

# EMPOWER

SEPTEMBER 2018

THE BIRTH OF  
MY MIRACLE  
BABY

THE  
PURSUIT  
OF VISION



BREATHE ON ME BREATH OF GOD

# Contents

## Breathe On Me Breath Of God

PAGE 3

## HEALTH & WELLBEING

PAGE 6

## THE EMPOWER INTERVIEW



PAGE 8

## EVENT

## CHILDREN'S DAY 2018



PAGE 10

## FAITH

## Trusting in the Lord

PAGE 12

## YOUTH

## Launch of the Youth Service

PAGE 13

## The Psalm of Repentance & Restoration

PAGE 14

## CHILDREN'S CORNER

PAGE 15

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# WEEKLY PROGRAMME

## MONDAY

Family Home Study 7 - 9.00pm

## TUESDAY

Youth Fellowship

Pregnant Women &

Expectant Mothers' Meeting

Good Women Meeting

7 - 9.00pm

## WEDNESDAY

Bible Study & Prayer 7 - 9.00pm

## THURSDAY

Sunday School Review/Workers' Meeting  
on alternate Thursdays

7 - 9.00pm

## FRIDAY

Solution Night 7:00pm - 9:00pm

Hours of Appointment (Vigil)

(3rd Friday of the month)

11:00pm - 3:00am

Last Friday: Prayer Night

(Precedes Victory Day)

7:00pm - 10:00pm

## SATURDAY

Choir Practice 3:30pm - 6:30pm

## SUNDAY

English Service (HQ) 9.00am - 11.00am

Sunday School 11:00am - 12:00pm

Yoruba Service (HQ) 12 noon - 2.30pm

Holy Communion Service

(last Sunday of the month) 10:00am - 2:00pm

## SPECIAL MONTHLY EVENTS

### Power of Prayer:

1st day of the month 7:00pm - 9:00pm

### Holy Ghost Service

1st Sunday of the month (one service)

### Evangelism:

Every Sunday

(Except last Sunday) of the month

### Bands' Meeting:

Last Sunday of the month (one service)

### Victory Day:

1st Saturday of the month

9.00am - 12.00noon

### Precious Gift (Children's Day):

1st Monday of the month

**Prophetic Advice is available on Tuesday  
12noon - 5pm (By Appointments only)**

# CAC SURREY DOCKS

Empowering souls  
& imparting lives  
[www.cacsurreydocks.org](http://www.cacsurreydocks.org)

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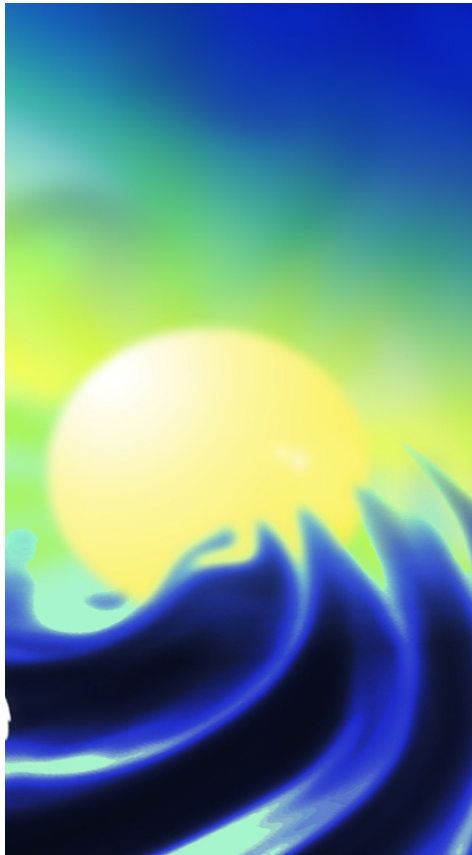
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# BREATHE ON ME BREATH OF GOD

By Pastor Michael Adekoya



*"Also He (God) said to me, 'Prophecy to the breath, prophesy, son of man, and say to the breath, 'Thus says the Lord God: "Come from the four winds, O breath, and breathe on these slain, that they may live. So I prophesied as He commanded me, and breath came into them, and they lived, and stood upon their feet, an exceedingly great army. Then He said to me, "Son of man, these bones are the whole house of Israel . They indeed say, 'Our bones are dry, our hope is lost, and we ourselves are cut off!' (Ezekiel 37:9-11)"*

Dear Reader, one of my favourite songs is, "Come! Breathe upon me, breath of God. Breathe upon me, Spirit of the Lord. As I lift my hands in surrender to Your name, most High..." My friend, is that your song too? If not, you have to go to God and ask Him in prayer today: Look at Adam! He was perfectly formed, but he had no life. He 'had it all together', but he wasn't going anywhere until God breathed His Spirit of God into him. When that happened, he woke up and took control of his life and his divine assignment.

He started walking with God and became productive.

My friend, whatever it was that God breathed into Adam that day, you and I need it too today. There are many people in the church today who are sleeping spiritually, deaf to the voice of God, blind to see, dry and dead in the spirit. Prayer is more of a burden to them than a delight and daily lifestyle. Why? They are yet to be baptized in the Holy Spirit. Jesus answered and said to him, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God ." Nicodemus said to Him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God ." (John 3:3-5)

Did you hear that? Be honest with yourself! Are you dry or deaf spiritually? Is your hope in God lost because of what you are going through? Do you feel that God has cut you off and your

prayers are not going to be answered? Maybe you dream dreams, hear God; see vision before but occasionally or no more now!

Look at the valley of dry bones which Prophet Ezekiel talked about. It was a prophecy about the Church in these last days. Ezekiel said, "Then He said to me, "Son of man, these bones are the whole house of Israel . They indeed say, 'Our bones are dry, our hope is lost, and we ourselves are cut off!' The bones were dead, dry and disconnected. But when God breathed into them, they suddenly became a force to be recognized and reckoned with. My friend, that is what God is ready to do in you, in me and in all of us these days.

Notice where the Spirit of God came from..."it came from the four winds." (Ezek 37:9). Listen! There is no place on earth where God cannot find you if you are available. But, the question is, "Are you available?" Many of us are too busy to receive from God. We are too in a hurry for everything. If there is a time to position ourselves, to realign ourselves, to key in to what He is doing and to wait on God before we do anything, it is now. When God is moving, whoever refuses to move with Him at His pace, evil will catch up with such person. When God asks you to wait, if you refuse to wait, then be ready to meet with failure.



## BREATHE ON ME BREATH OF GOD

In a way, the disciples of Jesus had already received the Holy Spirit on the resurrection Sunday when Jesus breathed on them and gave them the Holy Spirit (John 20:22). But, Jesus said to them, "Do not leave Jerusalem but wait for the gift my Father promised (Acts 1:4). My friend, there rewards when you wait on God. Strength will rise as we wait upon the Lord. You may ask, "What is this gift?" It is the baptism, the empowering, of the Holy Spirit. This is what we need today! We must not do things for God in our own strength. We need the anointing of the Holy Spirit – the empowerment for service.

When the Spirit of God came that day, on the day of Pentecost, it came suddenly. My friend, this is why you must believe, have faith, expect and get ready when you pray. The disciples were filled with Holy Spirit and received the gifts and the power of the Holy Spirit. They received what would enable them to live holy and to walk in dominion. They had the seven Spirits of God like their Master Jesus. They had the Spirit of the Lord, which came with nine gifts – faith, healing, working of miracles, prophecy, discerning of spirits, divers kinds of tongues, interpretation of tongues, word of wisdom and word of knowledge. These are the Spirit of power which Jesus mentioned in Acts 1:8 when He said, "You shall receive power when the Holy Spirit shall come upon you." (Acts 1:8)

In addition, when we are baptized with the Holy Spirit, the Spirit of Wisdom, which will enlighten our understanding, enables us to be productive mentally and imparting us with creative abilities for exploits, will come upon us. The Spirit of understanding, which will give us the ability to diagnose situations and put solution together, will come. Nothing becomes outstanding without understanding. The Spirit of Counsel, which is the mother of visions and guidance, will come. The Spirit of might, the inner strength and tireless energy, the kind Jesus possessed, will come. The Spirit of Knowledge, which gives revelation, will come. And the Spirit of the fear of God will come also (read Isa 11:1-3)

On the Day of Pentecost, the disciples received the baptism of the Holy Spirit and God used the ridiculous to perform the miraculous suddenly!



Pastor  
Michael  
Adekoya

My friend, when the Spirit of God came upon the dry bones, broken things were mended and dead lives were brought back to life. And God wants to do the same for us, too!

Notice also, there was "a great shaking." (Eze 37:7). Hear me, my dear friend! Before God uses you, He'll shake up your comfort zones, your proven methods, your cherished traditions and everything that has nothing to do with Him in your life. Jesus says, "Every plant which My Father has not planted shall be rooted up." (Math 15:13). God is after fruits and He'll shake your tree to get it. That "Great Shaking" has started in Churches and in the Body of Christ. Before Jesus comes back, "God will sift out everything without solid foundation so that only the unshakable things will remain." (Read Heb 12:27). It is happening now!

My friend, are you going through a 'shaking' now? God wants fruits and He'll shake your trees to get it. But here is the Good News! Your present condition is no problem to God, because He already sees your future. You need the presence, comfort, strength, revelation, vision, voice, direction and the leading of the Holy Spirit today. Just find time, get into God's presence today and cry, "Breathe on me, Breath of God." And when He does, you'll never be the same again! Remain blessed!



# BIBLE STUDY

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**WEDNESDAYS**  
Time: 7-9pm

## **BLESSING OF THE WOMB TUESDAYS**

**TIME:  
7- 9PM**

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# Health & Well-being

## What is Diabetes?

### What is Health?

By Alice Oyefi

*The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as: "A state of complete physical, mental, and Social well-being and not merely the absence of diseases or infirmity"*

Diabetes is a chronic condition that causes blood sugar level to rise above normal level of 4 – 7 mmols.

**Types of Diabetes.** There are two main types of diabetes; such as Type 1 and 2. Both types are disease that affect the way our body regulate blood sugar or glucose. Glucose is the fuel that feeds our body cells, but to enter our cells, it needs a key called insulin

Type 1 diabetes once known as juvenile diabetes or insulin dependent diabetes, is a chronic condition in which pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose ) to enter cells to produce energy. Although type 1 diabetes usually appears during childhood or adolescence, it can develop in adults.

The diagnosis of type 1 diabetes in children can be overwhelming at first. Suddenly parent and child — depending on his or her age — must learn how to give injections, count carbohydrates and monitor blood sugar

Type 1 diabetes requires consistent care. But advances in blood sugar monitoring and insulin delivery, diet and lifestyle helps in preventing complications. Research shows no cure for type 1 diabetes.

### Who is at Risk Type 1

Although the exact cause of type 1 diabetes is unknown, factors that may signal an increased risk include:

- Family history - Your risk increases if a parent or sibling has type 1 diabetes.
- Environmental factors - Circumstances such as exposure to a viral illness likely play some role in type 1 diabetes.
- The presence of damaging immune system cells (autoantibodies). Sometimes family members of people with type 1 diabetes are tested for the presence of diabetes autoantibodies. If you have these autoantibodies, you have an increased risk of developing type 1 diabetes. But not everyone who has these autoantibodies develops diabetes.

- Dietary factors - These include low vitamin D consumption, early exposure to cow's milk or cow's milk formula, and exposure to cereals before 4 months of age. None of these factors has been shown to directly cause type 1 diabetes.

- Geography - Certain countries, such as Finland and Sweden, have higher rates of type 1 diabetes.

- Race. In the United States, type 1 diabetes is more common among non-Hispanic white children than among other races.

Causes

### Type 1

- The exact cause of type 1 diabetes is unknown. But in most people with type 1 diabetes, the body's immune system — which normally fights harmful bacteria and viruses — mistakenly destroys insulin-producing (islet) cells in the pancreas. Genetics and environmental factors appear to play a role in this process.

- Insulin performs the critical job of moving sugar (glucose) from the bloodstream to the body's cells. Sugar enters the bloodstream when food is digested.

- Once the islet cells of the pancreas are destroyed, one produces little or no insulin. As a result, glucose builds up in the bloodstream, where it can cause life-threatening complications.

### Prevention

There's currently no known way to prevent type 1 diabetes.

Children and adult who have a high risk of developing type 1 diabetes can be tested for antibodies associated with the disorder. But the presence of these antibodies doesn't make diabetes inevitable. And there's currently no known way to prevent type 1 diabetes if the antibodies are found.

Researchers are working on preventing type 1 diabetes in people who have a high risk of developing the disease. Other research focuses on preventing further destruction of the islet cells in people who are newly diagnosed.

While there's nothing you could have done to prevent the child's type 1 diabetes, you can help the child prevent its complications by:

- Helping the maintain good blood sugar control as much as possible
- Teaching the people the importance of eating a healthy diet and participating in regular physical activity
- Scheduling regular visits with the diabetes doctor and a yearly eye exam beginning no more than five years after the initial diabetes diagnosis

### Type 2 diabetes

It is a condition where the body doesn't produce enough insulin, or the body's cells don't react to insulin. Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes has type 2.

### Who is at Risk of Type 2?

- It's clear that certain factors increase the risk, however, including:
- Weight. The more fatty tissue you have, the more resistant your cells become to insulin.
- Inactivity. The less active you are, the greater your risk.
- Family history. Your risk increases if a parent or sibling has type 2 diabetes.
- Race. Blacks, Hispanics, American Indians and Asian-Americans — are at higher risk.
- Age. Your risk increases as you get older.
- Gestational diabetes. If you developed gestational diabetes when you were pregnant, your risk of developing prediabetes and type 2 diabetes later increases. If you gave birth to a baby weighing more than 9 pounds (4 kilograms), you're also at risk of type 2 diabetes.
- Polycystic ovary syndrome. For women, having polycystic ovary syndrome — a common condition characterized by irregular menstrual periods, excess hair growth and obesity — increases the risk of diabetes.



- High blood pressure. Having blood pressure over 140/90 millimeters of mercury (mm Hg) is linked to an increased risk of type 2 diabetes.
- Abnormal cholesterol levels increases the development of type 2 diabetes.

## Symptoms

The signs and symptoms of diabetes usually develop quickly, over a period of weeks. These signs and symptoms include:

- Increased thirst and frequent urination. Excess sugar building up in the ones' bloodstream pulls fluid from tissues. As a result the one might be thirsty — and drink and urinate more than usual. A young, toilet-trained child might suddenly experience bed-wetting.
  - Extreme hunger. Without enough insulin to move sugar into the cells, the muscles and organs lack energy. This triggers intense hunger.
  - Weight loss. Despite eating more than usual to relieve hunger, one may lose weight — sometimes rapidly. Without the energy sugar supplies, muscle tissues and fat stores simply shrink. Unexplained weight loss is often the first sign of type 1 diabetes to be noticed in children.
  - Fatigue. Lack of sugar in the cells might make him or her tired and lethargic.
  - Irritability or behavior changes. In addition to mood problems, one might suddenly have a decline in performance at school.
  - Fruity-smelling breath. Burning fat instead of sugar produces certain substances (ketones) that can cause a fruity breath odor.
  - Blurred vision. If the blood sugar is too high, fluid may be pulled from the lenses of the eye might be unable to focus clearly.
  - Yeast infection. Girls with type 1 diabetes may have a genital yeast infections. Babies can develop diaper rashes caused by yeast.
- When to see a doctor  
See the doctor if you notice any of the signs or symptoms of diabetes.

## Causes

Type 2  
Insulin resistance is the most common cause of type 2 diabetes.



Alice Oyefi

### The below can contribute to this:

Genetic Factors

Type 2 diabetes can be hereditary. That doesn't mean that if your mother or father has (or had) type 2 diabetes, you're guaranteed to develop it; instead, it means that you have a greater chance of developing type 2.

### Lifestyle choices

Lack of exercise  
Unhealthy meal planning choices  
Overweight & Obesity  
Smoking and excessive alcohol consumption.

### Complications of diabetes

Complications of diabetes develop gradually. If blood sugar levels aren't well-controlled over a prolonged period of time, diabetes complications can eventually be disabling or even life-threatening.

Complications can include:

- Heart and blood vessel disease. Diabetes dramatically increases the risk of developing conditions such as coronary artery disease with chest pain (angina), heart attack, stroke, narrowing of the arteries (atherosclerosis) and high blood pressure later in life.
- Nerve damage. Excess sugar can injure the walls of the tiny blood vessels that nourish the nerves especially in the legs. This can cause tingling, numbness, burning or pain. Nerve damage usually happens gradually over a long period of time.
- Kidney damage. Diabetes can damage the numerous tiny blood vessel clusters that filter waste from the blood.

Severe damage can lead to kidney failure or irreversible end-stage kidney disease, requiring dialysis or a kidney transplant.

- Eye damage. Diabetes can damage the blood vessels of the retina, which may lead to poor vision and even possibly causing blindness. Diabetes can also lead to cataracts and a greater risk of glaucoma.
- Skin conditions. Diabetes may leave one to be more prone to skin problems, including bacterial infections, fungal infections and itching.
- Osteoporosis. Diabetes may lead to lower than normal bone mineral density, increasing the person's risk of osteoporosis as an adult.

### Treatment

The below are some of the ways Diabetes can be treated (Type 2 especially):

- Insulin Medications and blood sugar monitoring
- Weight reduction
- Moderate daily exercise
- Dietary changes and healthy eating

### How to avoid Complications

The below tips can be useful in the avoidance and treatment of diabetes:

- Lose excess body fat
- Follow a plant-based, low-calorie diet.
- Drink water
- Move your body through exercise
- Stress less
- Sleep well
- Keep medical appointments

### Spiritual Conclusion for health

Fear the Lord and follow His commands for continuous good health in all areas. Exodus: 23:25, 15:26, Jeremiah 8: 20-22, 3 John 2, Isaiah 53: 4-5

Eat the Word of God daily as man cannot live by bread alone. Joshua 1: 8

Flee from Sin as Sin can bring diseases into the body.

### Physical conclusion for health

Daily moderate exercise

A smart, balanced diet including the regular intake of fruits, vegetables and whole grains

Managing body weight effectively to lower the risk of High Blood Pressure and Diabetes.

# The Empower Interview:

## “The birth of my miracle baby”

*Sister Erioluwa shared an amazing thing the Lord has done in her life. After marriage she was pronounced medically unfit to get pregnant, but God gave her a miracle baby. Surprisingly the miracle baby stayed longer than normal in the womb.*

“My life experience every day is a testimony for me. Fortunately, my name is Erioluwa, meaning testimony of God.

The most amazing of my testimonies, is the birth of my daughter, Dorcas, Ibukunoluwa, every day I look at her, I give God the glory. My health too has been a great testimony. God has seen me through many health issues. I have always been victorious, an overcomer”.

When I got married, I was told that medically I will not be able to have a child. I went through a lot trying to get pregnant, all to no avail. One of the consultants suggested IVF but quickly said he didn't think it would work. On this particular day, I was feeling quite feverish and my husband took me to the GP. The GP said he would prescribe medication for my flu. He suddenly remembered that the hospital sent a form for me to fill alongside some routine observations, which entailed having a urine test. The doctor said he would skip the urine test because the results had always been the same anyway. On a second thought, he changed his mind and decided to follow procedure to clear his conscience that he actually carried out the urine test. Meanwhile, my husband was waiting in the waiting area. I handed the urine sample to the doctor, he tested it and screamed, the sample fell from his hand, he looked shocked, I was really afraid, thinking, what is it again? He shouted, “you're pregnant!” I said I'm what? He then showed me the result of the sample he got. I started crying. The doctor ran out to call my husband, he gave him a hug and said, “Congratulations your wife is pregnant”. That was the beginning of a new journey. For me, It was like a dream, I kept turning it over and over in my mind, touching



Mrs Sola Erioluwa

my tummy, can it really be true, does the doctor know what he was saying? I went for the first scan, second scan, not until I saw the baby in the scan, the heart beating and the baby sucking her thumb, Dorcas has been sucking her thumb since she was in the womb, that was when I knew that okay there is a baby in there. To God be the glory, though there were a lot of ups and downs. It got to a point that my friend's husband, Mr Afiwape said, “Sola, please just manage to carry this baby for six months, then we can carry her out into the incubator. That was how difficult the pregnancy was. We waited for six months, seven, eight, nine and we all started begging the baby to come out from her abode. I was forty weeks plus pregnant and the hospital was thinking of inducing me when I went into labour for three days before I had her through caesarean.

To God be the glory, we had a beautiful daughter, Dorcas, Ibukunoluwa Erioluwa. It has been a great testimony for me. Once I was told that I could never have a child, I am now a proud mother. I really thank God for what He has done for me. Another big testimony is about my health. So many times I have been at the point of death. There was a time I was taken into the operating theatre, from there into the recovery room, only to be taken back into the theatre twice on the same day and I eventually fell into a coma only to wake up five days later in the intensive care unit. The doctors, consultants and nurses had all given up on me, they thought I had died. They said I kept on bleeding and they couldn't make out where it was coming from. But suddenly the bleeding stopped mysteriously just as it started. It can only be God!



# Mrs Olusola Erioluwa

**Most people simply call you sister Erioluwa. Please tell us your full name, a bit of your upbringing, were you raised as a Christian, born into Christ Apostolic Church or you fell into it along the line?**

My name is Olusola Erioluwa and I was raised a Christian. I remember vividly that my father made sure that we always went to church, there is no child born into the family that never went to church and to the glory of God, we all accepted Christ as our personal Lord and saviour. My dad played an important role in my life. He made sure we never missed the morning and evening devotions, he gave us Psalms and Bible passages to study and came back to either recite or explain the passages he gave us. It was my father instilled in us as children that has really helped me in my adult life. I accepted Christ as my Lord and Saviour in my university days. I was a Methodist when I was young but in university, I attended Pentecostal and Christian Union but when I came to the United Kingdom, a week after, I met Bro. Lai Akinbode, now Deacon Akinbode, who introduced me to CAC in 1991 and since then I have been a member of CAC Surrey Docks.

**For how long have you been working in the Children's Department and what motivated you to join?**

A. I joined CAC Surrey Docks in December 1991, I came with Mrs. Afiwape and Mrs. Adegbite, we all joined the church at the same time. The HOD of children department then, Mrs. Salako, I think she got to know from my friends that I used to teach children back home in Nigeria, which I really did out of passion, with no formal training, I used to write drama scripts back home in Nigeria. I will call it a gift from God, right from secondary school. I used to gather all my siblings, cousins, my dad's friend's children (I was from a polygamous home so we were many and I was the eldest) at weekends, Easter holidays and Christmas, I would write plays for those occasions, they would act them out, during the long holidays, we would invite all the parents, and there would be a concert.

Our parents were usually delighted and would give us money to buy



Mrs Erioluwa received the Award for Commitment and Dedication to God's Work from Pastor Elijah Oguntade District Pastor CAC Surrey Docks HQ London



**You were honoured with the Award for Commitment and Dedication to God's Work in your department on the recently celebrated Children's Day on August 12, 2018. How does this make you feel and who did you dedicate the award to?**

At first I was shocked and really surprised. I never knew something like that was coming.

I dedicate the award first to God Almighty for giving me the enablement, to God be the glory for all the things He has done in my life, for seeing me through thick and thin. I also dedicate it to my husband, who has been very supportive of what I'm doing. He knows and understands that I love working with kids, he had always encouraged me, I dedicate the award to my "Precious" that is what I call her, my daughter Dorcas. There are so many things she does that I learn from, guiding me on how children see things and how teenagers observe things. I am so glad that she is walking in my footsteps, working for God. I thank God for her life. To my friends and to all those working in the Children's Department with me, I dedicate this award, I thank them for their cooperation.

*Interview by Golda Abiola.  
Photo credit: Michael Olayemi.*



# Children's Day

## SPIRITUAL FRUIT, NOT RELIGIOUS NUTS

By Yetunde Ajala

**Sunday, 12th of August 2018 was a day the Children at CAC Surrey Docks District HQ took over the church service in celebration of 2018 Children's day in the church auditorium.**

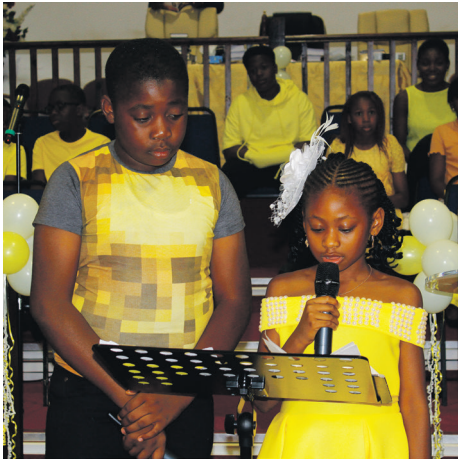
The day witnessed various ministrations which was the output of over three months of rigorous practice.

The theme "Let your light shine" based on the scriptures in Matthew 5 v 14, was the centre of most of the day's activities and ministration.

The day started with an illustration of the theme to ensure the children understood the basics of what it means to let ones light shine.



Adesope Adegoke





In various ways the children continuously emphasised the message of letting our light shine.

**Charity** – The department raised money for four different charities through the sales of wrist bands and water bottles, A drama presentation based on the need to give and help others was staged. The children sang Glen Campbell's – 'Try a little kindness, show a little kindness shine the light for everyone to see', the message of the merchandise and drama did touch the congregation as members gave generously and the department raised sufficient to give to the chosen charities

**Sermon** - One of the kids Adesope Adegoke gave a touching sermon with great confidence, Adesope encouraged all to let our light shine through:

our clothing  
Our language  
Our Money  
Our Music  
Our Worship

He concluded the sermon indicating that - God wants spiritual fruit, not religious nuts. "God wants fruits like being kind, friendly, humility, loving, not backbiting, not hatred, not keeping malice and not being proud". Adejola further indicated that Christians are the light of the world we should therefore live and function as the children of light.

The children choir (Angels of praise -AOP) did not lag behind either, their special ministration, a song by Muyiwa was beautifully rendered. They prayed through the song that God will send forth His word and let there be light, that God will fill our lives with His glory and the power of His spirit – The song was heart felt and a big amen to this prayer song was echoed by the whole congregation. Some of the children ministered through nicely choreographed and synchronised dance steps, using their skills to interpret the words of various Christian songs. There were various talent shows including a two-year-old reciting the books in the old testament.

Parents were not left out of the fun, with a quiz session, it was fun for the kids to see the adults put on the spot.

The childrens' teachers, with some youths support, also rendered another song, encouraging everyone to carry their candles through the darkness, to light the world.

The day ended with a medley starting with a prayer song, asking God to let His light shine so that we may all be saved, followed by recorder rendition with percussion then another song asking Jesus to shine and fill the world with the Father's glory and set our hearts on fire for God.

It was indeed a memorable day and we do pray that the light of God in us will never burn out. Amen.

*Photo credit: Michael Olayemi*





# Faith TRUSTING IN THE LORD



By Modupe Obisesan

*Imagine the complete trust that babies have in whomsoever is carrying them. Not that they have any choice, but they just have the trust as they do not have any power of their own to choose who carries them or whether the person will drop them.*

This is the type of trust that God requires from us. When we solely trust in God, we are surrendering just like babies that we are powerless on our own. In return God will show forth in whatever we trust him for.

We parents know how to supply the needs of our children because they put their trust in us. Mathew 7:11 confirms it. "If you then being evil, know how to give good gifts to your children, how much more will your father who art in heaven give good things to those who ask him"

I remember many years ago as a young child in a boarding school, whenever I sent anyone from school to my parents asking for whatever I needed, they would send it without fail. On one of the vacations, I asked my mum why, she replied that they never wanted to disappoint me.

How much more our heavenly father!

Trust and faith are interwoven, we cannot trust unless we have faith. To have faith in God denotes that we know our God. Hence it is paramount for us to know God, and put our trust in him in total surrender. In Isaiah 42:8, God says He will not give his glory to another.

Some of the reasons why we must put our trust in God are:

A) He will showcase his power and might in our lives.

Remember what he did in the life of David. Even when Saul wanted to help him with his weapons and items of clothing for war, David refused and boldly said that he has come to Goliath in the name of the Lord. Did God not showcase His power by putting Goliath to shame?

B) The love of God is unfailing, Psalm 13:5

C) God has never forsaken those who seek him, Psalm 9:10

Here are some of the benefits of trusting in the Lord;

- If we trust in the Lord he will give us the desires of your heart, Psalm 37:3-5
- We will have peace of mind, Isaiah 26:3
- We will be fruitful at all times, Jeremiah 17:7-8.
- We will be delivered from wicked schemes and the plans of the evil people, Psalm 37:39-40.
- We will be surrounded with mercy, Psalm 32:10-11.
- We will prosper, Proverbs 28:25-26.
- Trusting in the Lord brings greater happiness and joy in life. Proverbs 16:20.
- People who put their trust in the Lord shall be safe. Proverbs 29:25.

'Trust in the Lord with all your heart and lean not on your own understanding. In all your ways, submit to him, and he will make your path straight. Proverbs 3:5-6

## Marriage: it takes two

*"Each one of you must love his wife...and the wife must respect her husband." Ephesians 5:33 NIV*

A woman went away on a long weekend retreat. Halfway through the final Monday morning session, she suddenly jumped to her feet and left the room. Concerned, a friend followed her to see what had made her leave the meeting so abruptly. She found the woman hanging up a telephone in the lobby. "Is everything all right?" she asked urgently. "Oh, yes," the woman responded sheepishly. "I didn't mean to alarm you, but I suddenly remembered that it's Monday morning trash day." Her friend replied, "Trash day? Isn't your husband at home?" "Yes," replied the woman, "but it takes two of us to put out the trash. I can't carry it, and he can't remember it!" The secret of a good marriage lies in learning how to live and work together. And here are ten suggestions to help you accomplish that goal: (1) Agree to pray together daily. (2) Find something good to say about each other every day. (3) Don't forget to snuggle. (4) Think of yourselves as a team—not just a couple. (5) Respect your differences. (6) Eat at least one meal together each day. (7) Submit your disagreements to God. (8) Develop a strong sense of humour. (9) Identify "your special place" and "your special song." (10) Reminisce together. Ironically, the number one reason given for divorce today is "incompatibility." Well, guess what? You are supposed to be different! When two people with different gifts decide to love one another and listen to one another, their differences can become a source of strength rather than a source of weakness. Marriage: it takes two!

Source:

*The Word for Today*



# Youth

# The pursuit of vision

The launch of the Youth Service on the 19th Of August was a great opportunity to showcase the talents of the CAC Surrey Docks HQ youths and show how we're progressing in Christ and we encourage you all to join us as we continue, according to one of the youth leaders, Gabriel Ajakaiye.

A thought provoking sermon was delivered to awake the consciousness of the congregation by visiting Youth Pastor Tolu Abraham. Titled: The pursuit of vision. 1. There is a purpose why you are born. God doesn't make mistake for sending you to this world. He has a purpose and vision for you. There is a need for you to find it. 2. You have been born with a gift. God has deposited a gift or gifts in which you are born with. You have an option to either use it or make it redundant. Use it.

3. You were created to be a solution to problems on planet earth. One of the reasons you are created is for you to be a solution to problems around you. There is a need for you to wake up.

4. You can't be intimidated by fear and negativity. Nothing should stop you from pursuing your visions/goals. Don't allow fear and negativity stop you from pursuing your visions. Remember you 've not been giving a spirit of fear. Therefore quench it.

5. Enough of your weeping, inferiority complex and dejections. Forget about past failures; wipe off your tears of past non achievement. Rise above inferiority complex for you are wonderfully and fearfully made. Arise Now.

6. You have been crafted by heaven to overcome all challenges. Do you have challenges in pursuing your visions? The Lord is ready to empower you as you pursue your vision. Size it.

7. Arise and pursue the purpose why you have been born in order to open doors for others. If you don't, heaven will hold you accountable and will give the job to someone else.

**Photo credit: Thomas Dapo Alawode**



**Photo Credit: Dapo Ajakaiye**





## PSALM OF REPENTANCE & RESTORATION

*Psalm 51 is the most eminent of the penitent psalms and the most expressive of the cares and desires of a repenting sinner. It is a psalm of repentance and restoration. It contains David's humble prayer of confession of his shortcomings and asking for forgiveness after the most gruesome moral decadence that nearly ruined the "man after God's heart". He fell short of the glory of God and was confronted by Prophet Nathan after he failed to acknowledge his sin for nearly nine months thinking nobody saw him. He committed murder, adultery and the sin of lying. This singular act was the blemish upon his character.*

In this Psalm, he prayed profusely for forgiveness of his sin, for peace of conscience. Conscience is the most potent judge of sinners. David also prayed for grace to go and sin no more, for liberty, access to God.

The messages in this Psalm teach us that no matter how egregious the sin, all who cometh to God in a spirit of brokenness and humility can appeal for forgiveness and receive it. This particular Psalm has been used throughout centuries as a song of worship to ask God for forgiveness like the prodigal son.

Through this Psalm, countless people have now realized that if God can forgive David his sin, they too can be forgiven by appealing to God's compassion, mercy and grace. This not only led to forgiveness but also to restoration of a spirit filled life of fellowship and service.

Collection of prayers and songs teach us how to worship God in His Holiness, not just with our lips but also with our lives. Psalm 51 is seeing the reality of sin and the breath-taking glory of God's forgiving grace.

David, having been convinced of his sin, poured out his soul to God in prayer for mercy and grace. He committed this particular Psalm to the chief musician to be sung in public places and for worship so that whosoever fell into the abyss of sin would be able to recite the Psalm with a contrite heart and ask for forgiveness.

David opened the chapter with a cry for mercy "have mercy upon me O God"-not according to the dignity of his birth or his position as the king in Israel or a prince nor for how much he has done for God. The Psalm is letting us know that no matter whom we may be or whatever the level of our wealth, we must worship God with total humility as David.

David went to the Lord with a humble heart as he realized the enormity of his transgressions. Who else could he have gone to except the God of mercy, full of kindness, clemency and goodness?

What exactly was David begging for mercy for? He was asking God to blot out his transgressions. He asked God to wipe his slate clean of sin so that none remain to judge him or stare him in the face.



By Elder Ajibola Lemo

"Wash me thoroughly from my iniquity; wash my soul thoroughly from guilt and stain of blood of Uriah by thy grace and mercy". David asked to be thoroughly cleansed from his sin and iniquity as a human being.

Sin defiles us and renders us odious in the sight of God. Sin makes us to be separate from the presence of the Holy God and makes us unfit to have communion and fellowship with Him.

God pardoned David. WHAT? This God must be too gentle on sinners. Let us compare what happen in (2 Sam 12:13) when Prophet Nathan told David "The Lord has taken away your sin, thou shall not die" with the justification by faith in Jesus Christ. God promises that by having faith in Jesus Christ all our past transgressions are forgiven. It is the same principle here; the abundance of the grace of God is available to whoever goes to the Father in all humbleness to ask for forgiveness.

Further in the Psalm, David said, "For I acknowledge my transgressions and my sins are always before me". David was uneasy in his conscience, although his sins were forgiven, yet the sins were constantly staring him in the face, he was constantly thinking about them and his mind became restless, filled with guilt, shame and sorrow.

"Against You, You only have I sinned and done this evil in your sight". Though, Uriah was killed, the wife and the child were hurt but the sin was against God. What made sin to be sin against God? The horror of sin is that it is an attack on God. Killing decimates the creation

of God and being adulterous is against God's commandment.

Further in the Psalm, he confessed that he was conceived and born in iniquity. To some people this would be a way to justify their heinous crimes, but here David does the opposite by asking God to look at him and rescue him from damnation. If God forsook David in his sinful nature, the tendency for him to commit more atrocities would have been guaranteed.

David also pleaded for more than forgiveness, he pleaded for renewal of heart. This shows that he was more than committed to be reformed by God. He asked God to create in him a new heart that would sin no more and renew a steadfast spirit within him. This is worship at the highest level and at the same time asking for the super grace of God to eradicate all the blemishes of sin.

To some people, David's sin in this context started with sexual exploitation, yet he did not ask God to protect his eyes and sensual thought, yes, the sexual part of his sin is only the symptom of the real disease. David gave way to sexual desires because he did not have the fullness of joy and gladness in God. His spirit was not firmly established.

The Principles of grace is fundamental to our Christian life as justice is to law and love is to marriage. Christianity cannot be fully comprehended except from the angle of grace, this separates Christianity from other faiths.

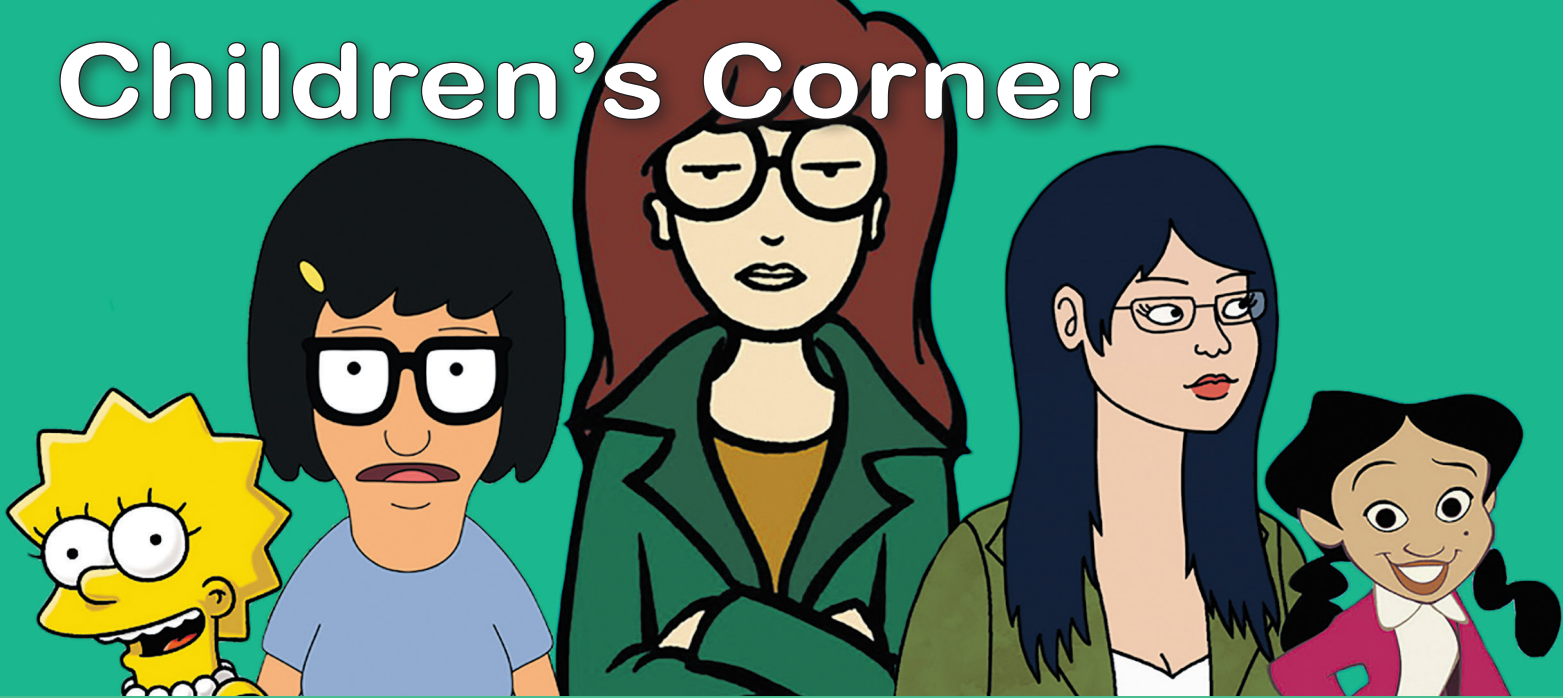
In Psalm 51, we witness God's abundance of grace towards David. Why? Some say because God want to fulfill His purpose of The Messiah to come from the lineage of David in his program of emancipation of humanity from the bondage of sin. Whichever way we look at it, the ultimate here is that David got mercy that he did not deserve so are we in the present dispensation.

This particular Psalm is very good for worship, to pour our hearts to the loving God, to blot out our transgressions and for the renewal of our hearts.

As we journey in our Christian life may the grace of God continue to abound as we worship Christ in truth and holiness. Thank you Jesus for saving us from eternal damnation.



# Children's Corner



## THE FAITH IN ME

Growing up having Jesus Christ brought a lot of maturity in me. I was able to find myself through God even in the hardest times when I thought I had nobody. However, I also lost my faith. I thought if God loves me, why would he let me suffer alone? But what I didn't realise is that he was with me. I prayed and received no answer but I've also prayed and received many answers. God doesn't give the hardest battles to the toughest soldiers, he creates the toughest soldiers through life's hardest battles.

I've had a lot of influences in my life, some good and bad. But the biggest influencer I had was God. I had a choice whether to follow a bad or good path, and I chose good. I knew that whatever life could possibly throw at me, God was on my side, no matter the circumstances. I didn't care if I was alone, I had lost some friends and family along the way but God only removed those people out of my life because where he was taking me was much bigger and better than my expectations and they would only drag me down if I continued to have them in my life.

I know God is real because I've seen him in the face of a stranger, being kind to me and reaching out when I didn't want to try anymore. I've heard God when I go to church and the preacher happens to talk about exactly, I mean word for word what I'm going through. Or when I turn on the radio randomly and a song is playing that calms me and is just what I need to hear. He's not going to walk in and sit down in front of us, but he is always with us.

Christianity is not just cute hillsong united lyrics. Christianity is not just a bible verse in your Instagram bio. Christianity is not just following God blindly and throwing away worldly things that tempt you. It's being so different from everyone else that you are an alien to the world. It's throwing your life into God's hands and kneeling at his feet, no matter how hard life gets. It is living the God calls you in the bible. Christianity is waking up each morning and knowing God loves you, and the way to love him back is to live for him.

By Shaniya Forde

## Do you have the right?

Everyone has a friend you may even have more, but are they the right one? For the bible says 1 Peter 5:7 "Cast all your anxiety on him because he cares for you." Some people are better friends than others that's why we should never feel ashamed to tell God about how we feel especially when we need advice.

Prayer points

- Father Lord, let us be in the right place at the right time with the right people. Prayer.
- Lord grant us great friends that won't lead us into the wrong path. Prayer.
- Lastly please let us treat people how we want to be treated. Prayer.

Adejola (11)

## What would Jesus do?

You're being bullied by a bunch of people. What would you do, more importantly what would Jesus do?

What you do; some people would retaliate, some people would keep it inside of them, most people would tell an adult, but everyone else would ignore them which is probably the best thing you could do.

What Jesus would do; Jesus would ignore them, not caring when they are being rude, but He would also preach to them at the same time as the Bible says make followers of Christ from all over the world in Matthew :28 v 19

Toba (9)

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