is pure: You must not dilute, mix, i.e. be in the Word and in the world, have intimates in Christ and in the world. You must be sincere and radical! You must not dilute the Word of God, it must enter 'whole' into you!

**5-** All that is worthy of love and approval: You must refuse to meditate or think about acts of hatred, things that God does not approve of. Whenever there is a decision to be made or a choice to be made, ask yourself if you are guided by love, if the Lord approves of your choice? (1 Corinthians 16:3). Everything you do, everything you say, should be motivated by love (love of God and neighbour).

**6-** Everything that deserves respect and praise: You must strive to do well, to seek excellence. Keep your house clean and tidy; educate your children correctly with the Word of God; do your work with honesty, integrity and punctuality. This will command respect and admiration and give honour and praise to God. So, you must reject all forms of mediocrity, tardiness, and negligence.

Spend more time hearing God, listening to him, and going over his Word. Let God's love dominate and guide you. In short, your thoughts must be nourished by the Word of God, motivated by the love of God and of your neighbour: ***(Joshua 1 :8 NLT) « Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do».*** Lift up this prayer: Father I choose to listen to you day and night; I keep my eyes fixed on your Word; I keep my heart in your love and I reject everything that opposes your ways in Jesus' name! A pure heart produces a pure life but an impure heart produces a corrupt life.

**Moment of  
declaration**

*Abba Father, even if I go through fire and tribulations, my thoughts remain pure in Jesus' name. Amen!*

| Meditation texts | Thursday  | 14/04/22 | Philippians 4 : 1-13    |
|------------------|---|----------|-------------------------|
|                  | Friday  | 15/04/22 | 1 Corinthians 6 : 1-11  |
|                  | Saturday  | 16/04/22 | 1 Corinthians 6 : 12-20 |
|                  | Sunday  | 17/04/22 | 1 Peter 3 : 1-12        |
|                  | Monday  | 18/04/22 | 1 Peter 3 : 12-22       |
|                  | Tuesday   | 19/04/22 | Joshua 1 : 1-9          |
|                  | To be shared:<br>The story of ABRAHAM<br><b>Genesis 23 and 24</b> |          |                         |



SUBTHEME 4

WEDNESDAY 20<sup>TH</sup>  
APRIL 2022

TO WATCH OVER YOUR  
HEART IS TO HONOUR GOD

Say these prayers as a family: from 20<sup>th</sup> April to 26<sup>th</sup> April:

- 1- Father, I thank you and pray that I may resist evil and watch over my heart,
- 2- I pray that the desires of the flesh may no longer be manifested by me, that I may do actions that please you,
- 3- Father, lift me from my weaknesses and give me a willing spirit so that your Spirit may work effectively and give glory to your name.

**Matthew 26:41 NLT**

**K***eeep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak! ».*

To watch over your heart is to seek to please God, to abide in His love. Jesus Christ saw a great weakness in the human heart: resistance to evil. He saw that many begin the Christian life, they are very zealous at the beginning but on the way, they face temptations and fall into disobedience. That is why he says that the flesh is weak (Matthew 26:41b). In the Standard version He says: **(Matthew 26:41b ESV) «The spirit indeed is willing, but the flesh is weak»**. Acknowledge this weakness due to human nature (desires of the flesh) and therefore decide to watch over your heart spiritually and physically.

A pure heart is essential to know and understand what God's will is. When your heart is unfeeling, you no longer hear, see or understand (Matthew 13:15). Honouring begins with the motives of your heart and the goals you want to achieve. Honour is not a trivial act, but it is deep and meaningful. It requires a choice, a radical decision and a deep desire to please God. Therefore, if you want to honour God, it is essential that you watch over your heart: **(Ephesians 5:10b NKJV) «finding out what is acceptable to the Lord»**. In other words, think carefully about everything you want to do to see if it pleases God. This applies to all areas of your life, before you commit to a job, marriage, partnership, travel, examine! David was a man who began his kingship with God's anointing, he honoured God until he stopped watching and fell into a series of dishonourable, shameful actions. But what makes him special is his motivation to honour God and be pleasing to Him.



April  
2022

When he realised that he had fallen and disappointed God, he returned totally to God in sincere and deep repentance. Is this your case, beloved? In his words and actions after his fall, we see a heart that seeks God and wants to honour Him: **(Psalm 51 :4 NLT) «Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just».**

The result of a good vision comes from the heart, for the heart is the source of all that is seen on the outside. Jesus Christ is the example of the model heart; He said of Himself that He was 'gentle and humble of heart'. During His life on earth, He always returned to the state and quality of our heart, showing that everything comes from the heart: **(Matthew 15:18-19 ESV) « But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander».** He presents the heart as the greatest treasure contained in man and that as a treasure, it (your heart) is sought by the thief hence the need to watch. By taking this seriously, you honour God.

Honouring God is also knowing how to recover quickly from your weaknesses and asking God to lift you up. It means coming back to God with a mind that is willing to be taught: **(Psalm 51:10 NLT) « Create in me a clean heart, O God. Renew a loyal spirit within me».** The whole Bible is centred on God's desire for man to have a pure heart, for the Holy Spirit cannot work effectively with a defiled heart and so cannot reveal the greatness of God's power and love. Let not your earthly successes and glories make you proud. See to it that your heart remains humble, teachable and submissive: this is the honour to God.

**Moment of  
declaration**

*Lord, I refuse to let my heart be the headquarters of demons, I seriously watch over it in Jesus' name! Amen*

**Meditation texts**

To be shared:  
The story of ABRAHAM  
**Genesis 25**

|          |          |                     |
|----------|----------|---------------------|
| Thursday | 21/04/22 | Matthew 26 : 36-46  |
| Friday   | 22/04/22 | Ephesians 5 : 1-16  |
| Saturday | 23/04/22 | Ephesians 5 : 17-33 |
| Sunday   | 24/04/22 | Psalms 51 : 1-11    |
| Monday   | 25/04/22 | Psalms 51 : 12-21   |
| Tuesday  | 26/04/22 | Matthew 15 : 10-20  |

Beloved, use these lines to write down the highlights during the teachings and also your related prayer points

[illegible]



April  
2022

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.





Handwriting practice lines consisting of 20 horizontal dashed lines.



April  
2022

## PROCLAMATIONS APRIL 2022

« *And Jesus said to him, today salvation has come to this house»» (Luke 19:9a NKJV).* Glory to God! Jesus' entry into Zacchaeus' home triggered salvation in his life and he was restored. If Jesus has entered your life as He did with Zacchaeus', proclaim in faith these words of restoration; Jesus is the answer to your prayers.

I praise you Father, for the grace you are giving me to know the year 2022;

I enter energetically into the month of April 2022 with the prosperity that the heavenly Father has reserved for me, and for all my family;

I am a wonderful creature of God, I am beautiful before His face, He takes care of me as the apple of His eye;

I am happy, because I have received a pure heart; God has taken away the heart of stone in me and given me a heart of flesh;

By this pure heart, all that is impurity, defilement, malice, jealousy, animosity and strife have no place in my thoughts;

I think of all that is true, all that is honourable, all that is just, all that is pure, all that is lovely, all that is worthy of approval, all that is virtuous and praiseworthy;

I guard my heart more than anything else, so as not to let in the thief who prowls about; I keep the doors of my heart shut, so that the source of my life is not defiled;

I examine my heart constantly, and if I sin against my God, I immediately return to him, confess my sin and undertake not to fall into disobedience again;

I constantly nourish my heart with the Word of God, I meditate on it constantly to lean on it in every situation of life;

In this month of April when the world celebrates the first day with lies, I do not conform to the world and I live in truth at all times;

I speak to my neighbour with truth and righteousness at all times; I honour my God by the holiness of my actions;

I am always a blessing to those around me; I proclaim loudly the goodness of the Lord so that those in my home, my family and my circle who do not know God may see Him through my life;

From January to December 2022, I and my household will serve the Lord!

I believe and I say "Amen"!



## ONE-YEAR BIBLE READING CALENDAR

Beloved, your knowledge and intimacy with God come through constant reading of the Bible, which is His Word. This calendar is proposed to you with a chronological plan of reading, morning and evening. Tick in front of each text for a better follow-up.

### APRIL 2022

| Date      |    | Old Testament        |  | New Testament         |  |
|-----------|----|----------------------|--|-----------------------|--|
| Friday    | 1  | Numbers 19 – 21      |  | Luke 7: 36 – 8 :3     |  |
| Saturday  | 2  | Numbers 22 – 24      |  | Luke 8: 4 - 21        |  |
| Sunday    | 3  | Numbers 25 – 26      |  | Luke 8: 22 - 39       |  |
| Monday    | 4  | Nbers 27 :1 – 30 :1  |  | Luke 8: 40 – 9 :17    |  |
| Tuesday   | 5  | Nbers 30 :2 – 31:54  |  | Luke 9: 18 - 45       |  |
| Wednesday | 6  | Numbers 32 – 33      |  | Luke 9 : 46 - 62      |  |
| Thursday  | 7  | Numbers 34 – 36      |  | Luke 10: 1 - 37       |  |
| Friday    | 8  | Deuteronomy 1 – 2    |  | Luke 10: 38 – 11 :13  |  |
| Saturday  | 9  | Deut. 3 :1 – 4 : 43  |  | Luke 11: 14-36        |  |
| Sunday    | 10 | Deut. 4 : 44 – 6 :25 |  | Luke 11: 37 – 12 :12  |  |
| Monday    | 11 | Deuteronomy 7 – 9    |  | Luke 12: 13-48        |  |
| Tuesday   | 12 | Deut. 10 – 11        |  | Luke 12: 49 – 13 : 9  |  |
| Wednesday | 13 | Deut. 12 – 14        |  | Luke 13: 10-35        |  |
| Thursday  | 14 | Deut. 15 – 17        |  | Luke 14: 1-24         |  |
| Friday    | 15 | Deut. 18 – 20        |  | Luke 14: 25 – 15 : 10 |  |
| Saturday  | 16 | Deut. 21 – 23        |  | Luke 15: 11-32        |  |
| Sunday    | 17 | Deut. 24 – 26        |  | Luke 16: 1-18         |  |
| Monday    | 18 | Deut. 27 :1 – 28: 57 |  | Luke 16: 19-31        |  |
| Tuesday   | 19 | Deut.28 :58 – 30:20  |  | Luke 17: 1-19         |  |
| Wednesday | 20 | Deut. 31 – 32        |  | Luke 17: 20-37        |  |
| Thursday  | 21 | Deut.33– 34          |  | Luke 18: 1-14         |  |
| Friday    | 22 | Joshua 1 – 3         |  | Luke 18: 15 - 34      |  |
| Saturday  | 23 | Joshua 4 – 6         |  | Luke 18: 35 – 19 :27  |  |
| Sunday    | 24 | Joshua 7 – 9         |  | Luke 19: 28 – 20 :8   |  |
| Monday    | 25 | Joshua 10 – 12       |  | Luke 20: 9-26         |  |
| Tuesday   | 26 | Joshua 13 – 15       |  | Luke 20: 27 - 47      |  |
| Wednesday | 27 | Joshua 16 – 19       |  | Luke 21: 1-19         |  |
| Thursday  | 28 | Joshua 20 – 21       |  | Luke 21 :20-38        |  |
| Friday    | 29 | Joshua 22 – 24       |  | Luke 22: 1-23         |  |
| Saturday  | 30 | Judges 1 :1 – 3 :6   |  | Luke 22: 24-38        |  |



April  
2022

## PROGRAM OF 2022 MONTHLY MEETINGS

| Date                        | Activities                                   | Time       |
|-----------------------------|--|------------|
| 24 <sup>th</sup> April 2022 | Praise/Sharing/Message + Prayer of the month | 3pm-6:15pm |
| 29 <sup>th</sup> May 2022   | Praise/Sharing/Message + Prayer of the month | 3pm-6:15pm |

### ➤ YADAH-WOMEN

#### SPECIAL SEMINAR FOR WOMEN

**THURSDAY 07 TO SATURDAY 09 JULY 2022 « 09:00A.M-6:00PM »**

Info-line : 678 547 556 / 691 285 101

### ➤ SPECIAL YOUTH EDIFICATION MEETING WITH REVEREND DOUMBIA (FROM IVORY COAST)

**SATURDAY 02 APRIL 2022 « STARTING AT 09:00 A.M. SHARP » AT DOUALA**

Info-line: 676 718 955

### ➤ BARBECUE PARTY ORGANISED BY THE MESSENGERS OF THE GOOD NEWS (TRAINING, EVANGELISM, RELAXATION, BARBECUE)

**MONDAY 04 TO SATURDAY 09 APRIL 2022**

Info-line : 672 901 907 / 696 903 639

### ➤ THE MESSENGERS OF THE GOOD NEWS

**SUNDAY 03 APRIL 2022 « 3:00 P.M. - 6:00 P.M. »**

Douala contact: 672 901 907 / 696 903 639

### ➤ ATMOSPHERE OF HEALING

**FRIDAY 08 APRIL 2022 « 5:00P.M. - 7:30P.M. »**

Contact : 694 709 614 / 676 486 520

### ➤ THE YOUTHS OF GLORY

**SUNDAY 10 APRIL 2022 « 3:00 P.M. - 6:00P.M. »**

Douala contact: 676 718 955 ; Fouban : 694 143 032

### ➤ MASSIVE EVANGELISM OUTREACH

**SATURDAY 16 APRIL 2022**

IN FAMILIES AND PUBLIC PLACES

### ➤ THE MEN OF GLORY

**SUNDAY 17 APRIL 2022 « 3:00P.M. - 6: 00P.M. »**

Douala contact: 696 671 591 / 676 057 832

### ➤ THE CHILDREN OF GLORY

**SATURDAY 23 APRIL 2022 « 2:00PM-5:00PM »**

## 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 contacts:

### **Ndogbong Douala - Cameroon**

Tél : (00237) 697 547 726 / 676 036 054 / 656 670 707

### **Yaoundé - Cameroon**

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

### **Bangangté - Cameroon**

Tél : (00237) 681 986 612

### **Bafoussam - Cameroon**

Tél : (00237) 699 840 453 / 682 029 677

### **Mbouda - Cameroon**

Tél : (00237) 677 162 463 / 677 430 348

### **Bangou - Cameroon**

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

### **Ebolowa - Cameroon**

Tél : (00237) 674 097 467 / 677 445 362

### **Foumban - Cameroon**

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

### **Baham- Cameroon**

Tél : (00237) 673 323 871

Site Web: [www.mercredienmontagne.com](http://www.mercredienmontagne.com)

Mail: [Mercredienmontagne@yahoo.fr](mailto:Mercredienmontagne@yahoo.fr)

### **Ari Douala - Cameroon**

Tél : (00237) 698 369 257 / 676 718 955

### **Foumbot - Cameroon**

Tél : (00237) 696 671 433

### **Dschang - Cameroon**

Tél : (00237) 675 682 167 / 694 829 785

### **Bertoua - Cameroon**

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

### **Baïgon - Cameroon**

Tél : (00237) 699 698 862 / 697 879 536

### **Bamendjou - Cameroon**

Tél : (00237) 674 099 050

### **Kribi - Cameroon**

Tél : (00237) 691 194 724 / 673 463 260

### **Nkongsamba - Cameroon**

Tél : (00237) 6 74 366 188

### **Canada**

Tél : +1-438-998-7121

**If you want to make a donation, contact us on:**  
676 270 560 / 694 751 673 / 676 036 054