NEW APOSTOLIC CHURCH





POLICY /GUIDELINES ON SISTERS ACTIVITIES

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GUIDELINES FOR SISTERS' ACTIVITIES

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FOREWORD

Dear Sisters, dear ministers,

Since the commencement of Sisters' fellowships, there has been no written guideline on the various activities undertaken.

I have followed with keen interest the activities which mostly have been fund raising ventures. The funds raised out of these ventures have contributed greatly to the construction of churches. I am aware that through some sketches and hymns, knowledge on behaviour and doctrinal messages have also been imparted but not to a greater extent.

These activities should also bring about spiritual enrichment through bible and doctrinal knowledge hence it is my desire that the sisters can encourage bible studies through some of their fellowships.

The participation of the sisters in all church activities cannot be over emphasized, and they should always be in conformity with the teachings and doctrine of the New Apostolic Church. I am glad that the Apostles have taken a keen interest in the Sisters' Fellowships and ministers were always attached to all the functions and activities. These ministers should not hesitate to intervene should they observe that any activity may contravene our doctrine. Further, other educational matters relating to health, entrepreneurship etc. may be covered.

I trust that this guide will help to coordinate and manage the sisters' activities in a consistent and uniform manner.

I wish you all God' richest blessings.

Charles.S. Ndandula

DISTRICT APOSTLE

CONTENTS

	Vision and Mission of the New Apostolic Church	1
1	GUIDELINES FROM THE DISTRICT APOSTLE	2
2	SUGGESTED LEADERSHIP FOR SISTERS' GROUPS	4
3	SOUL CARE AND SPIRITUAL FELLOWSHIP ACTIVITIES	6
4	HEALTH AND WELLNESS ACTIVITIES	7
5	EMPOWERMENT AND INCOME GENERATION ACTIVITIES	В
6	SUGGESTED CONGREGATION GROUPINGS	.10
7	SAMPLE BIBLE FELLOWSHIP ACTIVITIES	.15
8	BIBLE READING SESSION	.16
9	SAMPLE TOPICS FOR DISCUSSION MEETINGS	.17

Vision of the New Apostolic Church

A church in which people feel at home and inspired by the Holy Spirit and their Love for God, align their lives to the Gospel of Jesus Christ and thus prepare themselves for His return and eternal life.

Mission of the New Apostolic Church

Reaching out to all people in order to baptize them with water and the Holy Spirit and teach them the Gospel of Jesus Christ.

Providing soul care and cultivating a warm fellowship in which everyone shall experience the love of God and the joy of serving Him and others.



1.0 GUIDELINES FROM THE DISTRICT APOSTLE

Circular No. 001-001/11/2008

To: All Apostles, Bishops, District Ministers and Rectors- Zambia, Malawi

and Zimbabwe

From: District Apostle

Date: 04 September 2008

Subject: Fellowships by the Sisters

Our sisters have had various fellowships which I have followed with great interest. At most of the fellowships, funds have been raised for various activities in our congregations. From the funds raised, we have been able to construct or complete church buildings, assist the less privileged members in our congregations and communities, assist with material requirements during the visits by our Chief Apostle and in some cases; we have bought some bicycles for some ministers.

It has indeed been a noble cause by our sisters. It is important that this noble cause is not misunderstood by some of our members who may not appreciate the activities by our sisters. The sisters do not have any other agenda apart from ensuring that the church programmes can be implemented under the leadership of the ministers in our church.

To ensure that the programmes of our sisters are more transparent and have the support of the leaders, I hereby give the guidelines under which our sisters will carry out the fellowships:-

- The fellowships within an apostle area may take place anywhere and anytime within the apostle area with the approval of the apostle. The fellowships shall nonetheless take cognizance of the outstanding church calendar dates like **Thanksgiving** and **Service for the departed** and ensure that these dates are not adversely affected.
- The sisters from another apostle area may be invited by the hosting sisters and the hosting apostle would be notified by the local sisters at least one month before the event.
- 3. The sisters invited from another apostle area will get approval from their apostle through their bearers of blessings at least three weeks before the travelling date.

- 4. Where sisters wish to visit other sisters in another apostle area to encourage and support them in any church programme, they shall first get the approval of their apostle through their bearers of blessings at least one month before the travelling date. They shall then communicate with the other sisters in the apostle area to be visited, who will notify and get approval from their local apostle. Travelling shall take place only after the approval of both apostles.
- 5. The travelling sisters shall be accompanied by a minister appointed by the apostle. The accompanying minister shall assist the sisters while in transit and at the destination with any logistics that may be needed and shall give a report to his apostle.
- 6. The events at the fellowships and activities shall always be in conformity with the teaching and doctrine of the apostles in the **New Apostolic Church**. When in doubt, the sisters shall contact their bearers of blessings. The sisters have done a commendable job to date and I hereby request all the ministers to assist and encourage them continue and to do even more.

May I take this opportunity to thank all the sisters' fellowships for the good works they are doing.

Hearty greetings of love,

Charles S Ndandula

2.0 SUGGESTED LEADERSHIP OF SISTERS' GROUPS

2.1 Apostle Area Planning and Education Committee for Sisters.

The Committee will

- Be appointed by the Apostle.
- Be chaired by a sister with relevant expertise in education and development of women.
- Have terms of reference and tenure of office.
- consist of
 - One sister from each elder district; from the District Coordinating Committee for Sisters' activities;
 - Three (3) ministers; as advisors on Church doctrine and other relevant fields of their expertise.
- perform the following functions:
 - 2.1.1 Plan and facilitate apostle area programmes and projects for the education and development of sisters;
 - 2.1.2 Facilitate the implementation of inter-elder district events;
 - 2.1.3 Provide support to sisters' groups through monitoring and giving feedback reports;
 - 2.1.4 Network sisters' groups, projects and activities within the apostle area and with other apostle areas;
 - 2.1.5 Generate annual reports for the Apostle.
- The Planning and Education Committee shall meet at least twice a year.

2.2 Elder district Coordinating Committee of Sisters' programmes and Activities.

The Committee will

- To be appointed by the District Elder.
- To be chaired by a sister with leadership qualities and knowledgeable on the New Apostolic doctrine.
- Have terms of reference and tenure of office.
- consist of :
 - One sister from each congregation; a leader of a group;
 - Three (3) ministers; as advisors on Church doctrine and Church leadership.
- perform the following functions:
 - Plan and facilitate district programmes and projects by/for sisters;
 - Support rectors on matters pertaining to planning and implementation of activities by/for sisters;
 - Support leaders of sisters' groups in all congregations, with relevant training, materials and information;
 - Provide support to rectors and leaders of sisters on financial matters and issues pertaining to use of Church resources;
 - Generate quarterly reports for the Elder.
- The Coordinating Committee shall meet at least once a quarter (four times a year).

2.3 Congregation Sisters' Leadership Committee

The Committee will

- be appointed by the Rector, and
- Chaired by a sister with leadership qualities and knowledgeable on matters of our Faith.

The Committee will consist of all the leaders of sisters' groups, and will

- 2.3.1 Plan and integrate programmes, projects, and activities of sisters into congregational mainstream activities;
- 2.3.2 Facilitate implementation of activities by sisters' groups;
- 2.3.3 Mobilise resources for congregation activities;

3.8.4 Generate congregation reports for the rector;

2.4 Leaders of sisters' groups will be appointed by the Rector for the congregation. The Leader shall

- be knowledgeable in matters of our Faith,
- humble, and
- Very active in congregational works.

The Rector will provide all leaders with terms of reference and tenure of office.

The Leader will

- 2.4.1 Coordinate the group of sisters and ensure they perform tasks agreed upon;
- 2.4.2 Be answerable to the minister in charge of the Section, or allocated to the Group, but work harmoniously with all ministers in the congregation;
- 2.4.3 Network with other leaders in the congregation, including those of the choir and groups of the young people.

SUGGESTED ACTIVITIES

3.0 SOUL CARE AND SPIRITUAL FELLOWSHIP ACTIVITIES

We enjoy soul care through the divine service and interactions with ministers, including during visitations at our homes. In order to keep that which is placed in our soul by the activity of the Holy Spirit, effort is needed on our part. Peer spiritual education and support helps us to keep and practise the word we receive in divine services. Sisters' meetings where they discuss spiritual matters and affairs of their faith and salvation will include the following:

3.1 Religious instruction sessions for all sisters on Bible topics and New Apostolic doctrine by ministers.

- 3.2 Section Bible study and discussion meetings for all sisters in the section facilitated by ministers.
- 3.3 Small peer group Bible study sessions.
- 3.4 Bible messaging projects to create fellowship among sisters.
- 3.5 Special encouragement, through various activities, by ministers for spouses of ministers.
- 3.6 Bible fellowship meetings for interest groups facilitated by peers.
- 3.7 Bible conferences organized by sisters.
- 3.8 Women Guest Bible Study meetings facilitated by sisters.
- 3.9 Congregation Libraries, of Church literature supported by sisters.
- 3.10 Documentation projects of experiences of faith by sisters.
- 3.11 Production of literature on faith-based organization of everyday life activities such as business, weddings, funerals, kitchen parties with guidance from the ministers.
- 3.12 Spiritual counseling by trained ministers and female counselors.
- 3.13 Faith-based marriage counseling by trained ministers and female marriage counselors.
- 3.14 Faith-based career and professional guidance by trained sisters.

4.0 HEALTH AND WELLNESS ACTIVITIES

Health education and wellness activities are important in creating health-seeking behaviours, dispelling myths and misconceptions, and having a community of believers who are aware of their health conditions. Most of our members, especially in rural areas, depend on the Church for reliable and trustworthy information; therefore this policy should have activities that promote health and well-being. The activities and facilities will include the following:

- 4.1 Health education sessions and awareness campaigns for all sisters facilitated by trained sisters or invited health workers and educators from local health institutions or Non-Governmental Organizations.
- 4.2 Training of sisters in Home-based Care by local health institutions.
- 4.3 Home-based care programmes by trained sisters to support sick members of the Church, and of the community.

- 4.4 Training of sisters in psycho-social counseling by faith-based Non-Governmental Organizations.
- 4.5 Counseling centres and corners at our Church premises run by trained sisters.
- 4.6 Commercial nursing homes run by trained and qualified sisters.
- 4.7 Commercial Child-care homes and centres run by trained and qualified sisters.
- 4.8 Commercial drug stores, clinics, health spas, and other health facilities run by trained and qualified sisters.
- 4.9 Community health posts at our Church premises run by trained sisters and volunteers under local institutions to offer services such as awareness of cancers, HIV/AIDS, STIs, TB, Diabetes, growth monitoring of children, support to community birth attendants, distribution of literature.
- 4.10 Training of sisters as peer educators to deal with issues such as drug and alcohol abuse, hosting of social events funerals; weddings; kitchen parties; how to maintain our Faith, and how to respond to traditional ceremonies, traditional healing, spiritual healing, use of herbs, self-medication.
- 4.11 Nutrition, Wellness and Health clubs for sisters, whose activities will include ensuring that Church premises, including toilets, are clean and safe.
- 4.12 Sporting and recreation clubs for sisters.
- 4.13 Social and cultural clubs for sisters.
- 4.14 Commercial food stores at our Church premises selling healthy foods and beverages run by sisters.
- 4.15 Recreation programmes for sisters and their families, involving family and group outings, tours, and exchange visits organized by sisters.

5.0 EMPOWERMENT AND INCOME GENERATION ACTIVITIES

We live in a knowledge-based world, where wealth creation depends very much on the use of available information, skills, as well as one's talents and opportunities. For sisters' groups to be viable and economically independent, they will need empowerment in terms of skills training and networking. Activities for empowerment, at individual and group levels, and income generation will include the following:

- 5.1 Appointment of leaders of sisters by rectors. And, appointment of sisters to leadership committees at congregation, district, apostle area, and national levels.
- 5.2 Training of leaders of sisters' groups in leadership, organization, coordination and management of programmes and activities.
- 5.3 Training of ministers and leaders of sisters in financial literacy and financial management.
- 5.4 Training of sisters in entrepreneurship.
- 5.5 Group and congregation, Charity fund, for empowerment of the vulnerable and support to the needy.
- 5.6 Group business projects, such as farming, cookery, basketry, carpentry, bricklaying, tailoring, poultry, beekeeping.
- 5.7 Individual business activities, supported by sisters' groups finances or Non-Governmental Organisations.
- 5.8 Networks of sisters in various business activities.
- 5.9 Business centres and market days at our communities.
- 5.10 Business clubs for sisters.
- 5.11 Loan schemes for sisters in business, and as a form of fundraising for group and Church activities.
- 5.12 Congregation projects for sisters, such as a hall for hire, guesthouses, restaurants, hire of chairs and tables.
- 5.13 Entertainment activities, such as tea parties, dinners, luncheons, music festivals.
- 5.14 Commercial education projects, such as tuition centres for girls, colleges, hostels for students especially girls, selling of Church literature and music tapes/CDs.
- 5.15 Marketing of beauty and health products of various organizations.
- 5.16 *Financing*: Funding of all church activities come from voluntary contributions of our members. Fundraising activities through business ventures or projects where sisters are providing services should also be encouraged; however, any fundraising project must be **approved** by the Apostle. Ministers should ensure that businesses and projects are not dealing with illegal commodities, promoting immoral behavior, or putting the name of the Church in disrepute. All funds raised in the name of the Church should be used for church activities, and accounted for appropriately. Abuse of resources by the sisters should be checked by the ministers. Likewise, the sisters should inform the Apostle any minister who misuses funds meant for activities of the sisters. After every

fundraising venture, the total amount should be announced to all those present. The collection should be transparent and done by skilled and experienced sisters. The use of the funds must be agreed upon by the sisters and should not be dictated to by any minister. Periodical announcements must be made regarding use of the money and the balance remaining.

6.0 SUGGESTED CONGREGATION GROUPINGS OF SISTERS FOR EFFECTIVE IMPLEMENTATION OF THE ACTIVITIES

6.1 Mixed congregation group of Sisters

[This arrangement may be adopted by small/rural congregations, where numbers of sisters are small]

Goals:

- i. To foster spiritual fellowship;
- ii. To identify and use individual and peer talents and potential in the congregation;
- iii. To testify of our faith through our activities and lifestyles;
- iv. To nurture young women into congregation life;
- v. To raise finances for congregation activities.

Activities:

1. SPIRITUAL FELLOWSHIP

- Religious instruction sessions on Bible topics and New Apostolic doctrine by ministers for all sisters in the congregation; including at family gatherings.
- b. Bible Study for sisters in the congregation by ministers and Group leaders.
- c. Bible conferences organized by sisters; at Elder district level.
- d. Information centre in the Elder district supported by sisters.

e. Counseling centres and services (spiritual, psycho-social, marriage, etc); at Elder district, and Inter-district functions.

2. EMPOWERMENT

- a. Training of leaders of sisters' groups in leadership, organization, coordination and management of programmes and activities.
- b. Training of ministers and leaders of sisters in financial literacy and financial management.
- c. Training of sisters in entrepreneurship.
- d. Networking sisters' activities at all levels.

3. INCOME GENERATION

- a. Business centres and market days at our Church premises
- b. Congregation projects for sisters, such as a hall for hire, guesthouses, restaurants, hire of chairs and tables
- c. Inter-district Entertainment activities, such as tea parties, dinners, luncheons, music festivals

[Larger congregations may have many interest groups working together in the congregation. This gives almost all sisters to participate in sisters' activities using their talents and professional knowhow. Groupings below may be adopted, with appropriate adaptations]

6.2 New Apostolic Church Sisters in Health and Education

Goals:

- i. To foster spiritual fellowship;
- ii. To support the needy and vulnerable members of the Church and community;
- iii. To testify of our faith;

iv. To raise finances for group and congregation activities.

Activities:

1. Peer group activities

- a. Bible reading sessions by Group members.
- b. Bible messaging among Group members.
- c. Bible fellowship meetings for Group members; and guest colleagues.
- d. Spiritual counseling of Group members by trained ministers and female counselors.
- e. Faith-based marriage counseling of Group members by trained ministers and female marriage counselors.
- f. Faith-based career and professional guidance of Group members by trained ministers and sisters.
- g. Commercial education projects, such as tuition centres, hostels for girls and women, nursing homes.

2. Congregation and community activities by group members

- a. Spiritual counseling of congregation members by trained ministers and female counselors.
- b. Faith-based marriage counseling of congregation members by trained ministers and female marriage counselors.
- c. Training of sisters in Home-based Care by local health institutions.
- d. Home-based care programmes by trained sisters to support members of the congregation who are ill, and of the community.
- e. Training of sisters in psycho-social counseling by faith-based Non-Governmental Organizations.
- f. Counseling corners at our Church premises run by trained sisters.
- g. Community health posts at our Church premises run by trained sisters and volunteers under local institutions to offer services such as awareness of cancers, HIV/AIDS, STIs, TB, Diabetes, growth monitoring of children, support to community birth attendants, distribution of literature.

- h. Training of sisters as peer educators.
- i. Nutrition, Wellness and Health clubs for sisters.
- j. Group Charity fund, for empowerment of the vulnerable and support to the needy.

6.3 New Apostolic Sisters in business

Goals:

- i. To foster spiritual fellowship;
- ii. To identify and use individual and group talents, and resources, in the congregation;
- iii. To promote business skills and create opportunities for sisters to succeed in business and wealth creation;
- iv. To testify of our Faith;
- v. To nurture young women into professional and business life of a God-fearing sister;
- vi. To raise finances for group and congregation activities.

Activities:

1. SPIRITUAL FELLOWSHIP

- a. Bible reading sessions by Group members.
- b. Bible messaging among Group members.
- c. Bible fellowship meetings for Group members; and guest colleagues.
- d. Spiritual counseling of Group members by trained ministers and female counselors.

2. PROFESSIONAL AND BUSINESS FELLOWSHIP

- a. Faith-based professional and business guidance of Group members by trained ministers and sisters.
- b. Group business projects, such as farming, cookery, basketry, carpentry, bricklaying, tailoring, poultry, beekeeping, selling of Church literature.
- c. Individual business activities, supported by sisters' groups finances or Non-Governmental Organizations.
- d. Business centres and market days in the community.
- e. Business clubs for sisters.
- f. Loan schemes for sisters in business, and as a form of fundraising for group and congregation activities.
- g. Entertainment activities, such as tea parties, dinners, luncheons, music festivals.
- h. Marketing of beauty and health products of various organizations.

6.4 Spouses of Ministers of the New Apostolic Church

Goals for the group:

- To foster spiritual fellowship through Bible Study and spiritual group activities;
- To support the ministers and create unity among spouses of ministers;
- iii. To testify of our Faith;
- iv. To assist raise finances for group and congregation activities.

Activities:

1. Spiritual fellowship for spouses of ministers

- a. Bible reading sessions by Group members.
- b. Bible messaging among Group members; and family members.
- c. Bible fellowship meetings for Group members; and families.

- d. Spiritual counseling of Group members by trained ministers and counselors who are spouses of ministers.
- e. Faith-based marriage counseling of Group members by trained ministers and female marriage counselors who are spouses of ministers.
- f. Faith-based psycho-social support and care of Group members by fellow spouses of ministers.

2. Capacity building and charity works

- a. Home-based care to support ill family members of ministers, members, and the community.
- b. Attend training in psycho-social counseling by faith-based Non-Governmental Organizations.
- Attend training as peer educators to deal with issues such as drug and alcohol abuse, hosting of social events – funerals; weddings; kitchen parties; etc.
- d. Form and run Nutrition, Wellness and Health clubs whose activities will include ensuring that Church premises, including toilets, are clean and safe.
- e. Run group business projects.
- f. Support Individual business activities, supported by sisters' groups finances or Non-Governmental Organizations.
- g. Form networks of sisters in various business activities.
- h. Organize entertainment activities, such as tea parties, dinners, luncheons, music festivals.

7.0 BIBLE FELLOWSHIP

Members can come together and centre their activities on the Bible. Bible fellowship should aim at increasing knowledge of the members on biblical matters. Bible fellowship activities can be done in mixed groups or segregated according to gender, age groups or other considerations. What is advisable is to have Bible Fellowship groups for brothers, sisters, or youths.

Congregation Bible fellowship activities may include the following:

- a. Bible Study sessions
- Religious Instruction meetings
- c. Information sessions

8.0 BIBLE STUDY SESSION

PEER BIBLE STUDY GROUP

1. Group formation

- a. The group should be small to encourage communication and bonding (6-10). They should have something in common: they all can read and communicate in one/two languages; etc.
- b. Ministers should appoint a Group Leader amongst the group members not from outside the group!
- c. A Deacon or Priest should be assigned to attend to needs of the Group- these are needs pertaining to Bible reading – on request. One deacon or priest may have several groups under his charge. He could conduct a Bible Study or Religious Instructions for all his groups at once.
- d. The Group should have fixed meeting time (45-60 minutes); and venue Not Church Hall. One session per week. All the Group members should discuss and agree on the time when they can all possibly attend. Ministers (or Chairladies) should not fix the time for the Group. For example, sisters who go for work might belong to one group which enables them to meet – maybe even during lunch break if they are many of them at one workplace – this could even be a venue for testify!

2. Bible study session - procedure

- a. Leader asks for Bible passages for the whole month from the Evangelist or rector of the Congregation – based on the themes of the divine services of that month
- b. Leader avails passage to all members of the Group in advance
- c. The Group reads individually at home to prepare for the meeting

3. At the Meeting

- a. Prayer by one of the members previously informed by the Leader or the minister present
- b. Members read aloud one after another guided by the Leader
- c. Narration of the Story of the passage divide the passage in parts

- d. Discussion to bring out the Message What are we learning from the story of the passage?
- e. Discussion on application of the Message After this experience with the word of God, what are we going to change in our lives? Individuals share their feelings. The Leader should avoid pointing at members to make them speak let them speak if they want to!
- f. Leader takes questions. Group answers those they can. Those they cannot answer are taken to the minister assigned to the Group
- g. Leader announces the following week's passage
- h. Leader announces the member to facilitate the following week's session
- i. Closing prayer by one of the members or a minister present

4. Refreshments and Hymns

- a. Avoid refreshments during Bible fellowship sessions because focus will be on food- only water for those who need it!
- b. Come up with fellowship meals away from Bible fellowship You can have lunch, dinner, etc, in your section where you can enjoy discussions over a meal. Bible fellowship is for **LEARNING**.
- c. Hymns should NOT be made compulsory because in a small group some may not know the hymns well and the effect will not be as desired! Take into consideration group dynamics sense of belonging is important!

9.0 SAMPLE TOPICS FOR DISCUSSION MEETINGS

- 1. The Divine Service meets our Spiritual needs. In the divine service
 - a. We learn of, and are directed towards our **goal** the return of the Lord,
 - b. We gain divine **knowledge** through the activity of the Holy Spirit,
 - c. We develop divine **skills** to overcome human nature, with the help of the Holy Spirit, in order to adopt the nature of Christ,
 - d. We are **enabled**, by the power of the Holy Spirit, to pray, praise, honour, and glorify the Lord.

2. RICHES

- Riches come from the many gifts that are not by our own merit, but by the grace of God (James 1: 16-17; 1 Kings 3: 13, 1 Kings 4: 21, 24; 1 Kings 10: 10-29, Matthew 6: 33)
- God makes His people rich by giving them His word, His blessing, and His grace (Genesis 12: 1-3; Genesis 35: 9-13; 1 Corinthians 1: 3-9; Philippians 4: 19; Revelations 3: 17-22)
- All those people who accept God's word, blessing and grace, can become rich in
 - Faith: To be rich in faith means that we do everything with our God every day, that every decision we take is taken with our God. If we are rich in faith our heavenly Father will always be near us (*Romans 1: 16-18; James 4: 6-8, 10, 13-15*)
 - Love: To be rich in love means to serve the Lord, to offer to Him all the time (1 Samuel 1: 26-28; John 13: 12-17; Luke 24: 1-12)
 - Hope: To be rich in hope means never to draw back (*Hebrews 10: 39; Galatians 1: 3-10*)
 - **Confidence**: To be rich in confidence means to be confident in God and the guidance of the Holy Spirit, to obey God, and trust in the Lord only (*Deuteronomy 5: 6-7; Daniel 6: 10, 16*).
 - **Peace**: To be rich in peace means to have peace in our heart even if there is unrest around us (*Matthew 8: 23-26; Mark 4: 35-41*).
 - Joy: To be rich in joy means that we always find joy in God's work (1 Samuel 1: 18; 2: 1-2; Nehemiah 8: 9-10)
 - Courage: To be rich in courage means having godly courage to act according
 to the will of God even when other people say something different and have
 their own opinions (Acts 5: 29; Exodus 1: 15-21)
- Being spiritually rich is doing things that are pleasing to God! (Revelation 22: 14)
- When the Lord Jesus comes He will look for people who are spiritually rich (Rev 22: 11-14)
 - Let us pray and work for rich hearts and strive for the goal the return of Christ.
- Being rich in only material things makes a person spiritually poor (*Luke 12: 18-20*)

Let us make other people rich as well, by sharing with them faith, love, and hope. This will make us richer because we shall be happy (1 John 1: 1-7)

From a divine service by the Chief Apostle Wilhelm Leber (Our Family, Sept. 2006)

3. BLESSINGS

- Blessing is a gift of God, but it is not given to everybody (Matthew 13: 11-17)
- Jesus did not bless the Pharisees (Matthew 23: 1-39), or the merchants in the temple (Mark 11: 15-17); Luke 19: 45. He blessed only two groups: the children (Matthew 19: 14, Luke 18: 15-17), and His Apostles (Luke 24: 50-53)
- Everybody can experience the blessing of God if they
 - Have childlike faith (Matthew 18: 3)
 - Have a pure heart (Matthew 5: 8; Psalm 15: 2; Psalm 24: 4; 1 Corinthians 13: 12)
 - Follow the Apostles (Mark 16: 15-20; Matthew 10: 5-16; John 17: 20; Acts 4: 31-35)
- Being blessed by our heavenly Father makes us happy!
- We receive godly blessing for natural life that we have enough to eat and that we are healthy (Matthew 6: 25-34).
 - ❖ Let us be very thankful to God for these blessings (Matthew 26: 26-27; Luke 17: 17-18; John 21: 11-13)
- We also receive spiritual blessings. Spiritual blessings make us feel
 - peace in our heart,
 - that our heavenly Father loves us,
 - That we are coming nearer the goal the return of Jesus Christ.
 - ❖ Let us long and strive for the spiritual blessing (John 6:27; John 4: 14).

From a divine service by the Chief Apostle Wilhelm Leber (Our Family, Sept. 2006)