



# Trumpet Sounds

Zahar Publishing Rebecca O'Connor

Editor: Dennis O'Connor

## Stumbling Blocks

What is the difference between a stumbling block and a stepping stone? This was the riddle I felt God's Spirit put to me one morning.

The answer He gave me was clear and simple: The difference between a stumbling block and a stepping stone is how you use it.

We have a choice when faced with a stumbling block. We can either trip and fall or step up higher. Every adverse situation has the potential for growth if we will take the opportunity. It may be easier to fall due to the force of gravity, while the more difficult thing is...**and having done all...to stand Eph 6:13.**

We can rehearse all the adversities of life as regrets or grow from the adversities and thank God for the lessons learned. It is the difference in viewing how much of our lives has been wasted or to have nothing that has entered our lives go to waste.

**Rom 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.**

This is telling us that ALL

THINGS...every and anything co-operate together in our favor as long as our attitude can co-operate with it as well. If you are not seeking the treasure; it does not find you. (Take a moment to let that sink in.)

There is an abundance of treasure hidden in plain sight, but most often we are not looking at it.

I remember a chapel I did on adversity which goes like this:

*Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire.*

*Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burn-*

*ers. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.*

*Turning to her, he asked. "Daughter, what do you see?" "Potatoes, eggs and coffee," she hastily replied.*

*"Look closer," he said, "and touch the potatoes."*

*She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.*

*"Father, what does this mean?" she asked.*

*He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity-the boiling water. However, each one reacted differently. The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak.*

*The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.*

*However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.*

*"Which one are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?" That is a good question for us all, but I will leave you with this Scripture:*

**Prov 24:10 If thou faint in the day of adversity, thy strength is small.**

### Inside this issue:

What Prayer Is Not	2
Is This How It Ends?	2
Payback/Pay Forward	3
Justifying Myself	3
All You Need Is Love	4
God Breathed	4
Mirror, Mirror	5
I'll See You Do It Again	5

# What Prayer Is Not

Many people do not understand prayer, so they do not see the answers. Prayer is not the act of giving directions. Okay, I am going to repeat that: **PRAYER IS NOT THE ACT OF GIVING DIRECTIONS.** Got it? God is not a God who follows our directions, but gives us directions for the better good of each for our growth, understanding and victorious outcome.

Prayer is a co-operation of man seeking God's Will for him, God giving direction and man listening, receiving and following that direction.

It has been men and women who thought they knew what they wanted until they got it and found that it was not the ingredient for happiness they had believed. It is even worse when the thing we had de-

sired and had gotten is the next prayer from which an escape route is needed.

Mankind cannot know what they want if they do not know who and why they are here on this earth. Destiny and purpose for life is not usually what most try to understand, thus we pray for square pieces to fit in round holes. Because they will not fit, we force them together by cutting corners and splintering our lives feeling each barbed tip and jagged edge.

God has given us life, but we do not own it anymore than being given employment makes us the CEO. We need to understand that to direct what we cannot understand forces us to accept the things we do not value in the end. Asking for a life that is void of value was not the intent we thought we prayed.

We are neither the producer nor director of the script. Jesus is the author and finisher of our story. The Holy Spirit helps with our understanding if we will yield our own "mindset" in what we think we know to what we admit to ourselves that we do not.

Most of us live our choices through the day and at the end of each, as darkness rolls in, tell God to fix and heal all that we did. Seeking God's Will in prayer at the beginning of each day secures its blessing by the close of it and will chart the course of the next even as we sleep.

God has a plan for you. Let him fulfill it before you get in there and make a mess of it. Begin to seek God first and all the other things of life will fall in the right place at the right time.

# Is This How It Ends?

As a youth, every mistake or bad situation was the end of the world, especially in my teens. Yet, here I am at 67 and the earth is still in its orbit.

Even though I have come a long way knowing that the earth will continue though I make a mistake, I have secretly thought an event of either of my daughters could end the world!! Just a mild example; my elder daughter responds to my concern over different scenarios with, "Oh Mom, I can detonate a bomb with a tampon and a candy wrapper!" She has always had the ability to stimulate my heart rate. (I am learning that parenting is also not the end of the world, even if all the signs are there.)

Funny how we think if the world does not end with our mistakes our kids will get the job done. YES, I am exaggerating but my accelerated heart rate gives away the hidden truth of the anxiety underneath.

We have to stop ending the world with every wrong move our kids make or we think they make. We got here mistakes and all learning as we went. Our parents told us things we took for granted or ignored and so do our children, but the world keeps spinning on its axis and a new day arrives.

I am learning at this late date to let my girls live their lives bumps and all. I am

quite relieved to remember the three Cs:

I did not CAUSE it

I cannot CONTROL it

I cannot CURE it

Just like each person has to do through life...LEARN and move on. What I **DO** have on my side is prayer. I pray with my girls and behind their backs! I found out that God also has kids making mistakes, and I stand amazed He has not ended the world yet.

God and I have this agreement, that my girls will fulfill their destiny by the end of their world, and in between this time to that I will have to pray and chill knowing God is big enough to get us all through this life to the end of it.

Truth be told, my girls are wonderful and love Jesus as their savior and that fact is my solace and comforting peace in the midst of the storms that arise.

What are some of the things that end your world?

Finding pot or birth control pills in their school backpack

Telling you they are at a friend's house spending the night and in reality it is with a girlfriend/boyfriend

Stealing

Lying

Cheating

Driving without a license

The list could go on and on from small to serious trouble with police involvement, abusive situations, divorce etc. etc.

I have prayed through these types of situations for others and to a degree for my own. My elder daughter takes credit for me being an intercessor...and she is right! I do not think I would have made it without medication had it not been for prayer and strong prayer partners.

Prayer changes the end of the story and the end of the world does not occur because a daughter had one rip roaring PMS or son got a DUI or possibly they say they will never speak to you again. You may feel that you want the world to stop so you can get off, but there is work beyond our lives that needs done, and we are the ones here to do it.

In conclusion, we fasten our seatbelts for the ride knowing the Holy Spirit is in the seat right next to us, embrace God's Truth and finish our course trusting in a Power Greater than our worries or frets.

In the immortal words of the Lone Ranger, "Hi HO Silver, Away!!!!"



## Payback/Pay Forward

Defining both of these words:

**Payback:** *an act of revenge, retaliation*

**Pay Forward:** *to do something good for someone else in response to a good deed done on your behalf*

One actually takes us backward and the other takes us forward. I will go a step further and say that if someone hurts you, instead of paying back, make a point of turning and paying a good deed forward if not to that person then to another who needs it. This, however, is not a new concept:

**Rom 12:20-21** *Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. 21 Be not*

*overcome of evil, but overcome evil with good.*

“Coals of fire” do the job in convicting their conscience toward the prospect of healing. Here is another: **Luke 6:27-28** *But I say unto you which hear, Love your enemies, do good to them which hate you, 28 Bless them that curse you, and pray for them which despitefully use you.*

Do you imagine for one minute that my life is a Hallmark card for me to write this? Paul writing this to the Romans or Luke writing this to us saw persecutions, yet still the Word of Truth reigns over all manner of evil. It works! I am not asking you to try it out to see if it works because the proof is in living it to know it does.

I will tell you another truth and that is when someone hurts you, even if it is over and over, the worst place for you to be is in your own mind! I have found that everything is subject to change whether the other person/situation or just my own mind and thinking. Paul says it better:

**2 Tim 1:12-13** *For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day. 13 Hold fast the form of sound words, which thou hast heard of me, in faith and love which is in Christ Jesus.*

## Justifying Myself

What do you suppose would happen if we did not respond to situations by our impulses to justify our reactions in our minds? If we have to spend time justifying our actions, then all honesty with ourselves about our motives is being ignored. If we will not be honest with ourselves then we have become the situation. Yes, that is deep...think about it more than a moment.

Our reactions can either change the situation or add to it. We can throw the washing of the water by the Word on it or gasoline. The choice is ours. You may be inflamed by an action as bitumi-

nous thoughts change a singular flame into a raging inferno! The term “justifiably insane” where anything could combust in the after effects reaching a point of no return is followed by life long regrets.

Jesus could have justified to the Father why He should not have had to experience the cross. He went to the garden alone to discuss it. We need to go to the garden alone to discuss what we do next. Is that why Jesus said, **“If any man will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his**

**life shall lose it: and whosoever will lose his life for my sake shall find it.” (Matt 16:24-25)**

If we are not guilty, then we have no need for an alibi to justify our next move but to judge ourselves rightly repenting of any adverse feelings that have gotten in our way. We may have gotten a few bad thoughts at the beginning but a chronic conditioning, while entertaining those thoughts, presents a terminal condition without recovery.

In other words, the tornado does not have to touch down in your yard!



HEY, I WON'T TEMPT YOU- DO WHAT YOU WANT. I'M HERE TO MAKE YOU OKAY WITH IT, TO HELP YOU BLAME SOMEONE ELSE.

# All Ya Need Is Love

Crossing the great divide between the Old and New Testament is hard for some and impossible for others. The New Will and Testament has been issued in a language all cultures can embrace, for the Jewish feasts have come in the form of a man for all people.

In the Old Will and Testament we have ten main commandments:

1. *You shall have no other gods before Me.*
2. *You shall not make idols.*
3. *You shall not take the name of the LORD your God in vain.*
4. *Remember the Sabbath day, to keep it holy.*
5. *Honor your father and your mother.*
6. *You shall not murder.*
7. *You shall not commit adultery.*
8. *You shall not steal.*
9. *You shall not bear false witness against your neighbor.*
10. *You shall not covet.*

Of course, there were many Jewish addendums or add-ons making adherence to the laws more bondage in hardship and self denial to the ridiculous. I am not sure breathing would have been allowed on the Sabbath being considered work!! (Remember that Jesus was highly criticized

for miracles on the Sabbath, for which He replied the Sabbath was made for such.) The New Will and Testament reads:

1. Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment.
2. 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.

In all Truth, there is no difference in the outcome but very different in the performance. One is the list of "thou shalt nots" the other is Yielding to love in "thou shalt". In the Old comes the responsibility of adhering and abstinence of fleshly responses in a strict diet putting under control what we have little control over.

In the New Will we learn to love through Christ and because of Jesus love for us. Even when love is a hard ticket, choosing a love response is covered by Jesus' blood of a greater forgiveness in our own failings and missteps. We learn that forgiveness is not a feeling but a choice.

In the Old Ten we do not find love addressed and in the New Two love is the whole sum of completion and the only way in keeping in the heart of God...For God so

loved...

Everything for Jew and Gentile alike is a religion based on love given through Jesus and continued through God's children: John 13:35 By this shall all men know that ye are my disciples, if ye have love one to another.

1 John 4:7-8 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love.

There are many Christians who knoweth not God!

God gave us His own Son because of love. In other words, love forgave and saved us. As partakers of that love we are to pay it forward. Love is also a choice not a feeling. Just as we choose to forgive, we choose to love and our reactions are based upon these choices. If we based anything on our feelings we would not even be saved. Feelings come and go, but choices are something we make in accordance with God's Word. It is by Love that Grace exists.

The Beatles may have sung about a transcendental love, we sing about an eternal one that never faileth!

## God Breathed!

***Gen 2:8 And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.***

We have understood that life is in the blood, while neglecting the importance that it is oxygen that sustains life without disease. God breathed life into us and the blood carries it to all parts of the body for the health of the body.

We live on an oxygenated earth, with all living things needing the oxygenation provided. Even fish have died in overcrowded bays of water for the lack of oxygen in supply. There is one thing that cannot survive oxygenation and that is anaerobic bacteria.

*"Disease is anaerobic. It cannot exist in an elevated oxygen environment."* The definition of anaerobic requires an absence of free oxygen. Examples: Cancer, eczema, influenza, HIV, herpes, measles, the common cold are anaerobic.

Legionnaire's disease, E-Coli, salmonella, staphylococcus are anaerobic. Arthritis, emphysema, asthma, chronic bronchitis, Chronic Fatigue Syndrome Epstein-

Barr, Candida and even heart disease are anaerobic one and all. An anaerobic infection is an infection caused by bacteria (called anaerobes) which cannot grow in the presence of oxygen. They exist and proliferate with little or no oxygen present.

Did you further know that most people are oxygen deficient? If you significantly increase your body's pH (oxygen) level these anaerobic diseases cannot replicate or exist.

In 1931 Dr. Warburg won his first Nobel Prize for proving cancer is caused by a lack of oxygen respiration in cells. Warburg and other scientists found that the respiratory enzymes in cells, which make energy aerobically using oxygen, die when cellular oxygen levels drop. The most effective way is to take an oxygen supplement that will literally produce much more oxygen in your cells. One such supplement is called Oxy E. Oxy E is able to supply the body with a steady diet of free oxygen, hydrogen, full spectrum minerals, amino acids, and enzymes - all the while cleansing cells of toxins and lactic acid. In addition it enhances absorption of nutrients taken with it into the

cells and pull toxins out of your cells. It works on two other fundamental causes of cancer, over-toxicity of the cells and pH. There are other supplements as well to check out all having disclaimers because of the FDA ban.

That is a powerful statement, but there are many doctors who now believe that a completely oxygenated body cannot harbor disease. *"I haven't heard a thing about this!" "Why don't we know this?" "Why is nothing being done about it?" "Why isn't the media carrying the BIG NEWS?"*

The FDA has a ban on it because of their long-standing financial affair with the pharmaceutical companies. There are many such breakthroughs and many prophetic words given that science will breakthrough with cures. The breakthrough is in the hands of governmental control or the continued efforts in the status quo of pharmaceutical companies to keep knowledge of such information out of the hands of the public and against the law for doctors to use.

I cannot stress enough the importance of the breakthroughs actually breaking through giving doctors not only the go ahead but the necessary information that has been lacking. Do your own research and above all...PRAY!

# MIRROR, MIRROR

How many times do we look at ourselves in the mirror and never take the time to see what is going on inside? We face our outside but seldom take the introspect of what is inside.

We react without understanding why our reactions are the multitude of flammables that exacerbate us, the situation and those around us. The Scripture in James spells it out most clearly: *James 1:23-24 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.*

Mirror, Mirror on the wall, who is fairest of them all? The answer, we remember from the Disney movie *Snow White*, but it was not far off, for the Word says: Rev 1:14 *His head and his hairs were white*

*like wool, as white as snow; and his eyes were as a flame of fire...*

Jesus is the fairest in the land as God walked this earth wrapped in the flesh of a man, and through Him alone we may become the same: *Isa 1:18 Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.*

There is a part of self-centeredness that does not have to do with being the center of the universe yet centering upon what motives are motivating our actions and responses. You cannot possibly heal the inside when you must first have an introduction to who you are. There is the person as others perceive you, the person you think you are and the created being God birthed you to be.

We cannot know who, what or why we are until we discover the identity of who created us. We are after our Father's image and likeness, therefore it is only our discovery of Him that can we see ourselves.

We must all look closer than what the mirror shows us and spend the time needed to be in touch with the Creator, who holds the blueprint of our construction, peeling off the layers of who we imagine ourselves to be and taking a truthful journey into ourselves through the eyes of the Holy Spirit of a Living God.

This is a journey worth taking even if it seems we, like Alice in Wonderland, go beyond the glass and see that maybe we have been facing life backward rather than forward by repeating a life that cannot work well.

Hello, my name is Rebecca and I am learning so much about her.

## I'll See You Do It Again!

There is a song that registers with my heart as a worship prayer declaring what I believe and know is true in my own life. I find, after praying in the morning, I am unconsciously humming this but then consciously singing it. So here it is whether or not you know the tune; the words are everything and more! Declare these words as your own faith rising to victory over any situation that seems impossible:

*WALKING AROUND THESE WALLS  
I THOUGHT BY NOW THEY'D FALL  
BUT YOU HAVE NEVER FAILED ME YET*

*WAITING FOR CHANGE TO COME  
KNOWING THE BATTLE'S WON  
FOR YOU HAVE NEVER FAILED ME YET*

*YOUR PROMISE STILL STANDS  
GREAT IS YOUR FAITHFULNESS  
FAITHFULNESS  
I'M STILL IN YOUR HANDS  
THIS IS MY CONFIDENCE  
YOU'VE NEVER FAILED ME YET*

*I KNOW THE NIGHT WON'T LAST  
YOUR WORD WILL COME TO PASS  
MY HEART WILL SING YOUR PRAISE AGAIN*

*JESUS YOUR STILL ENOUGH  
KEEP ME WITHIN YOUR LOVE  
MY HEART WILL SING YOUR LOVE AGAIN*

*YOUR PROMISE STILL STANDS  
GREAT IS YOUR FAITHFULNESS  
FAITHFULNESS  
I'M STILL IN YOUR HANDS  
THIS IS MY CONFIDENCE  
YOU'VE NEVER FAILED ME YET*

*I'VE SEEN YOU MOVE  
YOU MOVE THE MOUNTAINS  
AND I BELIEVE  
I'LL SEE YOU DO IT AGAIN*

*YOU MADE A WAY  
WHERE THERE WAS NO WAY  
AND I BELIEVE  
I'LL SEE YOU DO IT AGAIN*

*OOOOOOOOOHHHHHH  
I'LL SEE YOU DO IT AGAIN!  
OOOOOOOOOHHHHHH*

*I'LL SEE YOU DO IT AGAIN! I'LL SEE YOU DO IT AGAIN! I'LL  
SEE YOU DO IT AGAIN! I'LL SEE YOU DO IT AGAIN!*