

THE SHEPHERD'S HEART

November, 2025

**MARTYRDOM of
DR ROWLAND
TAYLOR**

**Parents as
Spiritual
Covering for
their Children**

**Who Sits on
the Throne of
Your Heart?**

**Health Benefits
of Sunlight**

**Interview with Old
Testament Figures -
Pharaoh**

CHRISTIANITY IN EQUATORIAL GUINEA



THE SHEPHERD'S HEART MAGAZINE 54th Edition November, 2025 Issue.



Pearladams1000@yahoo.com,
tectt777@gmail.com



08090302224,
07032029650

TABLE OF CONTENTS

About Us

Editorial Board page 02

People + Places

Martyrdom of Dr Rowland Taylor page 04

Christian News + Features

Who Sits on the Throne of Your Heart? page 07

God's Canvass + Culture

Christianity in Equatorial Guinea page [09](#)

Faith + Family

Parents as Spiritual Covering for their Children page 16

Health + Beauty

Health Benefits of Sunlight page 18

Fiction

Interview with Old Testament Figures -
Pharaoh page 21

Serialized Fiction: Their Latter Day Jesus by Pearl
Adams - chapter 9 page 24

Potpourri page 29

MARTYRDOM OF DR ROWLAND TAYLOR (1555)



Taylor was born in 1576 in Richmond, Yorkshire, England, where his father was closely associated with anti-Roman Catholic elements, especially the Puritans. A follower of William Perkins, an influential theologian, Taylor began preaching at age 21 and when about 25 years old, he preached a sermon at St Paul's Cross - before Queen Elizabeth. He also held strong anti-Catholic views.

In a sermon delivered at St. Mary's, Cambridge, in 1608, Taylor denounced Archbishop Richard Bancroft's severe attitude towards Puritans. He was then silenced by Samuel Harsnet, Archbishop of York and threatened with degradation.

There began a period of 17 years, in which Taylor had no benefice. However, he had patrons, and is known to have been chaplain to Edward Conway, English soldier and statesman. Taylor lived in Watford in 1612, before moving to Reading where his brother, Theophilus Taylor was the minister of St Lawrence Church from 1618-1640.

At Reading, young preachers gathered round Taylor, among them William Jemmat who later edited his works. Thereafter, Taylor obtained his Doctor of Divinity from Cambridge in 1630. He was later assigned to the church at Hadley, Suffolk as parish priest. Under his leadership, the Gospel of Christ had great success and took such root that many men and women in the parish were knowledgeable about Scriptures. Some could even be found who had often read the entire Bible, could recite some of Paul's epistles by heart, and could give a godly Scriptural reply in any controversy.

Taylor was a mild-mannered person, humble and without pride. None in his parish was so poor that he or she could not approach him as a child to a father, and none was so rich that he could not rebuke him or her when they sinned. His preaching was forceful, firm, and true to the word of God. He thrived in his stewardship throughout the reign of Edward VI. But when Edward died in 1553, his half-sister, Mary succeeded him to the throne of England. The woman later called "Bloody Mary," a Catholic, persecuted true believers of Jesus Christ, killing many of them. Taylor did not escape this papist violence.

In the beginning of this rage of the Antichrist, two of Taylor's parishioners, an attorney named Foster and a tradesman, Clerk, hired John Averth, parson of Aldman and a Catholic, to hold mass at Hadley's parish on the Monday before Easter. They obtained entrance to the church building and secretly built up their altar with all its idolatries. Some faithful parishioners later destroyed the altar. The next day, the group mobilised some armed men and rebuilt the altar where they conducted their mass.

Taylor, who was attracted to the noise confronted Averth and said, “Who made you so bold as to enter this church of Christ and profane and defile it with this abominable idolatry?” With that, Foster raged against Taylor and said, “You traitor! What are you doing here disturbing the Queen’s proceedings?” Taylor replied, “I am no traitor, but I am the shepherd that God, my Lord Christ has appointed to feed this flock. Therefore I have good authority to be here, and I command you, in the name of God, to get away from this place, and not dare to poison Christ’s flock.” Then, after another exchange of words, the armed group forced Taylor out the building and continued with their popish mass.

Some days later, Foster and Clerk wrote a letter to Stephen Gardiner, Bishop of Winchester and Lord Chancellor, complaining about Taylor. The Bishop responded by commanding Taylor to appear before him on a certain date. When Taylor’s friends heard about this, they were extremely grieved for they knew what the result would be. So they advised him to flee the country. But he said to them,

“*I most heartily thank you for so tenderly caring for me. And although I know that I can look for neither justice not truth at the hands of my adversaries, I know that my cause is so good and righteous, and the truth so strong on my side, that by God’s grace I will go and appear before them and resist to their faces their false doings.*”

Shortly after, Taylor presented himself to Gardiner. The meeting started on an unpleasant note as the Bishop reviled Taylor, calling him an unprincipled person, a traitor and heretic. Taylor listened patiently and then said, “My lord, I am neither a traitor nor heretic, but a true subject and a faithful Christian man. I have come here as you commanded me, so that I might learn the reason why your lordship sent for me.” The Bishop replied, “Have you come, you villain? Have you no shame that you dare to look me in the face? Do you not know who I am?

“Yes,” said Taylor, “I know who you are. You are Dr Stephen Gardiner, Bishop of Winchester and lord Chancellor, and yet a mortal man, I think. But if I should be afraid of your lordly looks, why are you not afraid of God, the Lord of us all? How dare you not be ashamed to look any Christian man in the face, seeing you have forsaken the truth, denied our Saviour Christ and His word, and acted contrary to your oath and the things you wrote? How will you look when you appear before the judgment seat of Christ and answer to that oath, that you made first to King Henry the VIII, who is well remembered, and afterward to his son, King Henry the VI?

The Bishop answered, “Tut-tut, that was Herod’s oath to Salome: unlawful, and so worthy to be broken. I have done well in breaking it, and I thank God I have come home to our mother the Catholic Church of Rome, and that is what I wish to do.”

Taylor answered,

“*Should I forsake the true Church of Christ, which is founded upon the true foundation of the apostles and prophets, to approve those lies, errors, superstitions, and idolatries that the popes and their company on this day, so blasphemously approve? No. God forbid. Let the pope and his followers return to our Saviour and His word, throw out of the church the abominable idolatries that he maintains, and then Christian men will return to him. You wrote truthfully against him yourself, and were sworn against him.*”

"I told you," said the Bishop, "it was as Herod's oath, unlawful, and so should be broken and not kept. Our holy father, the pope, has released me from it." Taylor replied, "But you shall not be discharged before Christ, who doubtless will require your oath to be kept, and from whose obedience no man can pardon you, neither the pope nor any of his followers."

After exhausting his energy trying to cow Taylor into submission, the Bishop committed him to Clink Prison from where he was tried by a group of Catholic heretics led by Edmund Bonner, Bishop of London. Thereafter, he was moved to Woolsack, then to Brentwood en route to Hadley. When they entourage came within two miles of Hadley, Taylor asked if he could get off his horse, and when permission was given, he leaped down and danced around in great joy. "Why, master doctor," the Sheriff of Suffolk said, "What are you doing, are you all right?" Taylor answered, "Well, God be praised, good master Sheriff, never better, for now I know I am almost home. I haven't more than a few steps to go over, and I am right at my Father's house."

When they arrived at Hadley, men, women and children turned out in large numbers, crying over the suffering and loss of their faithful shepherd. Addressing the crowd, Taylor said, "I have preached to you God's word and truth, and have come here this day to seal it with my blood." From there, the heretics took Taylor to Aldham Common and burnt at the stake for refusing to deny Christ as his Lord and Saviour. Before they lit the fire, he lifted both hands and said, "Merciful Father of heaven, for Jesus Christ my Saviour's sake, receive my soul into Thy hands." Then he stood still in the fire without crying or howling, with his hands folded together before him, until one of the Catholic heretics, Mulleine Soyce struck him on the head with a halberd and split his head open so that his brains fell out and his corpse collapsed into the fire.

I need someone to explain to me how these Catholic heretics were different from the Islamic terrorists of the 21st century. I believe that both groups belong to satan, the founder of all dead religions. Anyone who still embraces the Roman Catholic Church after reading stories like this has a death wish and has chosen to spend eternity in the lake of fire with satan.

******Culled from The New Foxes Book of Martyrs 2001 by John Foxe, Bridge-Logos Publishers, Gainesville, Florida 32614, USA.**

WHO SITS ON THE THRONE OF YOUR HEART?



In his book, *The Pursuit of God*, A. W. Tozer, diagnosed the major problem of modern Christianity. He said, “When religion has said its last word, there is little that we need other than God Himself. The evil habit of seeking God-and effectively prevents us from finding God in full revelation. In the ‘and’ lies our great woe. If we omit the ‘and’ we shall soon find God, and in Him we shall find that for which we have all our lives been longing for.”

So, who sits on the throne of your heart? Is God sharing it with the ‘ands’ of your life – family, careers, social networks, human ideas/opinions, your pastor, denomination etc.? When a lawyer asked Jesus which of the 10 Commandments was the greatest, the Lord said to him, “Thou shalt love the LORD thy God with all your heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets” (Matthew 22:36-40).

I checked the meaning of the word “all” in three online dictionaries. Merriam-Webster says it refers to the “whole, entire, total, everything without exception.” Cambridge Dictionary defines ‘all’ as “the complete number or amount, or the whole.” Dictionary.com says ‘all’ denotes “wholly, entirely, completely, fully, utterly, totally, only, exclusively.”

TO FIND GOD, YOU MUST LOOK WITH ALL YOUR HEART. TO REMAIN PRESENT TO GOD, YOU MUST REMAIN PRESENT TO YOUR HEART. TO HEAR HIS VOICE, YOU MUST LISTEN WITH ALL YOUR HEART. TO LOVE HIM, YOU MUST LOVE WITH ALL YOUR HEART. YOU CANNOT BE THE PERSON GOD MEANT YOU TO BE, AND YOU CANNOT LIVE THE LIFE HE MEANT YOU TO LIVE, UNLESS YOU LIVE FROM THE HEART.

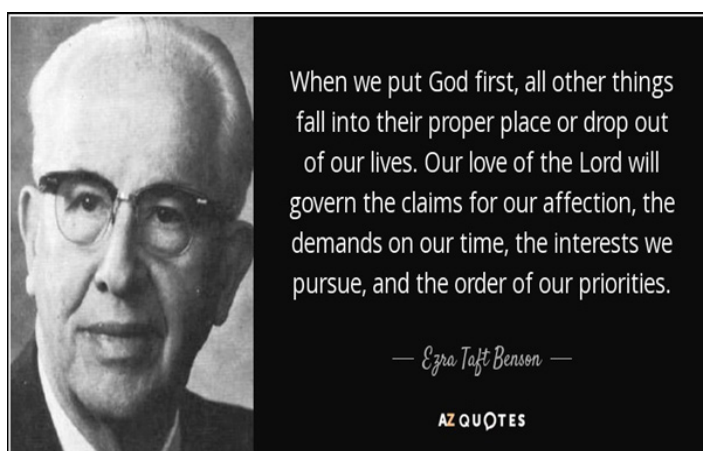
- JOHN ELDREDGE -

If we love the LORD with all our hearts, what is left for us to love our neighbours, children and parents with? The story of Ian McCormack, the man who died after he was attacked by five box jellyfish off the island of Mauritius gives us an idea about how we can love God exclusively and still love others. McCormack who met Jesus Christ in his Near Death Experience (NDE) has documented his experiences extensively online. A Movie, *The Perfect Wave* released in 2014, was based on his encounter with the jellyfish and with Christ.

LIBQUOTES.COM

After McCormack got married, he had another encounter with Jesus. This time, the Lord addressed the Scriptural demands that we should love God with ‘all’ our hearts. He explained to McCormack that the reason he was not able to meet this demand was that he (McCormack) had partitioned his heart to accommodate God and his wife. The Lord told him that the demand for believers to love God with all their hearts was not negotiable. He then explained to him that when he (McCormack) yields his entire heart to God, he will be so filled with God’s love to overflowing, and that the overflow will touch everyone that encounters him, including his wife.

It was after listening to this aspect of his testimony in a video he posted on YouTube that I understood the import of Romans 5:5, “Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.” Someone once observed that God never asked us to do something that we can do in our own strength. This captures the essence of the Gospel. We are only able to please God through the instrumentality of the Holy Spirit; otherwise, Jesus Christ died in vain. We must remember that the New Covenant God spoke about in Jeremiah 31:31-34 was in response to the children of Israel not being able to keep the Old initiated under the Mosaic Law.

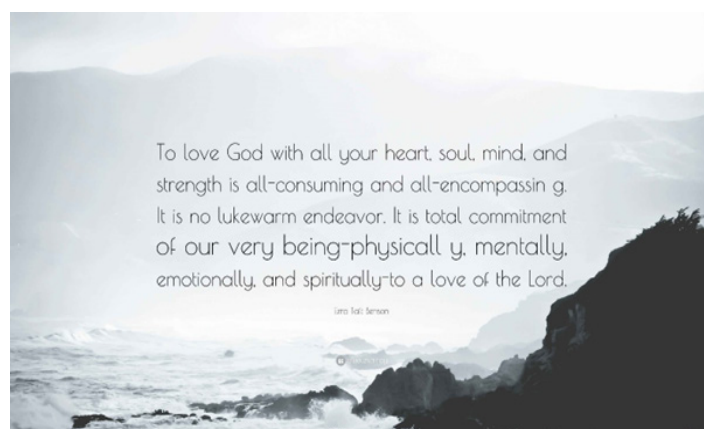


Romans 8 verses 3 and 4 explain the Gospel succinctly: “For what the law was powerless to do in that it was weakened by the flesh, God did by sending His own Son in the likeness of sinful man, as an offering for sin. He thus condemned sin in the flesh, so that the righteous standard of the law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.” It is clear from the explanation contained in this Scripture that we cannot love God with all our hearts in our own strength.

Verse 8 of the cited chapter declares that those who live in the realm of flesh cannot please God. Who then can please God or love Him with the whole heart? The answer is found in Romans 8 verse 9, “But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwells in you. Now if any man have not the Spirit of Christ, he is none of his.” Verse 14 shuts the door against any argument on this matter, “For as many as are led by the Spirit of God, they are the sons of God.”

If you are finding it difficult to surrender your heart and your life to God, search yourself to ensure that you have received the Holy Spirit at conversion. John 1:12 declares “But as many as received Him (Christ), to them gave He power to become the sons of God, even to them that believe on His name.” If Jesus has given you power to become a son of God, He would have also given you the Holy Spirit, because this is the seal of God’s ownership of every believer (Ephesians 1:13). It is however, possible for you to receive the Holy Spirit at conversion and still be your own lord. God created us with a free will; hence, it is your prerogative to yield or not to yield to the leading of the Spirit. Otherwise, Paul would not have charged Galatian believers to “walk in the Spirit, and you will not gratify the cravings of the flesh” (Galatians 5:16).

Anyone who truly wants to love God with the totality of his or her being will yield to the leading of the Holy Spirit. There is no short cut to living in God’s presence and letting Him sit on the throne of our hearts.



CHRISTIANITY IN EQUATORIAL GUINEA



The Republic of Equatorial Guinea is located in Central Africa. The country consists of a mainland territory, Rio Muni, bordered by Cameroon to the North and Gabon to the east and south, and five small islands – Bioko, Corisco, Annobon, Elobey Chico (Small Elobey), and Elobey Grande (Great Elobey). Bioko, the site of the capital, Malabo, lies about 40 kilometres off the coast of Cameroon. The official languages are Spanish, French and Portuguese. The country has human population of 1,795, 834 spread across many ethnic groupings, including Fang, 85.7%; Bubi, 6.5%; Ndowe, 3.6%; Annobon, 1.6%; Bujeba, 1.1% and others 1.1%. The dominant faith is Roman Catholicism at 79.9%; Sunni Muslims, 4.1%; Independent Christians, 3.7%; Protestants, 3.2%; traditional beliefs, 2.1%; Atheism, 4.9% and other faiths, 2.1%.

Brief History

The country's history began with pre-colonial inhabitants like the Pygmies and Bantu people, followed by Portuguese exploration in 1472. Spain gained control of the territory in 1778, which became Spanish Guinea and unified into a single colony in 1926. After gaining independence in 1968, the nation endured the brutal dictatorship of Francisco Macias Nguema, who was overthrown in 1979 by his nephew, Teodoro Obiang Nguema Mbasogo. Obiang's rule has been marked by ongoing human rights concerns.

God's Canvass

Equatorial Guinea spans several ecoregions. Rio Muni region lies within the Atlantic Equatorial coastal forests ecoregion except for patches of Central African mangroves on the coast, especially the Muni River estuary. The Cross-Sanaga-Bioko coastal forests ecoregion covers most of Bioko and the adjacent portions of Cameroon and Nigeria on the African mainland. The fauna and flora of the country are presented below.

Fauna

The country is home to gorillas, chimpanzees, and various species of monkeys, as well as leopards, buffalo, antelope, elephants, hippopotamuses, crocodiles, and different types of snakes, including pythons. Some of the animals are shown below.





Flora

Equatorial Guinea's flora is characterised by dense tropical rainforests with over 140 species of trees, including commercially important ones like 'Okume,' as well as coastal mangroves and a rich variety of endemic species, particularly on Annobon Island. The pictures below capture some of the rich flora of the country.



Beaches



Culture

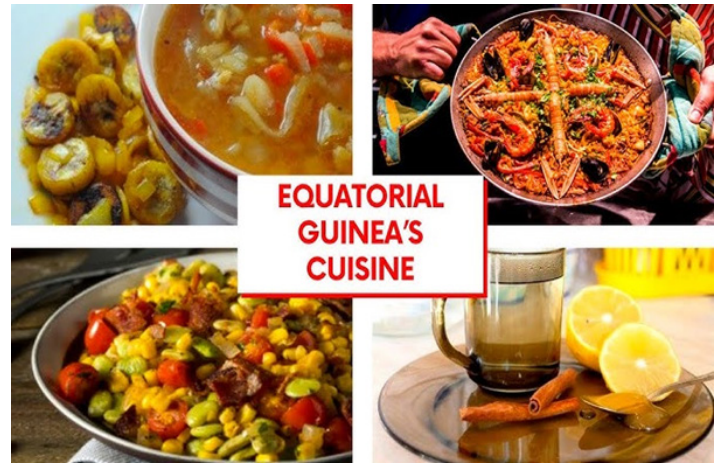
The country's culture is a mix of ancient indigenous traditions and European influences, particularly Spanish. Key aspects include vibrant music and dance with both traditional and Spanish-influenced styles, a blend of Roman Catholicism and animist beliefs, and a family-centric social structure. Fang people, who constitute the largest ethnic bloc, contribute more to the diverse language, food and art in the country.

Traditional Attire

Equatorial Guinea's traditional attire includes loose-fitting, long gowns and robes for men, and long dresses or loose tops with long skirts for women. These are often made from colourful fabrics like the Pagne. The boubou, a classic, long robe is a common traditional garment worn by both men and women, particularly for

weddings and festivals. Both men and women frequently wear head wraps or hats. Some of the traditional attires are shown below.





Cuisine

The country's cuisine is a blend of indigenous traditions, Spanish colonial influences, and other Africa flavours. It is known for strong, spicy, and flavourful dishes. Key ingredients include fish, chicken, plantains, cassava, and a variety of vegetables, often prepared as hearty stews, soups, or grilled dishes. Some of the popular ones are shown below.





Status of Christianity in Equatorial Guinea

Roman Catholicism is the preferred faith of nearly 87% of the people of Equatorial Guinea. It has assumed the status of a state religion due to its overbearing influence on affairs of the country. While Christian groups also exist and operate schools, obtaining registration and other legal permits can be complicated for non-Catholic missions. It is worth noting that many who claim to be followers of Jesus Christ also practice some elements of indigenous religions, leading to a blend of faiths. This is particularly noticeable among Catholics. This sad situation has affected the propagation of the true Gospel in the country. There is no concord between Christ and Belial (2 Corinthians 6:15). Darkness and light cannot cohabit; neither can there be a compromise between death and life. Let us pray for God's light to destroy all forms of darkness in the country and set its people free from captivity.

Intercession Checklist

Use the political map of Equatorial Guinea provided in the text to pick a town, city or region for focused prayer. Present the chosen geographical space to the Father and tell Him that you are claiming unsaved souls there for Christ as His ambassador (2 Corinthians 5:20). Remind the Father that He had instructed the Messiah to ask for the entire earth as His inheritance (Psalm 2:8).

***** Some materials sourced from Artificial Intelligence (AI) Overview on Google.com; Equatorial Guinea, <https://en.wikipedia.org>

PRAYER POINTS

1. Pray that God would destroy all platforms and infrastructure of darkness in Equatorial Guinea, including those using His name to promote the work of satan.
2. Ask the Father to uproot all demonic principalities and powers from the country and destroy their influence on its people.
3. Pray that the Holy Father would destroy faulty foundations laid in errors and demonic doctrines in the lives of those who claim to be Christians but have embraced death and darkness.
4. Ask the Father to lay a new foundation in them that is only through His Son Jesus Christ.
5. Pray that the Father would send labourers to His harvest in the country from within or outside its shores.
6. Ask the Father to sanctify all Christian believers with His word, which is the only TRUTH.
7. Pray that Christian believers would yield to the leading of the Holy Spirit in all their endeavours, that they might truly be the epistles of Christ read by all men.
8. Pray that the Father would empower Christian believers with His Spirit for the ministry of the word and prayer.
9. Ask God to open doors in Muslim and animist dominated areas for the Gospel of the Kingdom to be preached without hindrance.
10. Ask the Father to save the souls of all those under captivity of satan and his demons, using President Teodoro Obiang Mbasogo as point of contact.

PARENTS AS SPIRITUAL COVERING FOR THEIR CHILDREN



In the Kingdom of God, Jesus Christ is the only mediator between humans and the Father (1 Timothy 2:5). However, Scripture exhorts us to pray for one another, and to share each other's burdens. This is where the prayer of intercession finds its usefulness in the church. It calls for us standing in the gap for others; going before the Father to plead for His mercy on their behalf. In order for us to do this, we must have an unbroken relationship with God. Intercession is more critical in the home environment because we want to see our loved ones walking in the truth.

Therefore, godly parents are the best channels of such prayers, since no one can give another what they do not have. Acting as spiritual covering demands more than perfunctory and casual prayers that some people say just to assuage their conscience. Interceding for children must begin at their conception. Parents need to present them before the LORD and speak words of life over them before they are born. Pray for their health, education, careers, friendship, to guard against the influence of ungodly peers, marriage and other important aspects of human life. Parents should intensify their prayers as their children grow into toddlers, teenagers and adulthood.

Even when they marry and leave the home, parents must continue to cover their children in prayer without necessarily being nosy or prying into their private lives. God knows the need of each of His children. All the parents need to do is show care by reminding the Father of His promise to bless us and our children; and to be their Teacher (Isaiah 53:13).

These are the promises parents must claim for their children while presenting them to the LORD as their spiritual covering:

- i. Isaiah 59:21, "As for Me, this is My covenant with them, says the LORD, My Spirit that is upon you, and

- My words that I have put in your mouth, shall not depart out of your mouth, or out of the mouth of your offspring, or out of the mouth of your children's offspring' says the LORD, from this time forth and evermore;
- ii. Psalm 102:28, "The children of Your servants shall dwell secure; their offspring shall be established before You";
 - iii. Psalm 112:1-2, "Praise the LORD! Blessed is the man who fears the LORD, who greatly delights in His commandments! His offspring will be mighty in the land; the generation of the upright will be blessed";
 - iv. Isaiah 44:3-5, "For I will pour water on the thirsty land, and streams on the dry ground; I will pour My Spirit upon your offspring, and My blessing on your descendants. They shall spring up among the grass like willows by flowing streams. This one will say, 'I am the LORD's,' another will call on the name of Jacob, and another will write on his hand, 'The LORD's' and name himself by the name of Israel";
 - v. Isaiah 61:8-9, "...I will make an everlasting covenant with them. Their offspring shall be known among the nations, and their descendants in the midst of the peoples; all who see them shall acknowledge them, that they are an offspring the LORD has blessed";
 - vi. Isaiah 65:23, "They shall not labour in vain or bear children for calamity, for they shall be the offspring of the blessed of the LORD, and their descendants with them";
 - vii. Proverbs 20:7, "The righteous who walks in his integrity; His children are blessed after him";
 - viii. Proverbs 14:26, "In the fear of the LORD one has strong influence, and his children will have a refuge";
 - viii. Jeremiah 32:29, "I will give them one heart and one way, that they may fear Me forever, for their own good and the good of their children after them";
 - x. Deuteronomy 4:40, "Therefore you shall keep His statutes and His commandments, which I command you today, that it may go well with you and with your children after you, and that you may prolong your days in the land that the LORD your God is giving you for the time"; and
 - xi. Acts 16:31-33, "And they said, 'Believe in the Lord Jesus, and you will be saved, you and your household.' And they spoke the word of the LORD to him and to all who were in his house. And he took them the same hour of the night and washed their wounds; and he was baptised at once, he and all his family.
- Mark Altrogge, pastor of Sovereign Grace Church, Indiana, USA emphasised the importance of parents acting as spiritual covering for their children until the day they (parents) leave this earth to be with the LORD. He stressed that even when parents do not see their children saved in their lifetime, God can still save them in His own time. Altrogge noted that although God does not guarantee that all our children will be saved; He promises to hear our prayers; that the prayer of the upright is powerful and effective. He also observed that God has given us good reasons to believe that He desires to save whole families.
- As I type this article, tears welled up in my eyes for the opportunities my parents missed to pray for my siblings and me. If they had done what we advised in this article, I would not be going through the horrors and pains inflicted on me by Satan and his demons due to polluted bloodlines of my forebears. While these battles have increased my understanding of spiritual things, especially the hideousness of the devil, I wish with all my heart that my parents had done the needful in their lifetime. So, if you are reading this article as a parent, pray earnestly for your children using the Scriptures provided as a guide. Ask the Holy Spirit to give you more if you so desire. You are the caretakers of your children. Don't let them down by your carelessness.
- ***** **Some materials sourced from 12 Promises Every Parent Should Ask God to Fulfil,**
<https://www.biblestudytools.com>

HEALTH BENEFITS OF SUNLIGHT



The sun, our sun came on the third day of God's creation. Like every other thing in nature, it is critical to human life and a catalyst for growth. In particular, sunlight is the main source of Vitamin D. What the sun does is that it stimulates the body to produce this important vitamin, which strengthens bones, boosts the immune system, and supports overall health. Sunlight also elevates the human mood by increasing serotonin levels, helps regulate the circadian rhythm for better sleep, and has been to lower blood pressure, as well as a reduced risk of certain cancers and metabolic diseases. Other benefits of sunlight are shown in the pictures below.

SPENDING TIME IN THE SUN HAS HARMS AND BENEFITS

UV rays from the sun help us make vitamin D, which we need for healthy bones.

But...

Too much UV from the sun (or sunbeds) causes sunburn, skin cancer and premature ageing.

The NHS recommends people think about taking a vitamin D supplement.

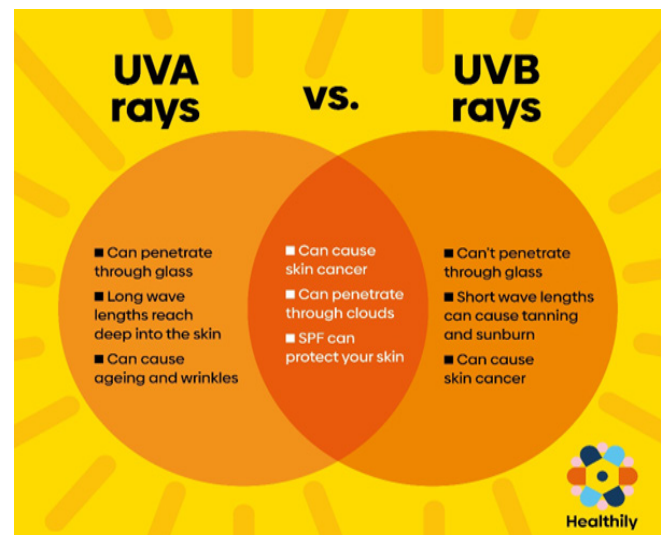
The amount of time to spend in the sun to get a healthy balance is different for everyone.

In summer, white people only need a little time in the UK sun each day to make enough vitamin D. You don't need to sunbathe.

People with darker skin may need longer in the sun but also have a lower risk of burning and skin cancer.

LET'S BEAT CANCER SOONER
cruk.org

CANCER RESEARCH UK



10 Health Benefits of Morning Sunlight

1. Mental health boost
2. Strong bones
3. Cancer prevention
4. Clear skin
5. Better sleep
6. Increased energy
7. Boost Vitamin D
8. Healthy eye
9. Normal blood pressure
10. Improved healing

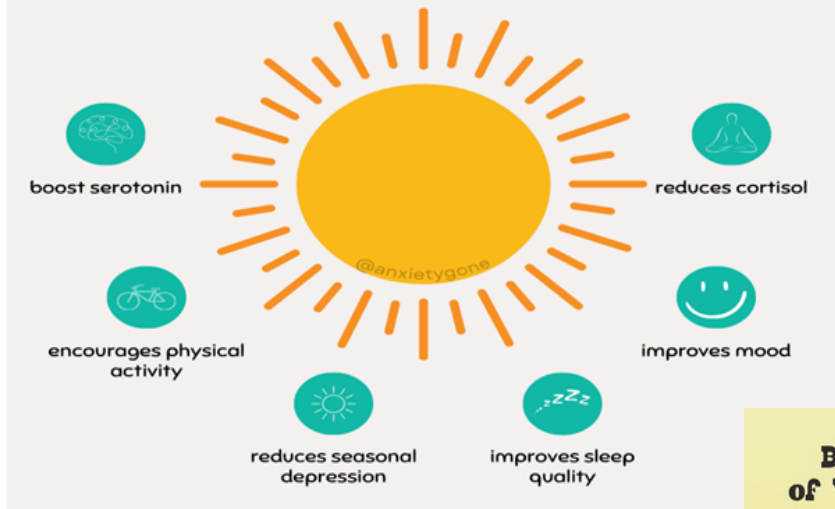
@mehofunandfitness



Double Tap ❤️



The Benefits of Sunshine



Benefits of Vitamin D

*-strengthens the immune system
 -fights osteoporosis
 -strengthens the muscles
 -strengthens the respiratory system
 -strengthens the heart
 -reduces hypertension
 -it's good for skin
 -produces serotonin
 -fights depression
 -reduces the risk of cancer
 -prevents autoimmune diseases
 -promotes the absorption of calcium and phosphorus in the intestine
 -stimulates the production of hormones
 -is an ally for neurovegetative diseases
 -fights infections*



BENEFITS OF VITAMIN D

- ✓ Reduces Inflammation
- ✓ Reduces Auto-Immunity
- ✓ Improves Brain Function
- ✓ Reduces Cancer Cell Growth
- ✓ Improves Immunity
- ✓ Enhances Mood & Sleep
- ✓ Reduces Risk of Heart Disease



PERKS OF Sunbathing

1. Promotes a positive attitude
2. Boosts feel-good neurotransmitters
3. Fosters immune resilience
4. Encourages mood balance
5. Supports heart health
6. Aids in restful sleep

@pure_spring

INTERVIEW WITH OLD TESTAMENT FIGURES – PHARAOH



His name is synonymous with rebellion against God and oppression of the helpless. R.C. Sproul, an American theologian said of him, “All God had to do to harden Pharaoh’s heart or to harden your heart, is to withhold His grace.” Michael Hart, an American author referenced him in one of his books and said, “Revolution does have to be violent precisely because the Pharaoh would not let you go. If the Pharaoh would let you go, the revolution won’t have to be violent.” On his part, Carl Sagan, an American astronomer said, “Nearly everyone in ancient Egypt exhorted the gods to let the Pharaoh live ‘forever.’ These collective prayers failed. Their failure constitutes data.” Our guest for today is the Pharaoh who ruled Egypt when God freed the children of Israel from their 400 years of bondage.

Shepherd Heart:

Thank you for honouring our invitation dear Pharaoh.

Pharaoh:

I am delighted to be here. It is a privilege to be given an opportunity to reach your readers with my own version of the Biblical narrative.

Shepherd Heart:

Kindly give our readers a pen portrait of yourself.

Pharaoh:

I ruled Egypt between 1279 and 1213 BC in both political and religious spheres. One of my functions was to serve as an intermediary between the various deities in the country and the people. Thus, I deputised for the gods in civil and religious matters. Consequently, I owned all the land in Egypt, enacted laws, collected taxes and served as commander-in-chief of the military. I was also responsible for maintaining cosmic order, balance and justice, and part of this included going to war when necessary to defend the country or attacking

others to obtain their resources, when it was believed that this would contribute to cosmic balance in Egypt.

Shepherd Heart:

The children of Israel had arrived in your kingdom more than 300 hundred years before you were born. It is clear that you knew about the work Joseph, the Prime Minister under one of your predecessors did to sustain the Egyptian people during the great famine. Why did you choose to oppress them?

Pharaoh:

They clearly had outlived their welcome. Even though they were useful to us in the construction of our pyramids and other important structures, they were not contributing to the development of our nation in other economic spheres.

Shepherd Heart:

So, why did you refuse to let them leave in peace when Moses approached you for this purpose?

Pharaoh:

No Pharaoh worth his salt yielded to intimidation. Moses approached me in the name of a deity that I knew not, nor had encountered.

Shepherd Heart:

If you claim that they were not useful to you except as construction workers, what was your plan for them? Did you intend to keep them as slaves in perpetuity?

Pharaoh:

My people and I had plans to reduce their population to a manageable size. That was why I enacted the decree to kill all their male infants.

Shepherd Heart:

Your plans for them smacked of evil cooked up in the pit of hell. What happened to mercy? Did you not have even an ounce of compassion for a people that contributed to the growth and development of your country, especially under the reign of Joseph?

Pharaoh:

(Laughs) You are being ridiculously sentimental and ignorant of the workings of ancient regimes. In my time, humans did not have nor enjoy fundamental rights. The word of the king was law and some kings were treated like the gods. No. I did not have any sympathy for the Hebrews. I considered them inferior to my people and treated them accordingly.

Shepherd Heart:

Now, let us move on to your encounter with the God of Moses. What was your initial reaction when Moses invoked the name of his God to demand freedom for his people?

Pharaoh:

I was actually amused. Here was a coward who ran to Midian to escape justice after killing an Egyptian showing up in my palace to throw his weight around in the name of an unknown god. I laughed in his face of course.

Shepherd Heart:

So, when did it occur to you that you were not dealing with Moses, but with a force greater than yours?

Pharaoh:

I started panicking when my wise men and sorcerers could not counter the plagues that Moses and Aaron, his brother were unleashing on my people. To be candid, when the power show began, I thought that we were contending with powers acquired by Moses in his sojourn in Midian. Nothing prepared me for an encounter with the God of the universe. We were not brought up to believe in a supreme being called God. Egypt and neighbouring countries had their plethora of gods.

Shepherd Heart:

When it became obvious to you that your enemy was none other than the Creator of the cosmos, why did you not surrender meekly and let the Hebrews go?

Pharaoh:

I did let them go.

Shepherd Heart:

You let them go and later changed your mind. Biblical narrative is clear that you pursued after them with your entire army.

Pharaoh:

That was a very silly and petulant act on my part. I allowed my military commanders to lure me into committing suicide at the Red Sea with the best of my men.

Shepherd Heart:

With the benefit of hindsight, how would you have handled that situation in the interest of your people?

Pharaoh:

When you are power drunk as I was, you do not think rationally. Looking back at the entire saga, I would say that I

acted selfishly and without any consideration for the well-being of my Hebrew slaves. If I had an opportunity to make amends, I would have treated them with more dignity. They did not deserve what my people and I did to them for years.

Shepherd Heart:

You said earlier that ancient monarchs were power drunk. That is not a malaise of the past as there are still political leaders in our time who act that way. As the saying goes, “Power corrupts, and absolute power corrupts absolutely.” What is your advice to political leaders who abuse power in this time and age?

Pharaoh:

Death is a leveller, meaning that no man born of a woman and through any other means like the test tube miracle of your age can escape death. The main reason why people oppress others is that they do not ever believe that they will one day stand before God in judgement or be incapacitated by old age or debilitating illness. When you sit on the throne, as I did, you see things differently from ‘normal’ folks because you are surrounded by praise singers who only curry favour from you. Your so-called advisers do not tell you the truth because they do not want to incur your displeasure.

Remember that nothing in life is permanent. Whether you like it or not, you will leave this earth in death, and your body will return to the dust from where it came. My candid advice to you is that you should remember that Almighty God is recording everything you do on this earth. You may be powerful and wealthy enough to control everyone in your enclave, country or kingdom, but God is totally outside your control. Show mercy if you wish to receive His mercy at the end of time. If you are reading this interview, it means that you are alive and still has the opportunity to repent. I did not have that privilege. Make good use of yours and do not end up like me.

Shepherd Heart:

Thank you very much for sharing your heart with her readers. We pray that those who have been using their positions to oppress others would have a rethink and repent from their wicked ways.

Pharaoh: Thank you once again for having me.

Their Latter Day Jesus by Pearl Adams

Chapter 9 – Discipline is Restrictive: Give Your Child Room to Grow!

Charles Stephan tiptoed into his son's room and was gratified to see the boy coiled up in a foetus position, obviously fast asleep. For five nights the family had known no peace and sleep because of the strange behaviour of his twelve years old son, Andre. His wife in particular was too distraught to open her grocery store on Kirkland Avenue in Aichtal District of Stuttgart. They'd questioned the boy severally to no avail. He just stared at everyone with glazed eyes and howled intermittently. Thinking his son was on drugs, he had his room searched but nothing incriminating was found. In addition, of course, the boy had not left the premises for five days!

He closed the door and strode into the living room to share the good news with his wife, Penelope and daughter, Helena. Both exclaimed, "Thank God" and hugged each other before they left for their respective rooms.

Immediately they were out of earshot, Charles raised his hands in thanks to God. He'd always been very reserved about emotional display of any sort. Having done that, he sat on a rocking chair close to the fireplace to take stock of his life.

His late father Robert Stephan arrived Stuttgart in the early seventies from his native Armenia in search of greener pastures. After pounding the streets for six months without any breakthrough, he decided to go through fishing with a friend, Raleigh Raiser. It was during their third time at sea that he made up his mind to pursue fishing as a profession. While on one of his fishing trips, he met and befriended Stuart Wilhelm, the son of a wealthy landowner from Ravensburg who also had passion for fishing. During his first visit to the Wilhelm's estate at Lindau where they made their home, he met Sonia Raiser, Raleigh's sister who was on holiday from a Swiss finishing school. It was love at first sight. Raleigh and his parents encouraged the union and later assisted Robert to acquire his first fishing trawler.

From that point, the young Armenian never looked back. He acquired bigger trawlers with time and expanded his business to include processing and storage of his large haul. His joy was cut short when Sonia conceived at the age of thirty-nine and had to be confined to her room due to unexplained complications. Despite all efforts by experienced doctors mobilized by Robert and the Wilhelm, Sonia died after spending more than eighteen hours in the labour room. Her only son, Charles survived the ordeal but was kept with a nurse at the Wilhelm's home since his two sisters

Halle and Josephine were too young to nurse him.

Charles smiled when he remembered some of the pranks he played at Lindau. He had no idea that some of his practical jokes were over the edge until the day his maternal grandfather gave him the spanking of his life. He had put a dead chicken under the seat of his grandpa's Mercedes Benz Coupe but forgot to remove it until its stench attracted the attention of a valet at the estate.

Charles chuckled as he recalled the look of consternation on the face of his grandfather. The Coupe was of course his favorite car. He was expecting the old man to guffaw as he always did when confronted with such practical jokes. This time around, he held him gruffly by his shirt collar and dragged him to his study on the first floor of the main building. It was there, for the first time in his life that he knew the meaning of the word pain.

Two weeks later, his father arrived and was informed of his son's pranks. Robert almost

burst an artery in his anger. His father and grandfather later met for almost an hour and decided that the best place for the youngster was a boarding school located at Mannheim, almost one hundred kilometres from Lindau. That was where he was literally banished.

Life at the boarding school was restrictive to say the least. The nuns who ran the facility gave no room for youthful exuberance. In fact, laughter, at least the type he was used to at Lindau was a rarity. Although his maternal family and father visited him often, he gradually distanced himself from them to a point where he detested their presence. The feeling eventually grew into strong hatred.

Four years later, now aged twelve, he was sent to a college at Augsburg, not far from Munich. By then, he had become detached from his family in his mind and did not mind the distance. His anger rose to a boiling point when his father insisted that he pursue an engineering course at the University of Weis, instead of interior decoration, which was his passion.

He grudgingly obliged but kept his feelings to himself. He went on to acquire a Masters and Doctorate in Civil Engineering with bias in irrigation before joining a firm of engineers at Stuttgart belonging to Biel Hanson, his maternal grandfather's childhood friend.

When his grandfather passed on in 1996, he left him a small fortune in the family's canning business. He was still too angry at his childhood travails to appreciate this gesture. In fact, he was so bitter that he initially resolved to remain a bachelor for life just to spite his family. This was until he stumbled on a book on childrearing written by Bishop Kursk Hegel, the founder of Christ the Redeemer Ministries.

The two hundred-page book titled, 'A Liberating Approach To Parenthood', canvassed for lessening of restrictions on children, "in order to give them the opportunity to develop in their own pace." The Bishop particularly frowned at the use of what he described as 'Gestapo strategies' to make children

conform to the image of their parents, regardless of their unique qualities as 'God's masterpieces'. He said while God endorsed the use of the rod to correct a recalcitrant child, his or her parents should exercise discretion in this regard in order not to inculcate violence into the psyche of the child. He described those who prescribe corporal punishment for every offense committed by their wards as irresponsible adults looking for the easy way out of their ineptitude.

After going through the book, Charles resolved to apply the principles enunciated by Hegel to the letter. He would marry and raise kids according to this new wisdom. He would give his children the liberty he was denied. He would allow them take responsibility for their lives and the freedom to make mistakes. He would use his children to hit back at members of his family because he knew they would attempt to interfere in the running of his home.

When he got married in 2002 to Penelope Schmidt, the daughter of the Berlin based award-winning novelist, Cruz Schmidt, he kept his wild ideas about childrearing to himself. Penelope, a fun-loving socialite had no inkling that her husband was on a revenge mission. She was too glad to leave their education to her 'very understanding' husband.

The two children on their part were too glad to enjoy their unlimited freedom to bother about their absentee mother. Of course their father was always around to 'steer them in the right direction', away from what he described as 'character destroying influences'. Expectedly, Stephan's maternal aunt, Gertrude Daimler was the first to raise an eyebrow about the way and manner his children were relating with adults. For instance, they carried an air about them that seemed to suggest that they were equals with their older relatives. They called them by their first names and wouldn't clear the table after meals.

After watching them for some-time, Gertrude confronted her brother-in law but was told to mind her own business. Eventually the relatives got the message and stopped visiting the family.

Nothing extraordinary happened in the Stephan's until the morning of 11 June 2008 when his son fainted in the living room while watching a film with his sister. The horror film titled, 'The Ghost of Mueller' was a favorite of the children. It told the story of a gardener that was hacked to death by his employer but later got his revenge by killing the entire family of seven in a most gruesome circumstance. Although Stephan was horrified by the footage of the film he espied the first day the children played it, he refrained himself from censoring them. Had he not resolved to allow them the liberty of making their own choices even if it meant making mistakes in life?

When the boy fainted, he did the only thing that made sense. He called an ambulance. Two hours later, his son returned from the hospital hale and hearty.

Even the medical personnel were surprised about his quick recovery. They however advised the family to place him under close watch. That became a daily routine for more than four months, until that fateful day when his son growled like a caged bear and refused to talk to any member of the family.

As he sat on the couch pondering on the turn of events, Stephan recalled a story he read on a Christian website, Awaithissecondcoming.com. The author, a Canadian named Davidson Applebee shared his encounter with a group of people he befriended while in a cruise ship en route to the islands of Cape Verde, off the coast of West Africa.

He said the leader of the group, Johnson Gupta, an Indian told him that members were tasked by their master, Satan to pollute children across the globe before Christian missionaries reach them with the gospel of Jesus Christ. Gupta also claimed that their association had penetrated the child rights movement, as well as the

Pentecostal fold where a number of 'men of God' had been compromised.

Davidson said they were apparently attracted to him because of his indifference to religion. He claimed that the seriousness with which the Satanists took their mission caused him to have a rethink about his spiritual state and eventually sent him running to God for the salvation of his soul.

Like a bolt of lightning, the reference to the child rights movement brought back memories of his reaction to a critique of Bishop Hegel's book, 'A Liberating Approach To Parenthood' published in the *Der Wiet*, Stuttgart's premier newspaper.

The reviewer, Lindale Pitt, a Christian freelance journalist asserted that unrestricted liberty was an invitation to anarchy as children raised under such a system would turn out to be a problem to themselves and the society. Pitt's assessment of what Stephan thought was a great book so angered him that he cancelled his yearly subscription for the newspaper.

He was so sold on the ideas articulated by Hegel that he was ready to do battle with anyone that dared to canvass a contrary opinion.

Now with his son a mental wreck and his family facing an uncertain future, he cried out to God for forgiveness and a way out of the pit of despair. He picked up his cell phone to call Hegel but felt a restraint. Who else could he turn to for help, was the Bishop not his pastor? It was then he had an uncanny urge to contact Finn Huber, a pastor he'd barely exchanged pleasantries with since he joined the ministry. He'd tried to rationalize his aversion to the tall and handsome pastor to no avail.

Of course he 'performed' his Christian duty by sending him some money twice, but his conscience still pricked him about his dislike of the man. He didn't understand why Finn of all people should become his saviour. He made up his mind not to subject himself to ridicule by the young minister and decided to call the Associate Pastor, Khan instead. He dialled Khan's line for more than twenty times before he threw in the towel.

In exasperation, he put a call through to Finn and was shocked when the pastor told him that he was on his way to him! What a strange coincidence, he thought. Could this be God at work? He'd barely ended the phone conversation when the service girl, Lorena Hawthorn ushered in Finn. This time around, he greeted the pastor with all the warmth he could muster.

With the pleasantries over, Stephan narrated his ordeal to his visitor. Finn on his part told his host that he had a very strong impression to call on him the previous day but wasn't sure it was the right thing to do. It wasn't until young Emmaus Klaus visited him that same evening that he knew he'd missed God in the matter. He said Emmaus revealed that he, Finn had an 'assignment' at the Stephan's household but didn't disclose its nature.

When both men had done talking, Finn suggested that they defer the ministration on the boy to the following day. He however advised the entire family to join him in a fast to put them in an attitude of prayer. He assured his host that victory had been secured for the entire family by Jesus Christ; hence there was no need for panic. He promised to stay at his home until the boy regained his mind.

It was a sober Stephan that woke up his wife and daughter to apologize for leading the family astray in his quest to avenge perceived wrong done him by his father and maternal grandfather. The three of them wept profusely

and agreed to entreat God as a family for the deliverance of the sick boy. It wasn't until two in the morning that they retired after taking turns to pray for forgiveness for the family.

True to his word, Finn spent the entire day at the Stephan's home. It was a time of intent warfare as the devil fought to keep his booty. Break-through came about 7pm when the boy broke into the popular song, 'Amazing Grace'. It was obvious that the Holy Spirit had taken control of the situation as both the mother and father said they'd never heard him sing the hymn. By 10pm, the boy had completely regained his senses and was his usual boisterous self. Throughout the ministration, Finn didn't mention Hegel or the role his book played in the saga. Stephan's respect for the young pastor grew from that point.

The pastor left for home about 11pm, with joy in his heart that his Lord and Saviour Jesus Christ had reinforced His superiority once again over Satan and his minions. As for Stephan, he spent the rest of the night in thanksgiving to God for delivering his family from the clutches of the devil. The following morning, the family cleared the house of videos and books that had links with the occult, bringing an end to the reign of Satan in their lives.

POTPOURRI – PRAYER



Prayers are simply communion with God. It may take several forms, but the key ingredient is humility. We must have a healthy fear of God, and a relationship with Him through His Son Jesus Christ before we can have an effective prayer life. We must not wait until something happens to ginger us to pray. We cannot afford to treat God as a fire extinguisher. He desires to have a productive relationship with us through the instrumentality of His Spirit indwelling our hearts. We pray that the following quotes on prayer would kindle a fire in you to start and maintain effective prayer life, with a healthy relationship with God as the goal.

To be a Christian
without prayer is no
more possible than to
be alive without
breathing.

Martin Luther

“

The function of prayer is not
to influence God, but rather
to change the nature of the
one who prays.

SOREN KIERKEGAARD

GRACIOUSQUOTES.COM

“

The greatest and best talent
that God gives to any man or
woman in the world is the
talent of prayer.

ALEXANDER WHYTE

GRACIOUSQUOTES.COM

Parade

"WE HAVE TO
PRAY WITH OUR
EYES ON GOD,
NOT ON THE
DIFFICULTIES."

— Oswald Chambers

*"Prayer is how we
press our hands into
the invisible and find
the hand of Christ
reaching back."*

— JAMES K. A. SMITH

Parade

www.healthyspirituality.org

Prayer does
not equip us
for the greater
work.

Prayer is the
greater work.

Oswald Chambers

Quotes About Prayer

The (woman) who
kneels to God can
stand up to
anything.

Louis H. Evans

flourishingmama.com

Every great movement of
God can be traced to a
kneeling figure.

D. L. Moody

“

Prayers not felt by us are
seldom heard by God.

PHILIP HENRY

GRACIOUSQUOTES.COM

Prayer is aligning
ourselves with the
purposes of God.

E. Stanley Jones

BrainyQuote

A SINNING MAN WILL STOP
PRAYING, AND A PRAYING
MAN WILL STOP SINNING.

LEONARD RAVENHILL



THEMAJESTYSMEN.COM

*God may not always
answer the prayers we want,
but He always answers the
prayers we need.*

@therandomvibez

I HAVE SEEN MANY MEN
WORK WITHOUT PRAYING,
THOUGH I HAVE NEVER SEEN
ANY GOOD COME OUT OF IT;
BUT I HAVE NEVER SEEN A MAN
PRAY WITHOUT WORKING.

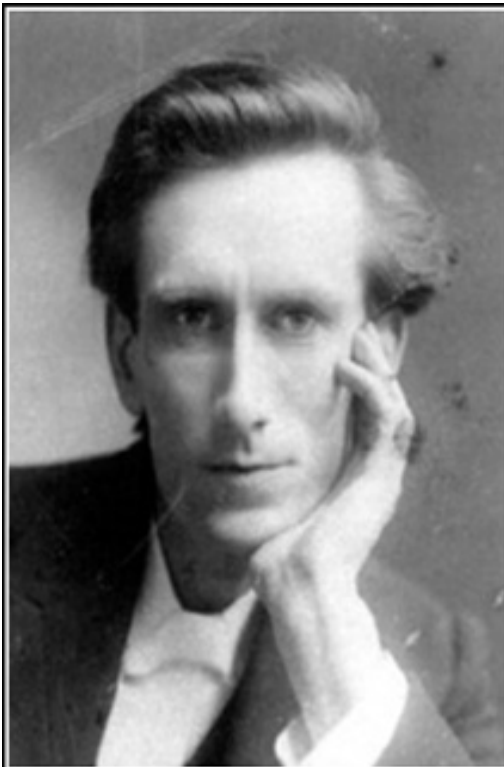
HUDSON TAYLOR

A praying
man can never
be miserable
because he
has the ears of
God.

William Bridge (1600-1670)

ChristianQuote.com

If life gets too hard to stand ...
KNEEL.



We tend to use prayer as a last resort, but God wants it to be our first line of defense.

— Oswald Chambers —

AZ QUOTES

“

Prayer is not the least we can do; it is the most.

JOHN BLANCHARD

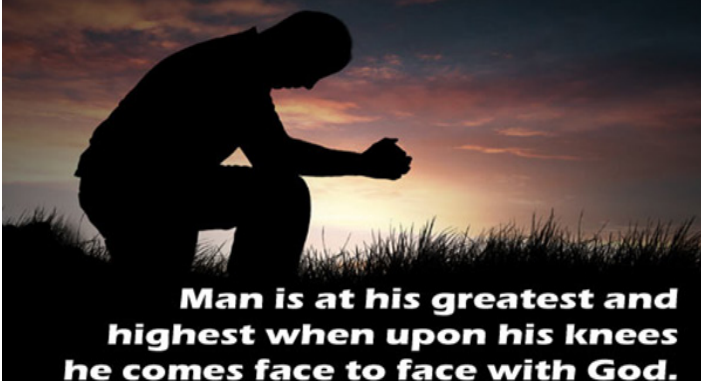
GRACIOUSQUOTES.COM

Prayer is not overcoming God's reluctance. It is laying hold of His willingness.

Martin Luther

@quoting

Prayer is beyond any question the highest activity of the human soul.



Man is at his greatest and highest when upon his knees he comes face to face with God.

Quote by Martyn Lloyd-Jones

"Pray first before doing anything. Do not worry about it alone. Pray with all your heart for even the smallest thing. Pray for justice and righteousness. Do not try to do it on your own, trusting in your own strength is denying God and the angels. If God helps, you can do it. Continue to pray so that you understand this. God does the work!"

ManHee Lee
Shinchonji



"Think of boredom during silent prayer as an act of purification. In this uneventful moment, God purifies us of the false god of good feelings."

— RICH VILLODAS

Parade



THE MISSIONARY CHURCH IS A PRAYING CHURCH. THE HISTORY OF MISSIONS IS A HISTORY OF PRAYER. EVERYTHING VITAL TO THE SUCCESS OF THE WORLD'S EVANGELIZATION HINGES ON PRAYER. ARE THOUSANDS OF MISSIONARIES AND TENS OF THOUSANDS OF NATIVE WORKERS NEEDED? PRAY YE THEREFORE THE LORD OF THE HARVEST, THAT HE SEND FORTH LABORERS INTO HIS HARVEST.

- JOHN MOTT -

LIBQUOTES.COM

Have a conversation with God. [Revelation 3:20](#)
The Creator of the universe is waiting for you.

ABC of Salvation Prayer



A Admit to God that you are a sinner. That you don't measure up to His perfect standard and deserve punishment.

[Romans 3:23](#), [Romans 6:23](#)

B Believe the Good News. Jesus paid the entire cost for your sins. He knows everything about you and is ready to accept you into his family forever.

[John 3:16](#)

C Confess that Jesus is Lord. Say it out loud, tell others what He is doing in your life.

[Romans 10:9](#)

Www.ArynTheLibrarian.com

"A day without prayer is a day without blessing, and a life without prayer is a life without power."

EDWIN HARVEY

CONTACT DETAILS

Address:



Website:

www.shepherdheart.com.ng

Email:

info@shepherdheart.com.ng



shepherdheartng



shepherdheartng



@shepherdheartng