

# LIFT CHURCH MAGAZINE

## Special Features and Articles:

A Word from Pastor and Frist Lady

**Children's Health**

Adults Health

**COVID Marital Conflict**

Is G5 Killing People?

**A Word for Women**

Back Down Memory Lane Picture

**Partner Today! Media Software & Equipment**

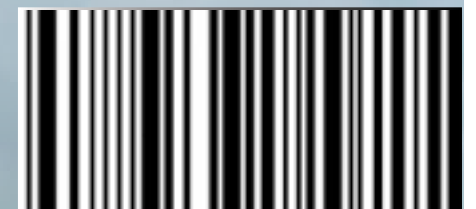
Lift Advancement Center Courses

**Celebrating 20 Years of Ministry**

Worldwide Pandemic Since 1928

**Guard Your Heart**

Pray for Our Nation!



# CHURCH LETTER

Greetings in the Majestic Name of Jesus Lift Family!

Dr. Micheline and I want to give a shout to each member for your commitment of staying connected with us and other Lift Members during this pandemic. Thank you for your love, commitment to your generous, consistent, faithful giving of your tithes and offerings, keeping our church strong financially and keeping us empowered to give to those that are in need at this time of semi-quarantine.

Thank you for staying connected on FB for Tuesday night Gatherings weekly at 7 p.m., and Sunday Worship service at 9:30 a.m. via FB and on YouTube. As you are well aware of the technical challenges we have had, please continue to pray for our Media Department to figure out everything that is required for us to get the Gospel out to the nations. Also be in agreement for us to receive the necessary finances for the equipment (broadcast, software, switchers, camera stands, computers etc.) needed to facilitate our weekly broadcast.

Fervent prayer is vital always, especially dealing with this present global issue which we declare we have absolute victory over.

Thank you for your dedication to our corporate prayer network. Our schedule beginning in May will return to 7 a.m. prayer only, as we discontinue our 6 p.m. evening prayer through-out the week. Join us Monday thru Friday at 7am by dialing (701) 801-9686. Special prayer on Wednesdays at 6pm.

Also, we greatly appreciate your continued prayers for the Lift Church in your private times of prayer.

Please remember to call other Lift members as the Lord brings them to your remembrance. This helps us to stay connected and informed regarding each other's needs and/or praise reports. Look out for adult, youth, and children's programs and meetings being scheduled weekly.

This separation is but for a moment. Looking forward to and greatly anticipating our future in-house, in-person, up-front-and-personal return of our wonderful fellowship and worship services as a family of faith.

Appreciate each of you exceedingly! If you are in need of anything, give us a call at the Church 800-282-6056. Remember we are stronger together!

To God be the glory in all that we do,

Pastor Anthony and Dr. Micheline McFarland



# Children and Their Health

**By Misti Lindquist**

Tips on how to protect your child's health.

Often times we as parents have expectations on how our children/teens should behave and react to change. Many children and teens have difficulty adapting to rapid change as many adults do but with less empathy from adults. It's important for parents to teach children how to respond to change and how to stay healthy. In order to help protect our children during rapid changes in health, parents set the example by actively participating in a healthy lifestyle.

## **Several ways to assist children include:**

1. Find out what your child/teen already knows about staying healthy
2. Speak calmly and reassuringly when explaining the importance of staying healthy
3. Give your child/teen space to share their feelings/concerns
4. Teach proper hand washing (20sec by singing happy birthday, twinkle little star or ABC), healthy eating (moderation in fun foods), routinely getting enough sleep, and proper ways to protect yourself from coughs and sneezes by coughing and sneezing into the elbow.
5. Monitor how much information is being retained from outside sources (all forms of media)





Producing a healthy body is NOT God's responsibility, it is ours. In Romans 12:1 God tells us to present our bodies as a living sacrifice, Holy and acceptable to God. How can we do this if we are treating our bodies like a trash can resulting in a weakened immune system. If you are often weak, tired, just dragging thru the day, sick, dealing with colds & flu lasting more than 3 or 4 days, tummy troubles, continuously stressed, then you, my friend, may have a weak immune system.

## **Here are a few tips that can help strengthen your immune system.**

1. Get plenty of rest. Put yourself on a regular schedule for going to sleep and waking up, getting at least 6-8 hours per day of rest. The body replenishes and rejuvenates itself during this time.
2. Drink plenty of water. You should drink  $\frac{1}{2}$  of your body weight, in ounces each day.
3. Take a Multi-VITAMIN daily. The FDA says foods don't have the nutrients they did 20-30 years ago. Which means you must supplement, and you cannot get the proper nutrition thru food alone. Add 5000 IU's of Vitamin D3 which boosts and regulates your immune system because most of us do not get the minimum of 40 minutes, for dark skin people, in the sun light 3-days per week.
4. Reduce the stress out of your life. 1 Peter 5:7 & Psalms 55:22 tells us to "cast your care on the Lord..." Stress can cause unusual problems and a weak immune system is one.
5. Eat a balanced diet. Eating more veggies and adding chopped Garlic to your meals really boosts your immunity.
6. Exercise regularly. Walking around the block, jumping on a rebounder (which is basically a small trampoline) or jump roping does wonders for the body and your immune system.



## **Healthy Body, Healthy Me**

**By Elder Paul Joseph**

## 5 G Electrical Airwaves: Be Aware and Learn to Protect Yourself

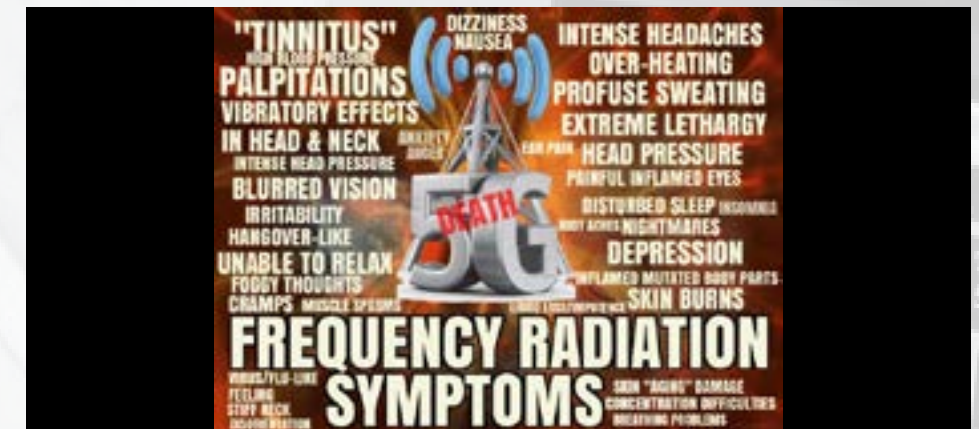
First prayer: Keep Ps 91 and Ps 23 in your mouth and in your heart and of course keep on your full armor.

1. Keep your distance from someone with a smart-phone or tablet
2. Monitor EMF levels
3. An EMF shield is worth its investment
4. Home protection
5. Diet is key
6. Activate Airplane Mode
7. Earthing/Grounding
8. Avoid using phone when signal is low

EMF sources are computers, power lines, tvs, fluorescent and halogen light bulbs. Wi-Fi, wireless gadgets, i.e., fitness trackers, Bluetooth devices, and baby monitors and microwaves.

Look out for these adverse health repercussions: anxiety, fatigue and weakness, irregular heartbeat, elevated risk for cancer, infertility, DNA damage, memory loss, irregular sleep pattern, brain tumors, heart disease, premature aging and tinnitus.

Go to website to read and review entire article: [educateemf.com/ways-to-protect yourself](http://educateemf.com/ways-to-protect-yourself)



## Watch Out for Negative Effects of 5G Frequencies

By Mary Gunn



## 2 Corinthians 4:4 NIV -The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

- GET OFF THE GRID – The world's systematic programming
- TURN OFF THE NOISE - Don't get too busy. Being under Satan's Yoke

2 Corinthians 6:14 - Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

Ephesians 5:11 - And have no fellowship with the unfruitful works of darkness, but rather reprove them.

- REPROVE – means to criticize or correct. Again what should we do?

STOP! Listening to people. They do not have your answers.

STOP! Looking at what is seen.

Psalms 115:5 They have mouths, but cannot speak, eyes, but cannot see.

John 9:38 "Lord, I believe," he said. And he worshiped Jesus.

39 Then Jesus declared, "For judgment I have come into this world, so that the blind may see and those who see may become blind."

Get out of the sense realm and the sunken places!

Get out of the natural realm and get into the supernatural realm where God is, He is Spirit.

### How should we do this?

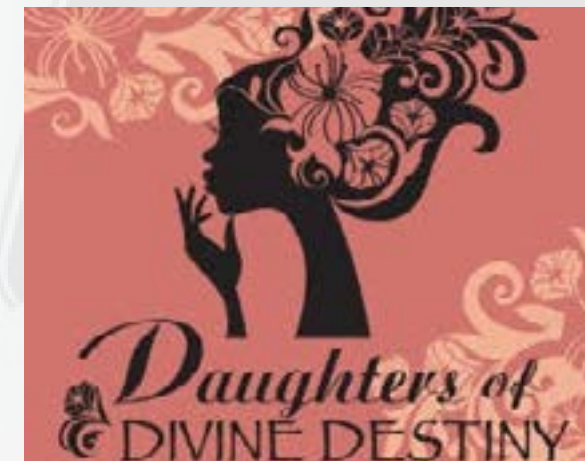
- Tap into the Kingdom frequency – The Kingdom of God Frequency
- Pray – Simply put, start talking and communicating with The King, praying is talking to God.
- Stand your ground on who you are and Whose you are – DDD – Daughters of the Most High God! Daughter of Destiny
- Affirm AND Affirmations – Look at yourself daily and say what God says about you.

Know this ladies! You will fulfill your purpose!

THE PLANS THE MASTER HAS ARE PLANS TO PROSPER YOU, TO GIVE YOU A FUTURE AND A HOPE  
JER. 1:8

NEVER GIVE UP AND NEVER LOSE HOPE!!!

Go to [Lift411.org](http://Lift411.org) for details on the up and coming Girl CHAT!



## What to do when you don't know what to do?

By Dr. Micheline McFarland

## Are you trying to ignore problems — but find yourself venting your anger in other ways?

Giving your partner the silent treatment, making passive-aggressive jabs, or keeping frustration pent up inside isn't going to fix whatever is bothering you. "For some, it's this passive settling, this seething, boiling underneath," says a counselor who likens these fights to secretly giving your partner a finger sign. "If you're not willing to let this stuff out, you're not willing to have the intimacy that you could have. It's really a lack of investment."

In general, the silent treatment is a manipulation tactic that can leave important issues in a relationship unresolved. It also can leave the partner on the receiving end feeling worthless, unloved, hurt, confused, frustrated, angry, and unimportant.

"These types of mistreatment are dangerous because it allows couples to think they're succeeding for lots of years," some counselors say. In other words, good relationships are worth fighting for — literally — so speak up.

If your relationship experiences demand-withdrawal interactions, you need to become aware of what is really taking place. In most cases, the demanding partner feels abandoned and the silent partner feels afraid—their silence is a way to protect themselves from more pain. To resolve the issue, both partners need to take responsibility for their behavior and try to empathize with their partner.

Likewise, you both need to try to find more effective ways of dealing with difficult feelings and situations. Using "I" statements rather than saying "you" is usually more effective and less threatening. Starting a sentence with "you" almost immediately puts people on the defensive.

Marriages don't have to end up this way because of conflict. With effective communication and conflict resolution skills, couples can work through their problems, rather than avoiding or forcing the issues. If everyone purposes to be led by the Holy Spirit in how we deal with each other there can always be a righteous resolve that works for your good and God's glory.



## Confronting Marital Conflict



More than 97% of the US population is currently under a stay-at-home or shelter-in-place order as the coronavirus pandemic continues to upend life as we know it. More than 50,000 Americans have died. But worries for the economy -- and people's mental health -- are raising the question: When will things go back to normal? And what will that normal even look like?

President Donald Trump has indicated many states can reopen by May 1, and shared federal guidelines for restarting the economy with governors.

Across the country, governors have been forming pacts. Those leaders are highlighting the importance of using science and advice from health officials rather than politics to choose when to reopen the economy. Expanded testing, tracking contacts of people who had the virus, improved treatment options and vaccine development are important, they say. However, 43 states and DC have ordered or recommended school closures through end of the academic year.

**Article By Alaa Elassar, CNN**



**Where are we at with all  
50 states reopening**



# Prayer for Our Nation!

We cannot deny it. Our nation is in trouble and we are facing peril. You can turn on your television or scroll through your Facebook newsfeed right now and see that there is so much violence, corruption, fear and hatred in the hearts of those around us. We are contending with issues that are causing the very foundation of our country to crumble.

In the face of all of this, it's important that we pray not only for the healing of our nation, but also for our president and all those in government leadership who are in positions to make change happen. 1 Timothy 2:1-3 says that we are to pray, intercede and give thanks for kings and all people in authority. This is God's command to every believer today.

Heavenly Father, I bring the needs of our government before You and ask You to bless our nation through godly leaders. I magnify the Name of Jesus and declare that He is Lord over this nation. Amen.

Heavenly Father, we pray that our president and leaders will honor You and respect You as the One and only True God. We ask that You give us government leaders who will pray for Your Will and guidance. Lord, we ask that You pour out Your Spirit on this nation to help each of us discern good from evil, not as the eyes of man but through spiritual eyes. Lord, we ask that You humble our hearts so that we will be a nation filled with gratitude and thankfulness. In Jesus Almighty Name, Amen.

Heavenly Father, I pray for Your protection to cover all our law enforcement officers and the men and women of the military. I ask for godly counsel and wisdom for judges across this land. In the Name of Jesus, I pray that You and Your kingdom of righteousness be manifested in the hearts of all those who are in authority in any way. Amen.

Heavenly Father, please protect our nation, our military, our doctors, nurses, family service and our local civic and spiritual leaders. Turn our nation's hearts towards you Heavenly Father, that we may put You first and obey Your commandants. That we may not be lukewarm in our lifestyles but stand courageously and confidently in Your most holy and precious Word. As you have called us to be a light to a dark world. We pray that we may acknowledge Your will Your way and Your order for our lives.

We here at Abundant Harvest Lift glorify You with all that we do as we believe you God for our state to reopen and our economy to start back. In Jesus mighty name! Amen.



# Question: “What does it mean to guard your heart?”

By Javier Mercado

We find the answer here: Proverbs 4:23-26 (Paraphrase)

So above all, guard the affections of your heart, be careful what you think (The Hebrew word levav is the most common word for “heart.” It includes our thoughts, our will, our discernment, and our affections), for they affect all that you are, because your thoughts run your life [life flows from it]. Pay attention to the welfare of your innermost being; moreover, put away and don’t use your mouth to tell lies [Have nothing to do with a perverse mouth]; and don’t ever say things that are not true [keep loose lips far from you] for from there flows the wellspring of life! Keep your eyes focused on what is right [toward the path of moral courage], with fixed purpose, looking straight ahead, ignore life’s distractions. Be careful what you do and watch where you’re going! Always staying on the Path of “truth”. Therefore, all your wants will be steadfast and sure, look neither right nor left and you will safely reach the end of your road leaving evil in the dust.

The Bible tells us that our thoughts often dictate who we become. For example, 400 years, that’s how long the Israelite’s waited for God to deliver them from slavery. However, it wasn’t slavery He was delivering them from. I believe God was breaking their hardened hearts (Prv.23:7, Prv.27:19 and Matt.6:19-21) in order for them to acknowledge Him as their Redeemer.

Moreover, after they left Egypt, God didn’t take them directly to their promised land. Instead, they wandered out in the desert for 40 years. However, after 40 days when Moses went to the top of the mountain to receive instructions from God for the Israelite’s, they grew frustrated by the delay...so they rejected God and pursued whatever pleased them in their heart.





# Tips for Guarding Your Heart:

Don't engage in complaining, gossip, disputes, and contention. Believers are instructed many times to avoid grumbling, murmuring, and complaining (John 6:43; Philippians 2:14, Ephesians 4:31–32).

Avoiding anger, pride, and temptation are also critical elements of guarding the heart. The apostle Paul instructs us in (Philippians 4:8). Dwelling on these things will help to build a guard fence around our hearts.

Trust God with your "Heart". He testified concerning him: 'I have found David son of Jesse, a man after my own heart; he will do everything I want him to do'" (Acts 13:22). The best way to guard your heart is in this verse: "He (David) will do everything I want him to do". David trusted God because of his "relationship" he had with God when he was alone in the pasture guarding the sheep. God protected him from the bears and lions which caused his faith to grow from victory to victory. God will do the same for us, if we guard our heart in His word (Luke 6:43-45).

The heart of a man reflects who he really is, that is why God examines the heart of a man, "He does not pay attention to what humans' value or outward appearance and what they appear to be (1Samuel 16:7).



**Join the conference call on  
Thursday evenings at 7pm  
Dial 1-701-801-9686**

*Drs. Anthony & Micheline  
McFarland  
CELEBRATING 30 YEARS OF  
MARRIAGE  
May 12, 1990 – MAY 12, 2020*





# 20th Year Anniversary

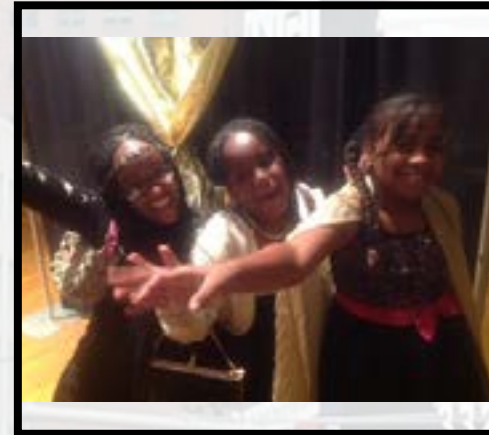
## Back Down Memory Lane







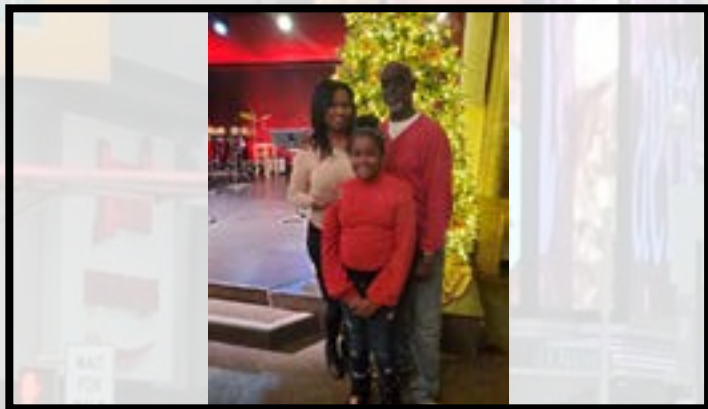




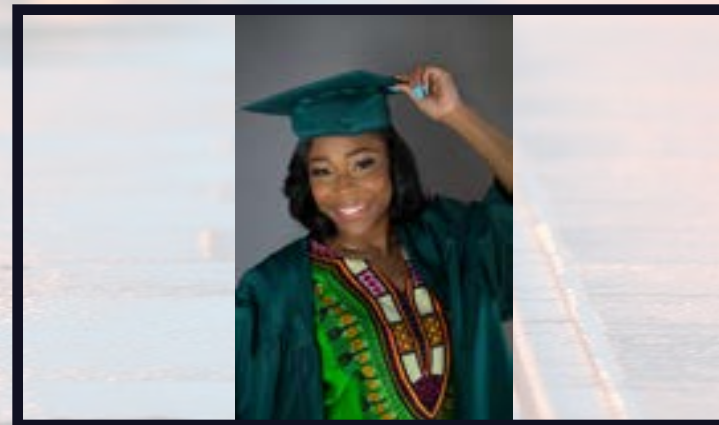
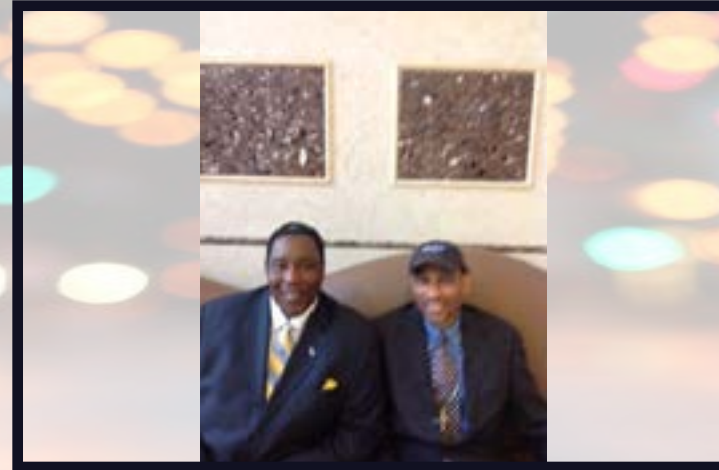




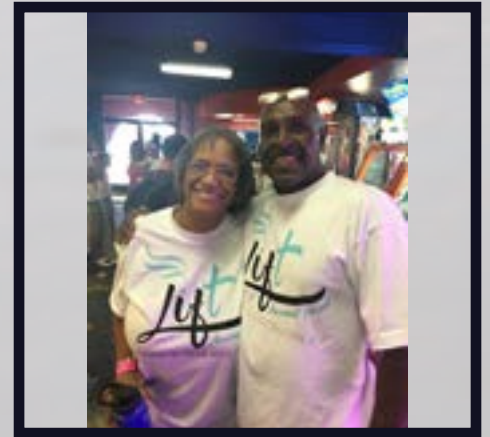
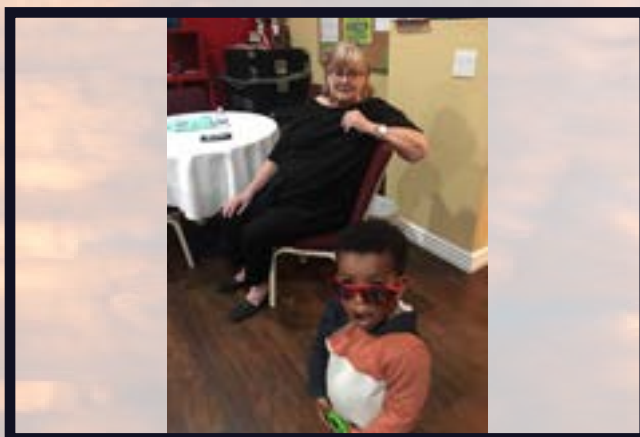
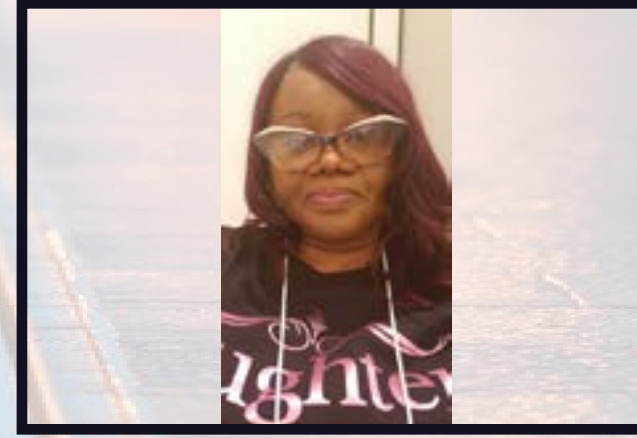




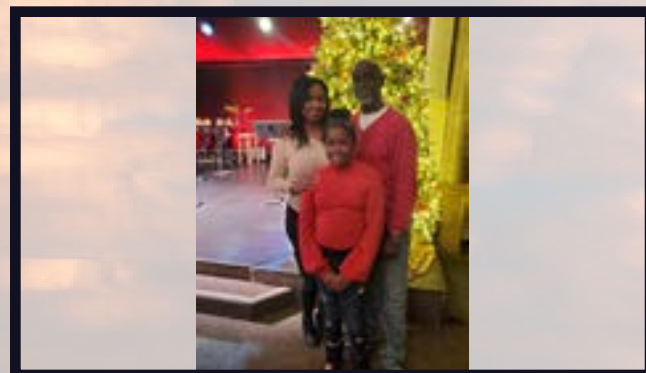
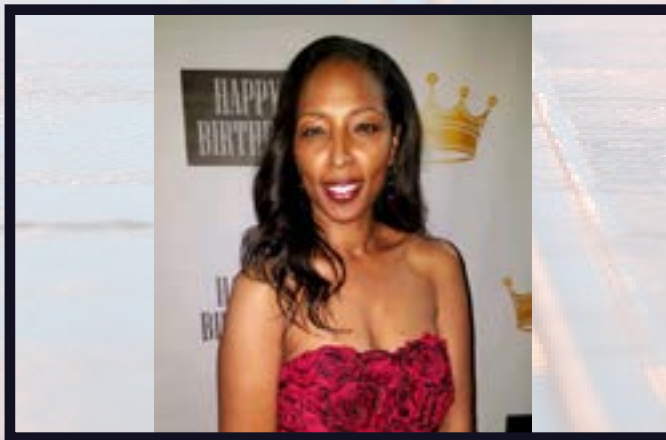
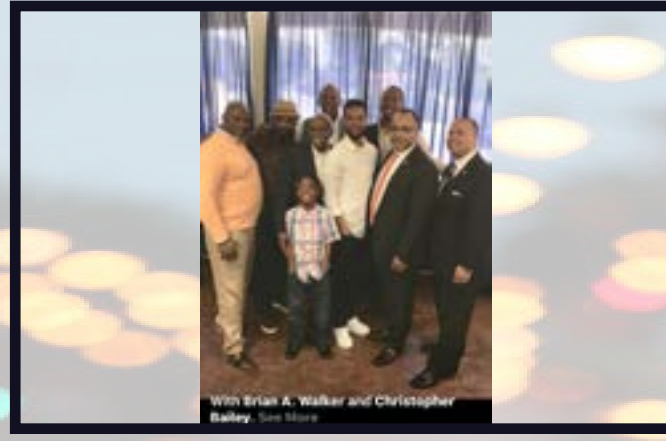














# Pastor's Corner

I pray that you and everyone one of your loved ones are experiencing the love and protection of God in this season as we all purpose to keep safe. Hopefully, you are following recent Sunday messages entitled Unshakable Faith.

Paul speaks of faith as a living, grounded reality that motivates, of its own accord, in the heart and mind of the believer, just like Hebrews 4:12. From his teaching in Acts through his last letter to Timothy just before his own death, Paul reveals faith's design, its source, its nature, and its effect. Faith, in simple terms, is to believe what God says. It is taking God at His Word and living in obedience to His Word. Faith is only as strong as its object.

Authentic faith has as its object God's name (Romans 10:13). Faith can only be released where the will of God is known!

The way faith is designed to function in your life begins with the information found in the Gospel, that Jesus Christ died in your stead paying the penalty for your sin, that He was buried, and then rose from the dead because of your justification (Romans 4:24). This body of factual doctrine is the focus of God's Word, holding all His kingdom promises to you. Salvation is granted at the same time as a sinner recognizes the truth of God's redemptive work on your behalf (1 Corinthians 2:5). Not only are you to recognize the facts but you are to trust them, relying on them alone for your soul's eternal security.

In close, trust will always be revealed by our obedience, for us not only to recognize the facts of kingdom doctrine and completely rely upon them, but for you to revisit them regularly as you obey Him. Belief will always translate into life. May you consistently experience the love, grace, peace and power of God by faith in every aspect of your life, family and business affairs.

Dr. Anthony McFarland  
The Servant Apostle



# Kingdom Connections & Key Relationships









# Church Media Software and Equipment Needed

Hello family here is a list of equipment we are in need of that will assist us in delivering premium quality ministry to both our members and nation at large through various streaming platforms. Your partnership makes the difference!



PROPRESENTER 7 CAMPUS LICENSE - ProPresenter MAC & WINDOWS (worship music & lyrics) Pro Switcher for Recording Services New Camera Stand HD Cords and Wire from computer to camera TASCAM DR-05 Portable Digital Recorder (Version 2) Canon - XA55 Flash Memory Video Camera ScreenFlow video editing software – 2 LICENSE Extreme graphics cards - AMD or Nvidia 27" All-In-One MAC Computer for Video Editing OptiPlex 7770 All-in-One Intel® Core™ i5-9500 Video Editing Dell Desk Top Office Computer Microsoft Software license (4 computers) Magewell USB Capture HDMI Gen 2 Blackmagic Design UltraStudio Mini Monitor Playback Device Wire cast Technical Support Service	\$999.00  \$1,500.00 \$300.00 \$1,000.00 \$89.99 \$2,499.99 \$300.00 \$200.00 \$3,600.00 \$1,700.00 \$1,200.00 \$700.00 \$190.00 \$ 299.00 \$449.00
<b>Total:</b>	<b>\$15,215.99</b>





**Any size donation you sow into the media department will be much appreciated. Also if you would like to collaborate with others to purchase any of the equipment listed above will be most appreciative.**

**Go to [www.lift411.org](http://www.lift411.org) and sow your seed today, or send check to [P.O. Box 6249, Altadena, Ca. 91001](#). If you or a group of people would like to donate any of the listed equipment, please call and speak to Elder Paul Joseph or Mr. Geoff Gilstrap for details before you make the purchase.**





START TODAY / [LIFTADVANCEMENTCENTER.COM](http://LIFTADVANCEMENTCENTER.COM)

A  
BETTER  
YOU



For more info

Go To:

[www.Lift411.org](http://www.Lift411.org)

and 1-800-282-

6056