



Weekly Topic for prayer and meditation, to impact lives.

Mercredi en Montagne

DECEMBER
2022

SEEK **GOD'S** **INTEREST** FIRST

« But seek first the kingdom of God and His righteousness,
and all these things shall be added to you. »

(Matthew 6:33 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, Ooh Lord, to receive glory and honour and power, for You created all things, and by your will they exit and were created*» (New King James Version).

« ***Seek first the kingdom of God and His righteousness, and all these things shall be added to you*** » **Matthew 6: 33 (NKJV)**. This is God's will for all who belong to Him. All our attention must be given to Him in all circumstances; that's why He gives this instruction: Seek first the interest of God!

TESTIMONY

I am a married woman, and for several years I had heavy bleeding. Even beyond the menstrual period, I was bleeding, and there were like blood clots coming out of me. I went around the doctors, and I did not find healing. Two months ago at the 'Atmosphere of Healing' meeting, one of the leaders took the microphone and asked all the women who have problems of heavy bleeding to move forward. Since I had already submitted to this exercise in other places, I first hesitated. But the Holy Spirit convinced me and I moved forward. She prayed and at the end of the meeting I went home.

After a few days, when I went to the bathroom to clean myself, I did not notice any trace of bleeding. In doubt, I still wanted to observe the following days, and I realized that the Lord had totally healed me. Glory be to His name!!!

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 of them 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!



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, Foumban, 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, 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)

'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 (12pm, 1am, 2am, 3am, 4am, 5am, 6am, 7am, 8am, 9am, 10am, 11am, 12am, 1pm, 2pm, 3pm, 4pm, 5pm, 6pm, 7pm, 8pm, 9pm, 10pm, 11pm)

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.



HOURLY	PRAYER TOPICS
00:00 a.m.	<p>Pray to cancel the human sacrifices planned in the nations this month</p> <ul style="list-style-type: none">- Let's give thanks to our God, the Almighty, for Christ's perfect sacrifice which He accepted for mankind, « <i>And He Himself is the propitiation for our sins</i> » 1 John 2: 2.- By the authority of the name of Him who offered Himself as the perfect sacrifice for the salvation of mankind, let's cancel all human sacrifices planned by the kingdoms of darkness this month, for « <i>The sacrifice of the wicked is an abomination to the Lord, but the prayer of the upright is His delight</i> » Prov 15 : 8.
01 :00 a.m.	<p>Pray for a great intercession at MEM and in the Church</p> <ul style="list-style-type: none">- Let's bless the Holy Spirit for the intercessors who watch tirelessly in prayer as it is written: « <i>...being watchful to this end with all perseverance and supplication for all the saints</i> » Ephesians 6 : 18.- Let's pray to the Holy Spirit to strengthen all the intercessors and multiply their number this month to see the manifestation of the kingdom of Christ in MEM and over the Church this month. 2 Cor 1 : 11
02 :00 a.m.	<p>Pray for Peace in the hearts of the leaders of the Church in Cameroon and in the Nations</p> <ul style="list-style-type: none">- Let's praise Jesus Christ, Lord of Peace, for the life of testimony and perseverance He bestows daily on Church leaders throughout the world. « <i>And He Himself is the propitiation for our sins</i> » 1 John 2 :2.- 2 Thessalonians 3: 16 « <i>Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all</i> ». Let's proclaim this passage of the Scripture in the life of Church leaders in Cameroon and in the Nations.
03 :00 a.m.	<p>Pray for the Ministry of Transport of Cameroon and of the nations</p> <ul style="list-style-type: none">- Let's praise the Lord Jesus Christ for the directives He gives to the personnel of the Ministry of transport (land, rail, air and sea) so that they work according to the Holy Spirit to guarantee the safety of transport in Cameroon. 1 Timothy 2 : 1-3- Let's destroy any transport system inspired by darkness in Cameroon and proclaim the domination of the Holy Spirit over all decrees and decisions made in connection with transport because « <i>The king's heart is in the hand of the Lord, like the rivers of water; He turns it wherever He wishes</i> » Proverbs 21 : 1.
04 :00 a.m.	<p>Pray to rescind any traffic accident decree in Cameroon</p> <ul style="list-style-type: none">- By the Holy Spirit, let's uncover what is hidden in the darkness, may the Holy Spirit produce light in the shadow of death and secure all modes of transport in Cameroon. Job 12 : 23-25- In the Glorious Name of Jesus Christ, let's revoke any decree of traffic accident pronounced on us, on the beloved in Christ or on the members of our families, because « <i>No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn</i> » Isaiah 54 : 17.

05 :00 a.m.	<p style="text-align: center;">Pray for the salvation of a multitude of souls in the nations</p> <ul style="list-style-type: none"> - Let's pray for the residents of each nation of the world (name them) so that God the Father will draw their souls to Christ Jesus for their salvation. Indeed Jesus said, « <i>No one can come to Me unless the Father who sent Me draws him; and I will raise him up at the last day</i> » John 6: 44. - Let's pray that the leaders of Cameroon and other nations support the Church in its ministry of evangelization so that the Gospel will be preached serenely and that a multitude of souls may be saved in each nation. Acts 9 : 31
06 :00 a.m.	<p style="text-align: center;">Pray for the Ministries of Education in Cameroon and in the Nations</p> <ul style="list-style-type: none"> - Let's pray for those who lead the ministries of education in Cameroon to work with wisdom and fairness for better management of the teaching body and for the development of the education system and infrastructure. Prov 22: 6. - Let's stop the influences of the works of the devil on the education of young people, notably sexual abuse, sects, drugs, homosexuality, lesbianism, pedophilia, theft, laziness, etc. for « <i>the Son of God came to destroy the works of the devil</i> » 1 John 3 : 8b.
07 :00 a.m.	<p style="text-align: center;">Pray for the growth of the MEM movement</p> <ul style="list-style-type: none"> -Let's praise the Lord our God for the mission of the MEM movement and proclaim that MEM will impact the world. Matthew 5 : 13-16 - Let's pray for the brothers and sisters of the MEM movement so that by listening to the Word of God, they will renounce carnal desires every day to walk according to the Spirit as it is written in Galatians 5 : 16 « <i>Walk in the Spirit, and you shall not fulfill the lust of the flesh</i> ».
08 :00 a.m.	<p style="text-align: center;">Pray for the unemployed in Cameroon and in the Nations</p> <ul style="list-style-type: none"> - Let's give thanks and pray for the human resources of companies so that new, noble and decent jobs may be created for all in the Nations. 1 Timothy 2 : 2 - Proverbs 12: 11 « <i>He who tills his land will be satisfied with bread, but he who follows frivolity is devoid of understanding</i> ». Let's pray for unemployed people around the world to stop pursuing vain things because « <i>Whatever your hand finds to do, do it with your might...</i> » Ecclesiastes 9: 10.
09 :00 a.m.	<p style="text-align: center;">Pray for a great fellowship at MEM and in the Church in Cameroon</p> <ul style="list-style-type: none"> -Let's exalt our God, for the beloved ones who already live in fellowship in MEM and in the nations according to the Word of God, for « <i>God is faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord</i> » 1 Corinthians 1 : 9. - Let's pray that beloved of all tongues, tribes and races will open their hearts to fellowship according to 1 John 1 : 7 : « <i>But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin</i>».
10 :00 a.m.	<p style="text-align: center;">Pray for the Ministry of Public Health of Cameroon</p>



	<ul style="list-style-type: none">- Let's proclaim the reign of God in the clinics and hospitals of Cameroon; let's destroy any network of corruption, trafficking and incompetence in the medical profession. Luke 10 : 19- Isaiah 53: 5b « <i>And by His stripes we are healed</i> »; so let's proclaim health and healing to the sick (name them).
11 :00 a.m.	<p style="text-align: center;">Pray for the financial blessing of MEM members</p> <ul style="list-style-type: none">- Let's celebrate the Lord for the financial and material blessing that He makes available to Christians for the proclamation of the Gospel in the world. Hag 2 :8- Let's cancel every decree of poverty in the life of each member of MEM and the Church, for « <i>The silver is Mine, and the gold is Mine, says the Lord of hosts</i> » Haggai 2: 8.
12 :00 p.m.	<p style="text-align: center;">Pray for the leadership of the MEM movement and the Church</p> <ul style="list-style-type: none">- Let's express our gratitude to the Lord Jesus Christ for the leaders He has raised up in the MEM movement and in the Church, let's pray that they will accomplish their tasks with excellence. 1Tim 2 :2- Let's pray for each leadership of Christian ministries in the world (name them) so that the Holy Spirit will guide them and grant them to be: « <i>hospitable, a lover of what is good, sober-minded, just, holy, self-controlled, holding fast the faithful word as he has been taught, that he may be able, by sound doctrine, both to exhort and convict those who contradict</i> » Titus 1: 8-9.
01 :00 p.m.	<p style="text-align: center;">Pray for the growth of new converts</p> <ul style="list-style-type: none">- Let's recommend to the grace of God, each new convert (name them) so that they may be strengthened in their faith by making more and more progress in the proclamation of the Gospel. 2 Pr 2 : 14- Let's destroy every obstacle that weakens our faith in Jesus Christ and let's proclaim the fulfillment of God's plans for new converts (name them). Jer 29 : 11
02 :00 p.m.	<p style="text-align: center;">Pray for the Ministry of Defense of Cameroon and of the Nations</p> <ul style="list-style-type: none">- Let's pray for the army, the police and gendarmerie so that they will turn totally to the Lord to receive instructions of peace and national defense; indeed, « <i>Blessed is the nation whose God is the Lord, the people He has chosen as His own inheritance</i> » Ps 33: 12.- Let's take authority in the name of Jesus over the demons who instrumentalize the war in Cameroon and cancel all their works « <i>For the kingdom is the Lord's, and He rules over the nations</i> » Ps 22: 28.
03 :00 p.m.	<p style="text-align: center;">Pray for forgiveness and the reign of Christ Jesus in our families</p> <ul style="list-style-type: none">- It is written: « <i>...be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you</i> » Ephesians 4: 32; so let's pray for compassion and mutual forgiveness between people in conflict in our families.- Job 42:10: « <i>And the Lord restored Job's losses when he prayed for his friends. Indeed the Lord gave Job twice as much as he had before</i> »; so let's pray for spiritual, social and financial restoration of the strained relationships (list them) in our families.

04 :00 p.m.	<p style="text-align: center;">Pray for the economy of Cameroon and nations</p> <ul style="list-style-type: none"> - Let's celebrate the Lord Jesus Christ who became poor to enrich us and pray that the Holy Spirit will guide the main stakeholders in the economy of Cameroon and the Nations, according to the wisdom of God for an equitable management of the resources of the world. Philippians 4 :19 - Let's therefore pray that the peoples of the earth will show great financial generosity toward one another; for « <i>If someone with ample means to live sees his brother in need but closes his heart to him, how can he claim that he loves God?</i> » 1 John 3 : 17
05 :00 p.m.	<p style="text-align: center;">Pray for perseverance of tried Christians around the world</p> <ul style="list-style-type: none"> - Let's give thanks to God for the trials to which we are exposed daily because it is through them that we reach perfection and fulfillment as it is written in James 1: 2-4. - Let's pray for the faith of the beloved discouraged and weakened by the trials they are going through, for it is written: « <i>Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you</i> » Deuteronomy 31: 6.
06 :00 p.m.	<p style="text-align: center;">Pray for the realization of God's plans for each Nation</p> <ul style="list-style-type: none"> - Let's give thanks to God for the plans He has for each nation, « <i>For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope</i> » Jeremiah 29 : 11 - By the authority in the name of Jesus Christ, let's remove all obstacles (name them) which oppose the accomplishment of God's plans in the Nations. Isaiah 54 : 17a
07 :00 p.m.	<p style="text-align: center;">Pray for the return of peace to warring regions in the world</p> <ul style="list-style-type: none"> - Let's revoke all decrees of war in Cameroon and in the nations; then invoke the kingdom of Jesus Christ, Prince of Peace in Cameroon ; « <i>He makes peace in your borders, and fills you with the finest wheat</i> » Psalms 147 : 14 - On this day of grace, let's pray that the Peace of Christ and the Justice of God will reign especially in war zones; Indeed, « <i>The Lord lift up His countenance upon you, and give you peace</i> » Numbers 6 : 26
08 :00 p.m.	<p style="text-align: center;">Pray for the restoration of sexually abused people</p> <ul style="list-style-type: none"> - Let's pray for the healing (mental, physical, psychological and spiritual) of those who have been sexually abused; proclaim their restoration in the name of Jesus Christ. 1 Corinthians 6 : 18 - Let's revoke every decree of the enemy aimed at promoting sexual immorality and debauchery, in the name of Jesus Christ. Isaiah 54 : 17
09 :00 p.m.	<p style="text-align: center;">Pray for the Ministry of Communication in Cameroon</p>



- Let's give thanks for the positive impact of communication on the people of Cameroon and pray for the leaders of the Ministry of Communication to be inspired and dominated by the Holy Spirit in order to advocate justice, uprightness and truth in communication in Cameroon. **Ephesians 5 : 11**
- Let's stop all the harmful effects of social networks on populations and let's intercede so that Christians should use them effectively to convey light and truth in the world. **2 Timothy 2 : 22**

10 :00 p.m.

Pray for those who persecute the Church in the world

- Let's pray that the persecutors of the Church will meet the Lord Jesus Christ and be converted as Saul did. **Acts 23 :6**
- Let's bind every demon and every force that veil the gospel for many and let's destroy all that they use as a veil, because « ... *even if our gospel is veiled, it is veiled to those who are perishing* » **2 Corinthians 4: 3.**

11 :00 p.m.

Pray for currently tried marriages at MEM and in the Church

- 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. **Matthew 5 : 13-16**
- Let's pray for dialogue, truth, forgiveness, reconciliation, fidelity, unity and love in couples in trouble (name them) and proclaim the restoration of marriages tried at MEM and in the Church. **1 Corinthians 3 : 11**

SUBTHEMES OF THE MONTH

1. **'Seek God's interest first'**
(Matthew 6 :33)
2. **'What is God's interest in your life?'**
(Acts 9 : 15)
3. **'Your life should not be vain'**
(Ecclesiastes 1 :14)
4. **'Go into the secret of the upper room'**
(2 Kings 4 :10)
5. **'Make your assessment of the year 2022'**
(2 Corinthians 13:5)

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 in more depth on the message that the Lord will give you personally.

You can join us through the 15 cells in Cameroon and 2 cells beyond (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 replay 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 works mightily!





**MESSAGE
OF THE
MONTH:
DECEMBER
2022**

The Lord gives an instruction to be taken very seriously before closing this year 2022: "Seek God's interest first!" Yes, He reminds you that He must be the first to find His interest in your actions, your projects, your life choices. He wants to feel honored and considered. Then He'll set up EVERYTHING you need and men will recognize that you're His child. « ***Seek first the kingdom of God and His righteousness, and all these things shall be added to you*** » ***Matthew 6:33 (NKJV)***.

**DETAILED
PROGRAM:**

Wed. 30 th November	<ul style="list-style-type: none"> ✓ Bible study of the week ✓ Praise - Worship – Testimonies - Announcements - Thanksgiving - Intercession ✓ Subtheme 1 : 'Seek God's interest first' ✓ Group Prayer, Reception and Closing
Wed. 07 th December	<ul style="list-style-type: none"> ✓ Bible study of the week ✓ Praise - Worship – Testimonies - Announcements - Thanksgiving - Intercession ✓ Subtheme 2 : 'What is God's interest in your life? ' ✓ Group Prayer, Reception and Closing
Wed. 14 th December	<ul style="list-style-type: none"> ✓ Bible study of the week ✓ Praise - Worship – Testimonies - Announcements - Thanksgiving - Intercession ✓ Subtheme 3 : 'Your life should not be vain' ✓ Group Prayer, Reception and Closing
Wed. 21 st December	<ul style="list-style-type: none"> ✓ Bible study of the week ✓ Praise - Worship – Testimonies - Announcements - Thanksgiving - Intercession ✓ Subtheme 4 : 'Go into the secret of the upper room' ✓ Group Prayer, Reception and Closing
Wed. 28 th December	<ul style="list-style-type: none"> ✓ Bible study of the week ✓ Praise - Worship – Testimonies - Announcements - Thanksgiving - Intercession ✓ Subtheme 5 : 'Make your assessment of the year 2022' ✓ Group Prayer, Reception and Closing

**THE + OF
THE
MONTH**

- ∠ Proclamations of December 2022
- ∠ December 2022 Bible reading calendar in one year

Do these prayers as a family: from «30 November to 06 December»

- 1- Pray and thank God for opening your eyes to what is essential and a priority for your life and that of your family;
- 2- Ask God's forgiveness for having first sought to satisfy your needs instead of God's will;
- 3- Father, I am learning to rely on your divine providence

Matthew 6 : 33 NKJV

But seek first the kingdom of God and His righteousness, and all these things shall be added to you»

This word of Jesus Christ to his disciples comes at a time when they are really worried about their daily needs: food, clothing, etc. Their concerns revolve around what will sustain their physical life (body) and make them feel comfortable. Their concern is normal but not essential, which is why Jesus gives them the order of priorities: Seek first God's interest before your own. In other words, in all your decisions, you must first seek to know if God's will is being preserved.

In fact, Jesus wants to re-establish the order of priorities in the lives of His disciples: Intimacy with God, the life of prayer, of daily meditation on the Word must be the objective of your concern and the subject of your daily satisfaction. He says this because it is in Him that you will find ALL that is necessary for your fulfilment (gifts, power, material, financial, human relationships, etc.). He has the ability to put all the useful people, the connections of destiny: *(Isaiah 46 :10-11 ESV) « declaring the end from the beginning and from ancient times things not yet done, saying, 'My counsel shall stand, and I will accomplish all my purpose,' calling a bird of prey from the east, the man of my counsel from a far country .I have spoken, and I will bring it to pass; I have purposed, and I will do it.»* You should therefore bow down to Him every morning to receive direction, advice, a roadmap for every area of your life and He will respond. Just pay attention, He will influence your decisions and if you are wrong in any aspect of your life, He will set you straight.



Also seek for God's righteousness, in other words, do EVERYTHING according to God's Word, be right with God. Your actions must not contradict God! He has taken care to justify you by the blood of Jesus. Yes, you have become righteous before God, even though you were false (liar, cheat, slanderer, adulterer, etc.). Jesus Christ took all your sins upon Himself and nailed them to the cross: ***(Colossians 2:14 ESV) « by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross »***. It is now up to you to ensure that you put the Word of God into practice in your home, your ministry and in all your undertakings. Be honest, true, faithful, loyal, just in all aspects of your life: ***(Ephesians 6:14 NKJV) « Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness»***.

At a deeper level, the Holy Spirit is speaking to you: You must first seek His approval before committing yourself to a project (marriage, business, travel, association, spiritual project, etc.) AND you must make sure that you carry out the project in accordance with His instructions. If you do this, God the Father will take care of giving you ALL that is necessary for your development according to His supernatural capacities. Daily meditation on the Word of God will make you possess every useful thing in its time: ***(Matthew 6:33b NKJV) « and all these things shall be added to you»***. Just be patient, He is faithful.

Receive this prayer and say 'Amen'!

I proclaim over your life that from now on you seek first the interests of God. God opens your eyes to His will and desires. I proclaim that by attending first to God's desires you receive divine provision for your needs in Jesus' name!

Meditation texts	Thursday	1 st /12/22	Matthew 6 : 19-34
	Friday	02/12/22	Isaiah 46 : 1-13
	Saturday	03/12/22	Colossians 1 : 12-22
<u>To be shared:</u>	Sunday	04/12/22	Colossians 2 : 1-9
Hebrews 8	Monday	05/12/22	Colossians 2 : 10-19
	Tuesday	06/12/22	Ephesians 6 : 13-18

Do these prayers as a family: from < 07th to 13th December >

- 1- Pray to make a covenant with Christ if you have not yet done so and pray that those around you who have not yet done so should do so ;
- 2- Pray that God will accurately reveal your mission on earth and that He will open the eyes of your family members to their specific calling.
- 3- Pray and say: Father, I want to make you known to men and win them to Christ.

Acts 9 : 15b-16 ESV

Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the children of Israel. ¹⁶ For I will show him how much he must suffer for the sake of my name»

God chose Saul (still called Paul, Acts 13:9) for one purpose: to **serve Him**. The Lord is precise when He calls you, He knows you by name, and every time in the Bible, you will see that He is accurate in His choices. He will say for example, Joshua son of Nun, Jesus son of David, etc. And to each one, He has given a very precise mission. This is just to tell you that God has also chosen you to serve Him by carrying out a specific mission. Perhaps you don't know your mission on earth, but the main one, common to all, is to make Jesus Christ known to people who don't know Him: "**He will make known who I am**". It is only when you commit yourself to this mission of evangelism that you gradually discover the depths of your call, the Holy Spirit gives you the direction.

Like Paul, you are called to serve God, in other words to work for God on earth. The day you agree to make a covenant with Christ, maybe you don't know it, you are recruited to serve the living God Jesus Christ: You become a worker of God. From now on, you must pray, exhort, and preach the gospel. You commit yourself to work for the salvation of souls and your fulfilment will depend on it. That is why he says: *(2 Timothy 2:15 NKJV) « Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth »*. The more you touch hearts with the gospel, the more you will rejoice, the more you will make the Lord happy : *(Luke 15 :7b NKJV) « there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no*



repentance ». And it is in this that the Lord will find His interest in your life. Whatever your missionary field, you must make Christ known to men and bring them into covenant with Him: **(Matthew 28: 19 NKJV) « Go therefore and make disciples of all the nations»**. He also says: **(Revelation 5:10) « And have made us kings and priests to our God; And we shall reign on the earth »**. You are recruited by God to reign with the Holy Spirit on earth.

You have received the divine mandate to reconcile men with God: **(2 Corinthians 5: 18 NKJV) « Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation »**. If you are aware of the importance of this ministry, you will zealously serve Him and He will find His purpose in your life.

It is important to ask yourself questions often, to examine yourself to see if the Lord is pleased with your works. Yes, when Jesus Christ looks at your life, is He pleased with you? Are you bringing souls to Him? Are you doing your work as a worker as described in Luke 10:1-10? Are you carrying out your ministry of reconciliation? As the year is coming to an end, what is the record of your work as a worker in God's harvest? Paul quickly understood what was at stake in his mission and as soon as he received God's call, he began his work. He acted as the Lord had said: **(Acts 9: 15b ESV) « Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the children of Israel. For I will show him how much he must suffer for the sake of my name »**. People, nations are being won to Christ and encouraged by Paul's testimony and God is finding His interests in Paul's life. Does He find His interests in your life?

Receive this prayer and say 'Amen'!

I proclaim over your life that like Paul the Holy Spirit will take hold of you and you will discover and do your work as a worker in the harvest with precision in Jesus' name!

Meditation texts	Thursday	08/12/22	Acts 9 : 1-16
<u>To be shared :</u> Hebrews 9	Friday	09/12/22	Acts 9 : 17-30
	Saturday	10/12/22	2 Timothy 2 : 14-26
	Sunday	11/12/22	Luke 15 : 4-10
	Monday	12/12/22	Revelation 5 : 1-14
	Tuesday	13/12/22	2 Corinthians 5 : 11-21

Say these prayers as a family: from « 14th to 20th December»

- 1- Father, I agree that you remove from my heart all that is vanity and the pursuit of wind.
- 2- Pray and refuse that your life and that of your family be vain ;
- 3- Lord, my family and I will put everything we have at your service : our time, our talent and our treasure;

Ecclesiastes 1:14 NKJV

I *have seen all the works that are done under the sun; and indeed, all is vanity and grasping for the wind ».*

Solomon wrote this message after a profound analysis of life. He lived in opulence, extremely rich financially, materially, humanly. Filled with wisdom and full of intelligence; king of a great nation; King Solomon's life was so saturated with EVERYTHING (gold, money, power, wives, concubines, material goods, etc.). All these things are the subject of many Christians' fasting and prayer programs; the sigh of men for generations: to attain royalty, to possess wealth. One man had them, King Solomon! But he makes the terrible observation that it was all for nothing. He says repeatedly: 'vanity of vanities'.

King Solomon realised that his life did not serve the Lord but his life used the Lord. He was given intelligence and wisdom but he did not use them in the service of the Lord. Wisdom should lead him to live a quiet life, to rely on the God who spoke to him and made him king. He had power which he did not use to lead the people with dignity. He had a plethora of women who pushed him to accept their idols. What do you do with all that God gives you? Do you put them to use in the service of God? ***(John 12:43 NKJV) « For they loved the praise of men more than the praise of God ».*** He had the glory of the world but he did not bring forth the glory of God. He had the pleasures of the world and of his flesh but he did not please God. His life did not serve as a testimony of God's power but became a warning. That is why he said that his life was a chase after the wind: ***(Ecclesiastes 1:17 NKJV) « And I set my heart to know wisdom and to know madness and folly. I perceived that this also is grasping for the wind».***

Refuse to let your life be vanity. Say this



prayer now: *'I dedicate my life to the Lord Jesus Christ and I decide to serve Him with all I have. I refuse to use Him but I let Him use me. I let Him be Master of my possessions and rule in all areas of my life. I decide to please Him instead of seeking my personal pleasure. I declare this in the name of Jesus. Amen'.*

When the Lord finds his interests in your life, it is not vanity. You must therefore make your life a signal, a proof and a demonstration of the risen Christ. When you prepare an event, what are your hidden motives? To reveal Christ or to reveal yourself? When you make your life plans (marriage, travel, etc.), what are your goals and motivations? It all starts from what you want in your heart. Yes, your life will not be vain if you serve God, if the actions you carry out professionally, family-wise, socially attract the attention of the people around you to Christ. Your life will not be vain if it contributes in every way to the revealing of Christ. If your co-workers, family members, and at least some of your friends in the world are won over to Christ, your life will not be a vanity but a continuation of the Acts of the Apostles. It is the people around you who will testify that you are a child of God.

This is God's promise to him who turns his life away from vanity: ***(Revelation 3:12 NKJV) « He who overcomes, I will make him a pillar in the temple of My God, and he shall go out no more. I will write on him the name of My God and the name of the city of My God, the New Jerusalem, which comes down out of heaven from My God. And I will write on him My new name».***

**Receive this
prayer and
say 'Amen'!**

I proclaim for you that from now on your life is no longer vanity. You apply your heart to revealing Christ and to achieving God's purposes in Jesus' name.

Meditation texts	Thursday	14/12/22	Ecclesiastes 1 : 1-11
<u>To be shared :</u> Hebrews 10	Friday	15/12/22	Ecclesiastes 1 : 12-18
	Saturday	16/12/22	John 12 : 36-44
	Sunday	17/12/22	John 12 : 45-50
	Monday	18/12/22	Revelation 3 : 1-6
	Tuesday	19/12/22	Revelation 3 : 7-13

Say these prayers as a family: from « 21st to 27th December »

- 1- Father, grant me the grace to grasp the secret of the upper room.
- 2- Pray that the Holy Spirit will saturate you during these moments of communion and reveal to you the hidden things.
- 3- Pray for the miracle to take place in your life and in your family's life.

2 Kings 4:10 NKJV

P*lease, let us make a small upper room on the wall; and let us put a bed for him there, and a table and a chair and a lampstand; so it will be, whenever he comes to us, he can turn in there ».* The woman of distinction from the city of Shunem had the revelation of the secret of the upper room and she proposed to her husband to build it in their home to regularly welcome the prophet Elisha. It was in this place that her son, who had died, later miraculously came back to life. Similarly, Jesus wants to prepare for Passover (the Jewish festival marking the Jewish people's exit from Egyptian slavery) with His disciples and needs a place. He sends His disciples to a man who shows them a UPPER ROOM: ***(Luke 22: 12 NKJV) « 'Then he will show you a large, furnished upper room; there make ready'. So they went and found it just as He had said to them, and they prepared the Passover ».*** Why the upper chamber? What is the secret of the upper chamber?

The upper room is a good place to listen and to communicate with the Holy Spirit. It is characterized by its absolute stillness and the elevated posture which inspires. The prophet Elisha, Jesus and his disciples, and the Apostle Paul performed powerful acts while in the upper rooms. There was, for example, the resurrection of the Shunammite's son (2 Kings 4:34-35), the resurrection of Dorcas (Acts 9:39). The last holy scene of Jesus with His disciples (Luke 22:12), etc. All these powerful events took place in the upper room. You need to know the secret of the upper room to manifest the power of God. The Lord invites you to withdraw alone with the Holy Spirit in a quiet place to listen to Him constantly. Jesus did this quite often. To go deep into intimacy with God and to know His will, it is absolutely necessary to take times of personal retreat. Times when new ideas are born, when the bad things in your life die, when revelations come.



The secret of the upper room is the fullness of the Holy Spirit and divine visitation. If you want to know God's direction for your life, you must enter this secret of the upper room. No spiritual breakthrough has been made without real encounters with the Holy Spirit. You need to be filled with the Holy Spirit and reach the saturation stage. This is only through constant retreat times with the Holy Spirit. Retreat times may vary from case to case, depending on what God wants to do with you. : ***(Luke 22:44-45 NKJV) « And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground. When He rose up from prayer, and had come to His disciples, He found them sleeping from sorrow».***

To live the secret of the upper room, you must expand the capacity of your mind by developing the faith of the Son. That is, the faith with which Jesus Christ operated while still on earth. He had a faith that operates powerfully and instantly: the case of the fig tree that withered on the spot. With such faith, the Holy Spirit will do extraordinary things with you. It will be powerful and instantaneous. Case of the disciples gathered at Pentecost: ***(Acts 2: 1-2 NKJV) « When the Day of Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting».***

Desire to operate on the scale of the faith of Christ, the all-encompassing blow of the Holy Spirit. Raise this prayer in your secret place: ***'Lord, fill me with you, grant me the faith of Christ, His way of working, I want to speak to the situations and they change to do the works you have done and more'.***

To enter the secret of the upper room, you must work to depend totally on the Holy Spirit. This is the divine personality, the commander-in-chief of all miracles. It is Christ who came down in His glory to confirm His Word by a demonstration of Spirit and power.

Receive and say 'Amen' !

Receive the power of God to transform your character. Receive the anointing for ministry in Jesus' name. Amen !

Meditation texts	Thursday	21/12/22	2 Kings 4 : 8-17
<u>To be shared :</u> Hebrews 11	Friday	22/12/22	2 Kings 4 : 18-28
	Saturday	23/12/22	2 Kings 4 : 29-37
	Sunday	24/12/22	Luke 22 : 7-18
	Monday	25/12/22	Luke 22 : 39-46
	Tuesday	26/12/22	Acts 2 : 1-12

Say these prayers as a family: from «28th December 2022 to 03rd January 2023 »

- 1- Father, grant me and each member of my family the grace to review the year 2022.
- 2- Pray that the Holy Spirit will reveal to you the areas and objectives that you have neglected during the year.
- 3- Ask the Holy Spirit to inspire you to set goals for the coming year.

2 Corinthians 13:5 NKJV

E *Examine yourselves as to see whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you? —unless indeed you are disqualified* ». It is important that you examine your life to see if you are still in God's plan? Is your life useful to God? Useful to people? Are you bearing fruit? What value do you place on the glorious Christ in you? King Solomon realized when he took his assessment in the book of Ecclesiastes that his life had not served the Lord, yet he built the great temple in Jerusalem. You may have done things for God (given offerings, contributed to the building of the church, helped the sick, helped the poor, etc.), but without God! Take a look at your spiritual assessment and then take note of your works and actions during the year 2022.

The assessment of your year is the summary of the actions carried out, whether they are good or bad, on the spiritual, social, family or professional level. It consists of taking a time out (retreat), noting the decisions that were made in previous years, as well as the instructions that the Lord gave and seeing if they were respected. To do this, you need to go through your life and look carefully at what has been done; what has been done well; what has been done badly; what has not been done and yet should be done; what God has asked to be done and how it has been done; what needs to be put in place over several years. Useful questions like these need to be asked of yourself: have I been a good father, a good mother, a caring and faithful husband, a respectful wife, have I given enough to the development of the business that employs me? For the ministry where I persevere, have I been a support to people? How have I been useful in my family as a child or parent?



How well have I fulfilled my spiritual mission? How has the management of the goods at my disposal been? What have I lost or gained in this year, in terms of character, relationships or possessions? And so on. It is very important to do this because it is a recommendation from the Lord: **(Romans 14:12 NKJV) « So then each of us shall give account of himself to God »**. It does you good when you do it. It is an account to God and to yourself that allows you to improve yourself and make your life productive.

So make your year-end retreat and on your knees before the Lord, lift up this prayer of King David : **(Psalms 139 : 23-24) « Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the everlasting way! »**.

Set yourself goals for the year 2023, remembering that God must have His interest in your life. Here is an outline:

Domain	Objective	Evaluation
Spiritual	4 personal spiritual retreats, Read one book of the Bible per month, Win 10 souls... and make them disciples.	Have you made a spiritual retreat this month? Did you read a book of the Bible this month? Did you preach the gospel this month and win a soul for Christ this month?
Familial	My house becomes a house of prayer, Visit all your brothers and sisters ...	Have you prayed this week with your family? Have you visited any of your brothers this month?
Professional	Make a turnover of 100,000,000	Are you making a profit in your business? If not, what is stopping you? Have you met someone for advice?
Social (Individual)	Acquire land, a car ...	What have you done to get it done? Are you saving money?

Receive and say 'Amen' !

I declare upon your life that the coming year is a year of intimacy with God, of souls winning, of achievement and fulfilment of your goals in Jesus' name. Amen!

Meditation texts	Thursday	29/12/22	2 Corinthians 13 : 1-13
To be shared : Hebrews 12-13	Friday	30/12/22	Romans 14 : 1-12
	Saturday	31/12/22	Romans 14 : 13-23
	Sunday	1 st /01/23	Psalms 139 : 1-12
	Monday	02/01/23	Psalms 139 : 13-24
	Tuesday	03/01/23	Matthew 5 : 43-48

NOTES

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



**PROCLAMATIONS
DECEMBER
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 with faith these words of restoration; Jesus is the answer to your prayers.*

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

I humbly enter the month of December 2022 with the grace and favor that the Father has kept for me, and for all my family;

I am a son of God, born of God, conceived by God for excellent works that He will manifest in this world;

I am the work of God, at divine service. My life, it is no longer I who live, it is Christ who lives in me;

I am God's plan; every cinder block laid is made to reflect the glory of God here on earth;

I am a servant of God; I do not belong to or conform to any lord other than the Creator of the universe;

I put God first, no person or thing takes the first place in my heart, my Father always comes first;

Because I am renewed and regenerated, I first seek the kingdom and righteousness of God, and all other things are given to me in accordance with my Father's Word;

I prepare myself for evangelism, I actively seek the salvation of all the people whom the Lord has put by my side: as long as they are not all saved, I do not stop;

I move away from vanity and all that is ephemeral, I do not indulge in useless pleasures, I devote my time to celebrating my God;

My money belongs to God; I dedicate to Him the share due to Him through my offerings, tithes and thanksgiving. And all other expenses are in accordance with His will for my life;

I take stock of my life, I examine my ways, I correct any action that does not glorify God, and I pledge to draw closer to the perfect stature of Christ for the rest of my life;

I have the love of God, a love that gives me not to worry about the things of this world, but to look to my Lord at all times;

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

I believe and I say "Amen"!

**BIBLE READING
CALENDAR IN ONE
YEAR**

Beloved, your knowledge and your intimacy with God pass 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.

DECEMBER 2022

Date		Old Testament	New Testament
Thursday	1	Lamentations 4-5 ; Ezekiel 33	John 21
Friday	2	Ezekiel 34 – 36	1 John 1 :1 – 2 :2
Saturday	3	Ezekiel 37 – 39	1 John 2 : 3-17
Sunday	4	Ezekiel 40	1 John 2 : 18-29
Monday	5	Ezekiel 41 – 43	1 John 3
Tuesday	6	Ezekiel 44 – 46	1 John 4
Wednesday	7	Ezekiel 47 – 48 ; Psalms 137	1 John 5
Thursday	8	Psalms 42 – 43 ; Daniel 7-8	2 John
Friday	9	Daniel 5 – 6 ; 9	3 John
Saturday	10	2Chr 36:11-23; Ezra 1:1 – 2 :58	Revelation 1
Sunday	11	Ezra 2 :59 – 4:24	Revelation 2
Monday	12	Daniel 10 – 12	Revelation 3
Tuesday	13	Haggai 1 – 2 ; Ezra 5 – 6	Revelation 4
Wednesday	14	Zechariah 1 – 4	Revelation 5
Thursday	15	Zechariah 5 – 8	Revelation 6
Friday	16	Zechariah 9 – 11	Revelation 7
Saturday	17	Zechariah 12 – 14	Revelation 8
Sunday	18	Esther 1 – 2	Revelation 9
Monday	19	Esther 3 – 6	Revelation 10
Tuesday	20	Esther 7 – 10	Revelation 11
Wednesday	21	Ezra 7 – 8	Revelation 12
Thursday	22	Ezra 9 – 10	Revelation 13
Friday	23	Malachi 1 – 3	Revelation 14
Saturday	24	Nehemiah 1:1 – 3 :32	Revelation 15
Sunday	25	Nehemiah 3 :33 – 6 :19	Revelation 16
Monday	26	Nehemiah 7 – 8	Revelation 17
Tuesday	27	Nehemiah 9	Revelation 18
Wednesday	28	Nehemiah 10 – 11	Revelation 19
Thursday	29	Nehemiah 12 – 13	Revelation 20
Friday	30	Psalms 146 – 147	Revelation 21 ; 22:1-5
Saturday	31	Psalms 148 – 150	Revelation 22 : 6-21



PROGRAM OF MONTHLY MEETINGS

Date	Activities	Time
29 th December 2022	Praise/sharing/Message + Prayer of the month	02:30pm-08:00pm
29 th January 2023	Praise/sharing/Message + Prayer of the month	2:30pm-6:15pm
26 th February 2023	Praise/sharing/Message + Prayer of the month	2:30pm-6:15pm
26 th March 2023	Praise/sharing/Message + Prayer of the month	2:30pm-6:15pm

➤ HOSANNA 2022

INTENSE MOMENTS OF CELEBRATION OF THE LORD

THURSDAY, 29TH DECEMBER 2022 « 02:30PM-08:00PM »

Infoline : 691 285 101 / 676 270 560

➤ ATMOSPHERE OF HEALING

FRIDAY, 02ND DECEMBER 2022 « 05:30PM-07:30PM »

Contact : 694 709 614 / 676 486 520

➤ THE MESSENGERS OF THE GOOD NEWS

SUNDAY, 04TH DECEMBER 2022 « 03:00PM-06:00PM »

Douala contact: 672 901 907 / 696 903 639

➤ THE YOUTHS OF GLORY

SUNDAY, 11TH DECEMBER 2022 « 03:00PM-06:00PM »

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

➤ ANNUAL EVANGELISM PROGRAM

FROM THURSDAY 15TH TO SATURDAY 17TH DECEMBER 2022

IN FAMILIES, ALL THE CELLS

➤ THE MEN OF GLORY

SUNDAY, 18TH DECEMBER « 03:00PM-06:00PM »

Douala contact : 696 671 591 / 676 057 832

➤ THE CHILDREN OF GLORY

TUESDAY, 27TH DECEMBER 2022 « 02:00PM-05:00PM »

Douala contact: 677 104 052 / 699 066 950

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

Mail: Mercredienmontagne@yahoo.fr

Ari Douala - Cameroon

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

Foumbat - 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**