



## Elders

### From The Coordinator's Desk.



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### OVERFLOWING JOY (John 15:11)

John 15:11 – These things I have spoken to you, that my joy may remain in you, and that your joy may be full.

Overflowing Joy describes a believer's experience of Christ's love.

In the two preceding chapters to chapter 11, Jesus encouraged us to abide in His love.

How do we abide in His love? By keeping His commandments.

He asked us to be like Him and do what He did, which is abiding in the love of His Father, our Father in heaven.

He said in verse nine, As the Father loved me, I also have loved you, abide in my love.

and with all our strength.

And the second is like it; to love our neighbour as ourselves.

My fellow Elders, the law of love is a piece of pure science.

Jesus told us these things, so that His joy may remain in us.

His joy will remain with if we continue to keep His commandments and it is in this that our joy will be full and overflow.

What is this joy? It is the love of Christ to us. Great is this love that He lay down His life for us His friends.

He now gave us this commandment to love one another, as He has loved us. It is a command, not an option.

Our joy will be overflowing, when we continue to abide in His commandments – Love one another as I have loved you.

We have different categories of Love;

Romantic Love – This type of love is typically experienced between partners in a romantic relationship.

It is characterized by passion, intimacy and commitment.

Familial Love – This is

the love shared between family members, such as parents and children, siblings and grandparents and grandchildren.

Platonic Love – This is a type of love that is purely platonic, such as the love shared between friends or co-workers.

Self -Love – This is the love that individuals have for themselves. It involves accepting oneself, forgiving oneself and recognising one's own worth.

Spiritual Love – This is the type of love that is based on Spiritual or Religious beliefs. It is often experienced through prayer, meditation or sacred rituals.

Unconditional Love – This type of love is not based on any conditions, expectations, or requirements. It is freely given and received, without judgements or reservations. It is Agape and no beginning love; it is the highest form of love and charity.

This is the type of love God has for us and of us for God. Agape Love is the selfless, giving, unconditional type of active love.

Remember, Jesus informed us in Matthew 22:37-39 that the greatest commandment is to love the Lord our God with all our heart, with all our souls

the love shared be-

Jesus is speaking about to us in John 15:11 and which is His acts and lifestyle. This is the type Jesus commanded us to have for one another.

It is God's own character and which has no end and no beginning. It is an eternal fact of the Universe.

Apostle Paul exhorted us in Ephesian 2:4-5 that Grace is the only factor This is the divine Mercy that saved us from sin and death. Grace from God alone has done all the work to remove our worry and fear of death. It is therefore up to us to give love to one another while we live. **To be continued.**

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*Being Praise Night Message by Pastor Raph Olurotimi*

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The Great Master implored us to be like a little child; without LUST for Money, Power and Fame.

“The elders are the history and mirror of the living past. Study them to brighten your life and future.”

**Message Titled Renowned Joy**

Jeremiah 33:9

Pastor Olurotimi started with prayer and emphasised his message based on the title of the Praise Night—Renowned Joy. This then means there had been a statement and this was a conjunction or something different or something negative things had been happening and God is ready to change this for good. Then this city will bring me Renowned Joy. Praise and honour—  
 I discovered a lot when I was preparing this powerful message.

The Lord who made the Heaven and the Earth said come to me - - - this was when Jeremiah was in prison when he spoke the truth.

God is angry with His people but nevertheless he promised to bring them back from captivity. He will forgive all their sins. Then, the city will bring Him Renowned Joy before the nations of the world..

God promised to restore the fortune of the land as they were before.

Pastor Raph Olurotimi used all the prophetic statements of Jeremiah 33 as prayer points for the Elders.

He concluded his message with the explanation of what it is to be renowned.

God will do great things in the lives of Elders, no more will we be desolate.

Renowned is a condition to be known, somebody to be recon with.

He prayed for the Coordinator and the leadership of RCCG UK national Elders Forum and the entire Elders of United Kingdom. He thanked members for having him.

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I don't blame you for hurting me, I blame myself for thinking you wouldn't.

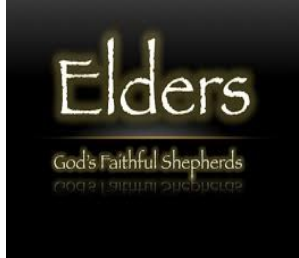
the best classroom in the world is at the feet of an elderly person.  
 Andy Rooney

Respect for your elders was one of the cornerstones of civilized behaviour.



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 WHERE THERE IS NO HONOR TO THE ELDERLY, THERE IS NO HOPE FOR THE YOUNG.  
 POPE FRANCIS

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## 7 Conditions of Answered Prayer

**Pray To The Father – John 16:23.**—*And in that day ye shall ask me nothing. Verily, Verily I say unto you, whatsoever ye shall ask the Father in my name, He will give it to you.*

Our request must be made to God the Father. Jesus prayed to the Father. Our Lord's Prayer started with Our Father who hath in Heaven- - -

This is one of the Valedictory Address of our Lord Jesus Christ to His disciples when He explained His going away and His coming again. He was telling us "in that day" (after He had left) we must ask the Father in His name and the Father will give it to us.

The Power of Attorney means the legal and written authority to transact business for another. One may be a General Agent to represent another in all of his business, or a Special Agent who is authorised to do some specific work, or transact some special business. The agent can act with all authority within the bounds of the legal authorization as much as the one who gave him this authority.

All believers have full, legal, redemptive, gospel, blood bought, promised and family rights to use the name of Jesus in ALL things including receiving the Holy Spirit, and doing the works of Christ.

Free, unlimited and unqualified use of Jesus' name is the believer's deposit. Cheques or withdrawal's request will be honoured in the amount signed with a steady and unwavering hand.

**In Name of Jesus – John 14 – 13 & 14.**—*13. And whatsoever ye shall ask IN MY NAME, that will I do, that the Father may be glorified in the Son. 14. If ye shall ask any thing in my name, I will do it.*

This is the command on prayer given by Jesus Christ Himself. "In My Name" is the believer's Power of Attorney, which teaches in divine affairs. Legally any person capable of free and intelligent action may act as agent.

The purpose of a believer's power of attorney is that the Father may be glorified in the Son. It glorified God to answer all prayers and save, heal, and bless all men materially, but He cannot do so unless the believer asks in faith, nothing wavering. The promise here is that each believer can be endued with power (Luke 10:19, Act 1:4-8) and receive the Spirit without measure (John 7:37-39) so he can do all the works of Christ and even greater works than what He did.

**By The Holy Spirit – Roman 8:26**—*"Likewise the Spirit also helpeth our infirmities for we know not what we should pray for as we ought; but the Spirit itself maketh intercession for us with groaning which cannot be uttered".*

This is the third of the Divine Trinity; all working together for believer' answered prayer. Jesus blessed us by sending the Holy Spirit as our Comforter. Holy Spirit helps believers in various ways and one of these is its intercessor's work to pray as we ought to pray. Our flesh nature clothed us with infirmities and we need the help of the Holy Spirit to boldly approach the Throne of Grace for whatever we request of God. The Holy Spirit does this with groaning, making intercession for us according to the will of God.

**With Full Understanding of Rights and Privileges – 1Cor. 14:14-15**—*14. "For if I pray in an unknown tongue, my Spirit prayeth, but my understanding is unfruitful. 15. What is it then? I will pray with the Spirit and I will pray with the understanding also; I will sing with the Spirit, and I will sing with the understanding also".*

Christians have adoptive rights and privileges with God as our Father while God has duty of providence over all His creations.

Understanding these rights and privileges is to know them and their limits. To know when and how to ask, and to know that we must ask.

We are created to be prosperous but not at the expense of infringing on the right of others. Our request that will not glorify God but satisfy our lust will hardly be answered. This is what is meant in James 4:3 when the Scripture said we ask amiss.

**In Harmony With The Word – John 15:7**—*"If you abide in me, and my Words abide in you, you shall ask what you will, and it shall be done unto you".* Referring to the believer who has God's word in him or her. It is a condition of answered prayer. "Ask what you will" is a promise plainly teaching that answered prayer is up to the child of God as to what he wants. This is in perfect harmony with promises of both testaments. A true Christian can get what he wants as well as what he needs. Ps23:1. All we have to do is BELIEVE in Him. It is His promise, and Jesus is NEVER known to break His promise.— **To be continued. Kayode Eniraiyetan.**

SOME EVENTS AT THE 2023 UK NATIONAL ELDERS' CONFERENCE .—THERE ARE MORE AT FORUM'S WEBSITE—[RCCGUKNATIONALELDERS'FORUM.ORG](http://RCCGUKNATIONALELDERS'FORUM.ORG)



## Quotable Quotes.

1. Amateurs built Noah's Ark, it never sank; the Titanic was built by professionals, it sank on its first voyage.  
When God put you to it, He will put you through it.  
Sovereignty only belongs to Him.
2. The expectations of the wicked must perish for the good work of the Righteous to be established and not truncated.  
As it becomes WELL with the Righteous, the wicked wallows in affliction and mystery.  
The manifestation of the Victorious Righteousness of the Almighty cannot fail but prevail; as it is a sin to know the Right and still do Evil.  
The time has come and it is now when the unbeliever shall declare and say "Sir, we would see Jesus".  
THE WICKED MAY LAUGH NOW, BUT THE LAST LAUGH BELONGS TO THE RIGHTEOUS.
3. Until you can be of service, you cannot become a LEADER.  
Until you can see a thing as it COULD BE and not as IT IS, You cannot become a VISIONARY LEADER.  
Your service must be Exemplary and uplifts mankind to become a GREAT LEADER.  
To Give is to Receive & the Hand of a Giver is always on Top.  
These immutable laws cannot change; for Love begets Love.  
Remember; I, Me, and Myself alone destroyed the First King.
4. I don't want to be known when in the midst of a crowd, but I want my absence to be felt when am absent.  
To be known in a crowd, in most cases, is to be lousy; while your positive contribution must have been missed by the crowd to feel your absence.  
Constructive service is a requisite for GOOD LEADERSHIP
5. It is not a condition that you have to BLESS someone before God Blesses you, but your shower of blessing can stop if you fail to bless someone else; for you are blessed to be a blessing.  
Not so with FORGIVENESS. For you will be forgiven as you forgive others. and you won't if you fail to forgive those that offend you. Remember all have sinned and fall short of God's Glory. Those that appear to you as sinners today might turn out to be the saints you need tomorrow. Until you understand people, it might be difficult to place their actions. And what about you as well? I discovered that the guilty ones find faults fast.  
PEOPLE TREATS YOU THE WAY YOU ALLOWED.
6. Understanding is much DEEPER than Knowledge.  
There are many who know you but very few who understand you. Hardly is there friction when two understand each other.  
The Great Master exhorts us to "get wisdom but above all obtain understanding". MANY STILL FAIL TO UNDERSTAND.
7. Our Lord Jesus did not start His ministry until He was endowed with the "Holy Spirit" when baptized. Apostle Paul exhorted us to covet same. I subscribed to this admonition 100%.  
It reflects the importance of the Comforter.  
Am therefore at a loss when some charlatans, with acts contrary to the Fruit of the Spirit, professed to be doing the work of God and still get acclaimed. GOD IS NOT MOCKED.
8. The way to greatness in the world and greatness in the Gospel run in two opposite directions.  
The way of greatness in the world is to go up by every means at the expense of all others; The way of the Gospel is to go down to become least and the servant of all, considering other as the better man and becoming the best of being for all.  
GREATNESS CAN NEVER BE ACHIEVED WITHOUT A QUALITATIVE SERVICE TO MANKIND.  
The Great Master implored us to be like a little child; without LUST for Money, Power and Fame.
9. Whatever is acquired without effort and without cost is generally unappreciated, often discredited, wasted and abused.  
So also is fortune obtained through infringement of the right of others usually burns hole in the pocket of the possessor as means of escape. Such might bring glorification but normally for a short period of time. Riches that cannot be sustained.  
Knowledge applied brings remuneration which when accumulates becomes wealth. WORK then SUCCESS.  
The only place Success comes before Work is in the dictionary.  
THERE IS NO SUCCESS WITHOUT SACRIFICE.
10. THERE IS NO ABANDON PROJECT WITH GOD; HE ALWAYS PERFECTS WHAT HE STARTED

# HEALTH MATTERS

Being text of message delivered by Dr Ebum Abarshi– at Elders Forum Conference, 2023 titled Overflowing Joy..

## God is sovereign.

**Deut. 7:15**... And the Lord will take away from you all sickness and will afflict you with none of the terrible diseases of Egypt which you have known. **1 Peter 2:24**—By whose stripe you were healed. **John 2** ...prosper and be in health even as thy soul prospers.

**Prevention is 'cheaper' than cure** : Know your numbers—Blood Pressure. Body Mass Index. Blood Sugar. Do your health checks— Cancer screening and follow-up.

**Guard & Renew** - (Prov 4:23, Rom 12:2, Hosea 4:6) : **Be informed**—John 5:24, John 3:5.

**Knowledge is power. Do what is right! Unspeakable Joy**

**Be accountable**— ● **1 Cor. 3:16-17** ... Don't you know that you are God's temple and that

God's Spirit lives in you? If anyone destroys God's temple, God will destroy him."

## Quiz

### A. What activity is best for fatigue?

- 1.Take a nap
- 2.Go for a walk
- 3.Have a cup of tea

### B. You can't sleep even though you are constantly fatigued and drained of energy. Which of these actions would NOT help?

- 1.Get to bed at a set time every night
- 2.Use relaxation techniques
- 3.Take long afternoon naps

### C. Lack of sleep isn't the only cause of fatigue. It can also be caused by:

- 1.Depression and Anxiety
- 2.Diabetes
- 3.Thyroid problems
- 4.All of the above

### D. The medication you take is making you tired. You should:

- 1.Do nothing
- 2.Stop taking the medication to avoid daytime tiredness
- 3.Talk with your GP about changing the prescription



## E. Which of these diet choices may help your fatigue?

1. Eating breakfast every day & staying hydrated
2. Avoiding sugary foods and stimulants at the end of the day
3. Eating Vitamin B rich foods
4. All of the above

We will now go through the answers

### Quiz Answers

- A. What activity is best for fatigue? 2. Go for a walk  
B. You can't sleep even though you are constantly fatigued and drained of energy. Which of these actions would NOT help? 3. Take long afternoon naps  
C. Lack of sleep isn't the only cause of fatigue. It can also be caused by: 4. All of the above  
D. The medication you take is making you tired. You should: 3. Talk with your GP about changing the prescription  
E. Which of these diet choices is likely to help your fatigue? 4. All of the above

### Exercise

- Walking - pedometer
- Exercise Prescription
- Meditation
- Mindfulness /reflection

### Relaxation

Take time out of the day to relax may help increase energy levels for times when you want to become more active.

Taking a 'power nap' (20 minutes) may help to energise you.

Have planned vacations

### Sleep Hygiene

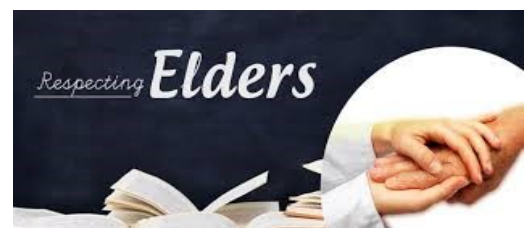
1. Keep to a routine and avoid daytime naps when possible
2. Avoid stimulants in the evening (nicotine, caffeine...)
3. Keep active as this promotes healthy tiredness
4. Use an aroma stick and/or try rescue remedy night spray
5. Foods that help promote sleep include bananas, lettuce, whole grains, hazelnuts, peanuts, sesame and sunflower seeds and eggs.

### Sleep Hygiene

6. Ensure day-time light exposure or consider using a light box or blue light bulbs.
7. Sleep environment – dark/quiet/comfy temperature – reduce sensory stimulation (e.g. ear plugs)
8. Relaxation techniques – exercises/baths (to slightly lower body temperature)/music
9. Get up after 30 minutes if you can't sleep and try again after relaxation exercises
10. Investigate interface with medication – e.g. steroids



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OR SEND THEM TO  
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**NEWS FROM THE  
PARISHES**

We invite Parishes to  
send in their news and  
information they wish to  
circulated via this  
mediums. Please send in  
your information to be  
circulated to the  
Editorial Team in time



**EVENTS..**

1. The Monthly Prayer Meeting of RCCG UK National Elders' Forum continues as advised by The Coordinator. Kindly connect using the Prayer Line below.
2. RCCG UK National Elders' Forum prayer line no; 03309981254 Access Code 920015#
3. We are glad to inform you that Elders Forum website is now fully operational. Click on [RCCGUKNATIONALELDERSFORUM.ORG](http://RCCGUKNATIONALELDERSFORUM.ORG) and be well informed on the Forum's activities including the just concluded 2023 Elders Forum's conference.
4. Further information as advised by The Coordinator.

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We celebrate you all .

More anointing in Jesus' name.

