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Mind
Generates
Power
And
Energy

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House of God Fellowship Church is a place you enjoy real growth in your spiritual and mental life. You get more informed and exposed to face your own challenges of life; you get advanced in self-education necessary to make you stand out in the crowd. The Church is a good place to acquire knowledge for successful family and business affairs management. Husbands and Wives gets better in their daily relationship because the church has so much to offer them.

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A Peaceful Mind Generates Power And Energy

By: Dr. Chris Onalo, FICA, ICCF

Two weeks ago at breakfast in a restaurant in Lagos Island, one gentleman working for a bank complained of a sleepless night. He was about as exhausted as a retired man. “I would better stop listening to the news before going to bed,” he observed. “I tuned in last night and got an ear full of trouble”. There was another gentleman who spoke up, “I had a grand night. I used a go-to-sleep plan that never fails to work”.

Listening with wrapped attention, I prodded him for his plan, which he explained as follows: “when I was a boy, my father, a farmer, had the habit of gathering the family in the parlor at bedtime and he read to us out of the Bible. After prayers I would go up to my room and sleep peacefully. But when I left home I got away from the Bible reading and prayer habit. For years, he continued, practically the only time I ever prayed was when I got into some troubles. But some months ago my wife and I decided we would try prayer again. We found it a helpful practice, so now every night before going to bed she and I together read the Bible and pray. I don't know what there is about it, but I have been sleeping better and things have

improved. Infact, even on the road, as I am now, I still pray. Last night, I read the twenty-third Psalm out aloud”.

He turned to the other man and said, “I didn't go to bed with an ear full of trouble. I went to sleep with a mind full of peace”. Well, there are two cryptic phrases for you “an ear full of trouble” and “a mind full of peace”. Which do you choose, my dear ?

To me, the essence of the secret lies in a change of mental attitude. One must learn to live on a different thought basis, and even though thought change requires tremendous amount of effort, it is much easier than to continue living as you are. The life of strain is difficult. The life of inner peace, being harmonious and without stress, is the easiest type of existence. The chief struggle then in gaining mental peace is the effort of revamping your thinking to the relaxed attitude of acceptance of God's gift of peace. This is why at the House of God Fellowship Church, we proclaimed it as “the Church where the worship of God is with peace of mind”.

As a medical doctor once said, “Many of my patients have nothing wrong with them except their thoughts. So I have a favorite prescription I write for some. It is a verse from the Bible, 'Romans 12:2.' I do not write out that verse for my

patients. I make them look it up and it reads: ' . . . "be ye transformed by the renewing of your mind" . . . ' To be happier and healthier they need a renewing of their minds, that is, a change in their thoughts. When they 'take' this prescription, they actually achieve a mind full of peace. That helps to produce health and well-being. If you are a chief executive or high rank officer in office facing challenging responsibilities everyday, you need to tune your mind to a relaxing state in order to produce amazing creative outcome.

A primary method for gaining a mind full of peace is to practice emptying the mind. At least twice a day, empty your mind of fears, hates, insecurities, regrets, and guilt feelings. To prevent unhappy thoughts from sneaking in again, immediately fill your mind with creative and healthy thoughts.

Repeat audibly some peaceful words. As you know, Words have profound suggestive power, and there is healing in the very saying of them. The power of Life and death is in the tongue, that's what we read in the Bible, and it is what we must practice.

Not practicing it therefore means we are not exerting control over our own lives. If you say, "this sickness will

kill me, this problem will cripple me, I am nothing and will not achieve any good thing in Life” and so on, you will just be as you have made yourself to believe. Instead of saying all that, swing your thoughts to a positive affirmation.

It is also helpful to use passages from the Scriptures. A man of my acquaintance who achieved a remarkable peace of mind has the habit of writing on cards unusual quotations expressing peacefulness. Like many of Encourage Plus readers who always stock this smallest, God’s own live building Magazine in the pocket of their shirt and jacket, this man carries one of the cards in his wallet at all times, referring to it frequently until each quotation is committed to memory. He says that each such idea dropped into the subconscious “lubricates” his mind with peace. One of the quotations he used was: “Let nothing disturb you. Let nothing frighten you. Everything passes away except God. God alone is sufficient.” Powerful!

There are other practical ways by which you can develop a quiet attitude. One way is through your conversation. In a group when the conversation takes a trend that is upsetting, try injecting peaceful ideas into the talk. To have peace of mind, fill your personal and group conversations with positive, happy, optimistic, and satisfying expressions. Or a misunderstanding occurs between husband and wife,

instead of one party keeping away, he or she should keep closer to restore peace to the mind immediately. If you don't do this the next thing that may result is "bitterness of mind" with its destabilizing effect on the marriage.

Another effective technique in developing a peaceful mind is the daily practice of silence. Insist upon not less than a quarter of an hour of absolute quiet every twenty-four hours. Go alone into the quietest place available to you and sit or lie down for fifteen minutes and practice the art of silence. As an office executive, you can also do this by locking yourself indoors and observe the attitude. Do not write or read. Think as little as possible. Throw your mind into neutral. Conceive of your mind as the surface of a body of water and see how nearly quiet you can make it, so that there is not a ripple. When you have attained a quiescent state, listen for the deeper sounds of Harmony that are to be found in silence.

Saturate your thoughts with peaceful experiences, peaceful words and ideas, and ultimately you will have a storehouse of peace-producing experiences to which you may turn for renewal of your spirit. It will be a vast source of power and energy.

How we think and feel has a definite effect on how we actually feel physically.

If your mind tells you that you are tired, the body mechanism, the nerves, and the muscles accept the fact.

If your mind is intensely interested, you can keep on at an activity indefinitely. Religion function through our thoughts, in fact, it is a system of thought discipline. By supplying attitudes of faith to the mind it can increase energy. It helps you to accomplish prodigious activity by suggesting that you have ample support and resources of power.

A member in my Church (House of God Fellowship), an energetic man, full of vitality and vigor, once remarked that he comes to church regularly to “get his spiritual batteries recharged.” His concept is sound. God is the source of all energy in the universe- atomic energy, electrical energy, and spiritual energy.

Contact with God establishes within us a flow of the same type of energy that re-creates the world. When we are in spiritual contact with God, the Divine energy flows through the personality, automatically renewing the original creative act. The principles of christianity, scientifically utilized, can develop a continuous flow of energy into the mind and body.

Every great personality I have ever known who has

demonstrated the capacity for prodigious work has been a person in tune with the Infinite. Every such person seems in harmony with nature. They have not necessarily been pious, but invariably they have been extraordinarily well organized emotionally and psychologically. It is fear, resentment, the projection of parental faults upon people when they are children, inner conflicts and obsessions that throw off balance the finely equated nature, thus causing undue expenditure of natural force.

I am convinced that neither age nor circumstance needs to deprive us of energy and vitality. All through its pages, the Bible talks about vitality and life. The supreme overall word of the Bible is life, and life means vitality - to be filled with energy. This does not rule out pain or suffering or difficulty, but the clear implication is that if a person practices the creative and re-creative principles of christianity he or she can live with power and energy.

The practice of christian principles will bring a person into the proper tempo of living. Our energies are destroyed because of the abnormal pace at which we go. The conservation of energy depends upon getting synchronized with the rate of God's movement.

God is in you. If you are going at one rate and God at another, you are tearing yourself apart.

When we become attuned to God's rhythm we can develop a normal tempo within ourselves and energy flows freely.

To get into the time synchronization of Almighty God, take some days out and lie down on your bed. Get your ear close down to the ground and listen. You will hear the sound of the wind in the trees and the murmur of insects, and you will discover in all these sounds a well-regulated tempo. That's what I experience at my residence.

You cannot get that tempo by listening to traffic in the city of Lagos, for it is lost in the confusion of sound. You can get it in church where you hear the true, undiluted word of God and the great hymns. Truth vibrates to God's tempo in a church.

To avoid tiredness and to have energy, feel your way into the essential rhythm of Almighty God and all His works. To accomplish this, relax physically. Then conceive of your mind as likewise relaxing. Follow this mentally by visualizing the soul as becoming quiescent, then pray as follows: "Dear God, You are the source of all energy. You are the source of the energy in the sun, in the atom, in all flesh, in the bloodstream, in the mind. I hereby draw energy from You as from an illimitable source." Then practice believing that you receive energy. Keep in tune with the Infinite.

People who lack energy are disorganized by their deep, fundamental, emotional and psychological conflicts, such as guilt, worry and fear. But healing is ever possible.

The surest way not to become tired is to lose yourself in something in which you have a profound conviction.

You only lose energy when life becomes dull in your mind. Your mind gets bored and therefore tired doing nothing. You don't have to be tired. Get interested in something. Get absolutely enthralled in something. Throw yourself into it with abandon. Get out of yourself. Be somebody. Do something. Don't sit around moaning about things, and saying, "Why don't they do something?" The man who is out doing something isn't tired. If you're not getting into good causes, no wonder you're tired. You're disintegrating. You're dying on the vine. The more you lose yourself in something bigger than yourself, the more energy you will have.

Dr. Chris Onalo is the founding pastor of House of God Fellowship Church. He can be reached through email: fellowship@houseofgodfellowship.org or visit www.houseofgodfellowship.org

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Avoiding The Divorce Option

By Victor Ifedi

DIVORCE is an open admission of marriage failure. It is indeed a tragedy no matter how one looks at it and whatever the religious or social coloration those involved in the disaster belong to.

Psychologists and sociologists declare that divorce starts from the misconception and rather haphazard preparation for marriage. Of all the relationships known to man, marriage is the most difficult but also important .

Marriage is the breeding ground for everything. From it children are born and bred. Their careers, attitudes and in fact, their entire future, their life in general depend on the culture of the marriage they grow up in.

Cecil Osborne, a well known psychologist wrote: “One common difficulty in marriage is the disillusionment which often comes when a young couple discovers that their romantic dreams of perpetual bliss simply cannot be realised. The typical bride anticipates a continuation of the courtship and lasting loving attention from the man she marries. The new bridegroom expects the same warm response and idealised love he received during courtship. Both are disillusioned when the harsh realities of marriage begin to appear.”

A number of factors lead to the divorce court; including

selfishness, intolerance and impatience. When these demonic issues surface, reason is relegated to the background. Couples engaged in the divorce tangle hardly bother about the dire consequences until the bond of marriage breaks finally. In their anger and recrimination, the solemn marital oath: "To have and to hold from this day forward, for better for worse, for richer for poorer, in sickness and in health, to love and to cherish till death do us part", is viciously thrown over board. Prospective divorcees are usually oblivious of the biblical injunction: "What God hath joined together, let no man put asunder." They also disregard the Dutch proverb: To marry once is a duty, twice a folly, thrice is madness."

Divorces are a very lonely people. People treat them as marriage lepers, men and women who cannot succeed in the basic human relationship - matrimony. Nobody really cares to listed to the rationalisation of marital failures, whether the calamity derived from immaturity, infidelity, incompatibility or even infertility. The irony of divorce crisis is that each partner believes that the other party is wrong and culpable for the marital collapse. In spite of public appearances, estranged couples are a miserable lot literally ostracised by the host of happy marriages.

Whatever sympathy is showered on divorces is superficial and ephemeral. The illusion by divorces that the grass is greener on the other side is silly because human

personalities are largely similar in content and character. The perfect wife or husband is indeed a myth despite the glorious passionate caricature of the romantic magazines. The reality of contemporary marriage is that story repeats itself willy-dilly. Therefore, the best bet for divorcees is to seek reconciliation by all means, choosing available options if only to save the future of their reputation and the lives of their children.

Both the Koran and the Christian Bible strongly frown at divorce, since its implications are ominous. Social welfare workers, marriage counsellors and even the traditional priests provide ample alternatives to divorce. But, the soothing admonition frequently proffered is - forgive and forget. To err is human, to forgive is divine. There is practically no problem without a realistic solution. Take heed now!

For those on the verge of marital breakdown, the Danish proverb is quite instructive: "A deaf husband and a blind wife are always a happy couple." The basic requirements for a successful marriage is a willing and purposeful desire on the part of both husband and wife to understand each other, a willingness to give, to take, to forget, to remember, to love and to be loved.

Constant harping over unhappy episodes in the past only leads to bitter animosity. Husbands and wives should build bridges instead of walls. They must courageously and objectively accept marriage as a challenge.



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INVITATION TO YOUNG WIVES

Glory, Honour and Praise be to our Almighty God who has been using the Young women of the House of God Fellowship Church to:

- promote strong moral values in our member's homes
- resolve conflicts and promote peace in our homes
- teach young married women how to love their husbands, organize their homes, and relate well with their in-laws.
- know the many ways they can support, assist and encourage their husbands.
- know the true essence of biblical injunction or submission to our husbands.
- know the role of mothers in children upbringing.
- Guide the young singles on choosing life partners.

Membership of the **Young Women Fellowship** is a permanent one and is open to city young married women and senior spinsters. As a department, our Young Women Fellowship is not independent of the **House of God Fellowship Church**.

As daughters of God, our strong passion for peaceful and happy homes constrains us to put up this invitation. Like our church, we seek no name and recognition, but to encourage young mothers and wives to allow God lead the affairs of their homes.

Wherever you live in Lagos, make sure that distance does not prevent you from being part of our **Young Women Fellowship**.

For membership enquiry, please call the number here-mentioned, or join in our fellowship every Sunday by 8:am

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To communicate the Word of God to people and to exalt Jesus Christ.

Vision:

To be a living church wholly dedicated to the service of Jesus Christ through the application of the living Word of God with total reliance on the Holy Spirit.

Mission:

To prepare souls that will reign in eternity with Jesus Christ while at the same time exposing them to the biblical principles for a positive Christian living by abiding faith and works reminiscent of the early church.

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