

WELCOME MESSAGE

BY PATRICK BAKER

Although we connect with you weekly through our various online programs and the prayer line, we felt it necessary to provide you with ongoing information regarding our current programs and topics of relevance such as inspirational insights, answers to questions that you may have, biblical and everyday life.

We are confident that Christ's second coming is imminent. We have witnessed first-hand how the devil has turned up the heat by way of natural disasters such as fires, floods, wars and, this pandemic. Also, high-level spiritual and physical attacks on God's people seem to be the order of the day. In addition, the fabric of our society is eroded because of the perpetual social and moral decline, which is evidenced in the destruction of marriages, broken homes, children who are out of control, and Christians who have denied their faith.

Despite all this, we praise God that we are not powerless or destroyed! Instead, we have God's word, the bible, which is our weapon against the forces of evil. We are encouraged in 2 Chronicles 20:15: "Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's."

We wrote this newsletter with you in mind. It is meant to be a blessing to your family and a treasure to be shared with those around you. Let us unit in upholding the truth which is found in God's word and share it with others. May God richly bless you.





INSPIRING READS IN THIS ISSUE:

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THE BREAKTHROUGH POWER OF WORSHIP

WRITTEN BY ANITA SYDNEY, ST. LUCIA

God is ever close to his children in their darkest hour of trial. When the storms of life test our faith and our trust in Jesus, his spirit is given in great measure to turn our minds to the promises of our loving and faithful God. The word of God reminds us that "he inhabits the praises of his people" (Psalms 22;3). When we humble before God in prayer and praise, we are bound to experience powerful breakthroughs in our circumstances.

Have you ever been in a situation where your faith was tried and tested? What did you do? Did you murmur and complain? Did you speak about your negative situation over and over again to everyone you met? I have been there. It is a fact that our first human response to negative situations is to complain and murmur. This is predominant throughout the Old Testament when God led the children of Israel from Egypt to the promised land.

Despite the powerful manifestations of God in their lives, they went right back to doubting, complaining, and murmuring when new trials presented. We are very much the same. However, God has given us important tools to overcome our unpleasant circumstances by pointing us to the power of prayer and praise, which I like to call 'true worship". When we praise God in our negative situations, the atmosphere around us changes and through this, we confound the enemy, propel our faith and obtain victory!



"When we praise God in our negative situations, we change the atmosphere around us and confound the enemy."



Our prayers and songs of praise reaffirm the promises of God, and lift our broken and cast down spirit. Worship lifts us up from our negative situation and transports us into the very presence of our great and mighty God.

Think about Paul and Silas in that dark and dreadful prison cell. Acts 16 reveals to us the breakthrough power of worship. Having delivered a young woman who was possessed with a spirit of divination, her masters were very angry because she could no longer make them money. Interestingly, instead of praising God for her deliverance, they have Paul and Silas beaten and thrown into prison.

Acts 16:25-26 tells us "At midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them. And suddenly there was a great earthquake so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed." Wow! This is amazing. They did not start a revolt. They did not break their way out, physically. They did not bribe the guards. Instead, they lifted up their voices in prayer and praise - true worship - trusting in the word of God. David was also a man of prayer and praise. God brought him deliverance in mighty ways. Today he can do the same for you! Begin to Worship!



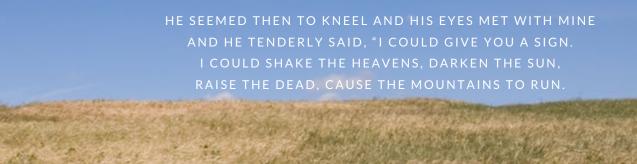
By Russell Kelfer

DESPERATELY, HELPLESSLY, LONGINGLY, I CRIED.
QUIETLY, PATIENTLY, LOVINGLY, HE REPLIED.
I PLEADED, AND I WEPT FOR A CLUE TO MY FATE,
AND THE MASTER SO GENTLY SAID, "CHILD, YOU MUST WAIT."
"WAIT? YOU SAY WAIT?" MY INDIGNANT REPLY.
"LORD, I NEED ANSWERS, I NEED TO KNOW WHY.
IS YOUR HAND SHORTENED? OR HAVE YOU NOT HEARD?
BY FAITH I HAVE ASKED, AND I'M CLAIMING YOUR WORD.

"MY FUTURE, AND ALL TO WHICH I CAN RELATE HANGS IN THE BALANCE, AND YOU TELL ME 'WAIT'?
I'M NEEDING A 'YES,' OR A GO-AHEAD SIGN,
OR EVEN A 'NO,' TO WHICH I CAN RESIGN.

"AND LORD, YOU HAVE PROMISED THAT IF WE BELIEVE,
WE NEED BUT TO ASK, AND WE SHALL RECEIVE.
AND LORD I'VE BEEN ASKING, AND THIS IS MY CRY:
I'M WEARY OF ASKING: I NEED A REPLY!"

THEN QUIETLY, SOFTLY, I LEARNED OF MY FATE
AS MY MASTER REPLIED ONCE AGAIN, "YOU MUST WAIT."
SO I SLUMPED IN MY CHAIR, DEFEATED AND TAUT
AND GRUMBLED TO GOD; "SO I'M WAITING, FOR WHAT?"





By Russell Kelfer

"ALL YOU SEE I COULD GIVE, AND PLEASED YOU WOULD BE. YOU WOULD HAVE WHAT YOU WANT, BUT YOU WOULDN'T KNOW ME. YOU'D NOT KNOW THE DEPTH OF MY LOVE FOR EACH SAINT: YOU'D NOT KNOW THE POWER THAT I GIVE TO THE FAINT.

"YOU'D NOT LEARN TO SEE THROUGH CLOUDS OF DESPAIR; YOU'D NOT LEARN TO TRUST, JUST BY KNOWING I'M THERE. YOU'D NOT KNOW THE JOY OF RESTING IN ME. WHEN DARKNESS AND SILENCE WAS ALL YOU COULD SEE.

"YOU WOULD NEVER EXPERIENCE THAT FULLNESS OF LOVE AS THE PEACE OF MY SPIRIT DESCENDS LIKE A DOVE. YOU WOULD KNOW THAT I GIVE, AND I SAVE, FOR A START, BUT YOU'D NOT KNOW THE DEPTH AND THE BEAT OF MY HEART.

"THE GLOW OF MY COMFORT LATE IN THE NIGHT' THE FAITH THAT I GIVE WHEN YOU WALK WITHOUT SIGHT: THE DEPTH THAT'S BEYOND GETTING JUST WHAT YOU ASK FROM AN INFINATE GOD WHO MAKES WHAT YOU HAVE LAST.

"AND YOU NEVER WOULD KNOW, SHOULD YOUR PAIN QUICKLY FLEE, WHAT IT MEANS THAT 'MY GRACE IS SUFFICIENT FOR THEE.' YES, YOUR DREAMS FOR THAT LOVED ONE O'ERNIGHT COULD COME TRUE, BUT THE LOSS! IF YOU LOST WHAT I'M DOING IN YOU.



TIPS FOR A HEALTHY BRAIN

BY DR. CURBY SYDNEY-NEUROSURGEON, ST. LUCIA

In our world, today people are swept away by everything that can help them develop healthier bodies. They adopt exercise routines, employ an array of diets and even implement lifestyle changes, to obtain optimal physical fitness and healthier bodies. It is vitally important to understand that "Brain Health" or Brain Fitness" is equally beneficial as is physical health or fitness. The two must go hand in hand. Now the question is asked, how do I get a healthier brain?

Allow me to draw your attention to the one who created our bodies and by extension our brains. Genesis 2:7 tells us, " And God formed man out of the dust of the ground and breathed into his nostrils the breath of life, and man became a living soul." Our creator made us to glorify him in our bodies and in our minds. He goes on further to say that 2 Corinthians 5:17 says, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." Despite your failure in practicing habits that help maintain and develop a healthy brain, it is never too late. God is a God of restoration. So let's dive into sIX tips for a healthy brain.

TIP #1: PRAYER AND PRAISE

Praying and praising God every day is the best thing that we can do for our brains. The chemicals in our brain are affected by both positive and negative thoughts. Negative things affect our brains negatively. Likewise, positive things affect our brains positively. Prayer and praise keep our stress levels down and keep us relaxed throughout the day.

TIP #2: EAT FOR YOUR BRAIN

1 Corinthians 10:31 "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. Your brain needs healthy foods, and God has outlined what we should eat in his word. This should be no surprise because he created us and knows what we need to be healthy. What's good for the heart is good for the brain. Eat a variety of vitamin-rich foods high in B vitamins, folate, antioxidants, and low in fat and cholesterol.

"We are to protect our brain and in turn our minds, for this is where we communicate with God."

TIP #3: EXERCISE YOUR BRAIN

This is a very powerful and important principle of brain health. We are to spend more time studying the word of God. This includes reading the word of God daily, memorizing scripture, and digging deeper into the word of God like we are digging for buried treasure. We should also improve our knowledge with other spiritual books. Even the practice of creating our own daily devotion journals or prayer journals can help in exercising our brains.

TIP # 4: TURN YOUR TELEVISION OR SMARTPHONE OFF

The average person watches more than 4 hours of television a day or spends more than 4 hours a day on their smartphones. This affects our relationships, our lives and causes lazy and weak brains/minds. If you love your brain and desire it to be in good health, spend less time on social media and smart devices.

TIP #5: EXERCISE YOUR BODY TO EXERCISE YOU BRAIN

Physical exercise is great brain exercise as well. By moving your body, your brain has to learn new muscle skills, estimate distance, and practice balance. Choose a number of exercises that challenge your brain and you will be rewarded for this!

TIP #6: MAINTAIN A HEALTHY BODY

Keeping a healthy body is essential is having healthy brains. When we talk about keeping healthy we mean improving things like your blood pressure, your blood sugar, and cholesterol. High blood pressure increases the risk of cognitive decline in

old age. It is also important to maintain a healthy blood sugar level because diabetes is a risk factor for

dementia. Additionally, high levels of LDL (bad) cholesterol is also associated with increased dementia. What can you do? Stay lean, exercise regularly, reduce stress, eat right, keep positive, get sufficient water, and rest.



Michelle Wilson & Patrick Baker

Michelle Wilson: What are the different levels or types of demons? Can you just break that down for someone who is a novice to spiritual warfare?

Patrick Baker: There are various levels of witchcraft. You have what is called black magic, white magic, and then warlocks and freemasonry. You also have higher levels within the satanic realm. I may not be able to clearly explain the various levels of demons, but what we can conclude is that Satan is the master of all demons. These demons are ranked according to position and power. Even in the Kingdom of heaven, angels are ranked. Christ talks about the weakest angels and the power they possess. He also talks about angel Gabriel, and when he shows up it is serious warfare. We also have mentioned in the bible the Seraphim, and Cherubim angels. Jesus himself is called Michael the archangel. We have destroying angels mentioned in the book of Ezekiel. These are all angels with power and their hierarchy is based on their position and power. It is difficult to break down the levels of demons. However, what I will say here is that the most important thing in spiritual warfare is knowing the power of Jesus.

Michelle Wilson: As a follow-up to this question, sometimes in deliverance, there is a 'strong man'. What more can you tell us about this?

Patrick Baker: Let me try my best to explain this. When someone is demon-possessed, Satan assigns a demon that is in charge. For example, if you were into prostitution he would have assigned a sexual demon. If you were trapped in some form of addiction, he would assign a demon according to the door you have opened. So when we refer to the 'strong man' we are referring to that main demon that is assigned to ensure that this person is never free. The 'strong man's' purpose or main demon's purpose is the "kill, steal and destroy". This is very important. We cannot fool around with the demonic realm. We cannot expect to open doors to demons and think it will be easy to become free of them. Why? When the strong man has entered into someone, this demon will disguise himself or hide by calling in other demons. If you are struggling with alcoholism, this demon may call in a demon of drugs, or prostitution, etc, and they load unto you. Let's consider Mark 5 when Jesus meets the man among the tombs who was cutting up himself.

Remember the demon spoke to Jesus and said, "what have I to do with thee, Jesus, thou Son of the most high God? I adjure thee by God, that thou torment me not." Jesus then asked him, 'what is thy name?' and he answered, "my name is legion for we are many." Here we see clearly that around two thousand demons were in that one man. It was the strong man that spoke to Jesus. In other words, the highest level demon, who is in charge was the one who spoke. This is why during a deliverance the weakest demons or lower-level demons leave quickly. The individual begins to vomit or spit. This occurs as demons are leaving. When it comes to the 'strong man', it's another level. I recall a case that I worked on at another church, and when we got to the 'strong man', he said to us, 'where did you get these weaklings to come and fight me'. Then he said, 'we only come out through prayer and fasting'. The demon told us, you guys are not fasting. This is the same advice that Jesus gave his disciples when they failed to cast out a demon from a man's son. So even the demons know what works. They will do everything to keep us away from prayer and fasting.

Questions + Answers

Michelle Wilson & Patrick Baker

Michelle Wilson: Can you tell us a little more about crystals?

Patrick Baker: Let me begin by sharing a case: I was handling a case with a young lady in the USA, just 20 years old and she was possessed. After praying for her and coming to the end of the deliverance, I realized that she had purchased a crystal. We had to stop the deliverance right there to handle this situation. When she was asked the reason for purchasing it, she responded that she saw it online and needed it for a particular reason. Interestingly, as soon as she put it around her neck she started to get dizzy and felt sick. This revealed that her possession was linked to the crystals and that her deliverance would be affected by this. When we asked her where the crystal was, she responded that she had recently thrown it away. It is extremely important to understand that witches use crystals. They are humans but they have the ability to astral project out of their bodies. The psychics also uses crystals. This is why they always use crystal balls for their divination practices. This is demonic. Crystals are used as a portal by witches to look into or enter your house, and if you have one, they can come in and call in demons as well. This young lady did not know this, but she opened a door to the enemy. A lot of God's people are not knowledgeable about these things. We need to be on guard and be careful about what we engage in or bring into our homes. This is why it is extremely important to remain connected to the Lord because even things that seem harmless can become a serious issue for us. Only through the power and presence of God can we discern such things.

Michelle Wilson: Thank you for this information. My next question is when some of these deliverances become long and drawn out, what is the most frustrating thing for you?

Patrick Baker: When we pray for someone, Sis. Michelle, for 4 - 5 hours or even more and you hear them say, I forgot to tell you that I bought a crystal, or I have some incense tucked away in my room, it is very frustrating. It is important for those seeking deliverance to clean up their homes of every occultic and accursed thing before calling for help or seeking prayer. This is important if they are to receive full deliverance. If the devil has legal rights to you he will not leave. That is why when we pray for some people, they do not get full deliverance. They may call us for help and still hold on to these accursed things. God does not work that way. God wants you to get rid of the accursed things first before you invite him in. God is not mocked. When someone is seeking deliverance, they should search around their homes and investigate what they may have there that gives Satan legal rights and get rid of them. If you have things that you are wearing for protection take them off; be open and honest with those who are praying for you.

There are also many who profess to be Adventists or Christians for that matter and they indulge in activities or practices that are contrary to God's word. The word tells us that we are to put on the whole armor of God to be able to stand against the attacks of Satan. We were not told to wear rings or other accursed pieces of jewelry for protection. Total obedience to God's word is required if we are to see the full power of God and experience full deliverance.



FINDING GOD THROUGH BRAIN SURGERY

BY SANDRADENE WALTERS, USA

As a young girl, I can recall growing up in Jamaica was a very difficult time in my life. My mother left us, myself and my siblings, and traveled to the United States where she could work to take care of us financially. During that period without her, I felt abandoned and alone. At age eight I was finally brought to the United States and was reunited with my mother. However, I still felt the heaviness of abandonment. There was no connection between us; I did not feel loved or a sense of belonging.

Though it is not easy to say, I was molested by my father as a child. I can recall the time when I found out that my father was traveling to the United States. I was terrified. I wished him to be dead. I did not understand that what my father was doing to me was wrong. I actually believed that was how a father showed love to his daughter.

Later on, in my desire to feel loved and wanted, I had visited a boy who wanted to have sex, I refused and left. It was late and on my way back home I met this woman at the bus station who saw me in despair and asked what was wrong. I told her that if I went home this late. I would get into serious trouble. She offered to take me home and to say that I was with her. When we got to our house, my mother answered the door and thanked the lady. No sooner had the lady left, she took me to the bathroom room, had me get into the shower, and gave me a beating that was so wicked and vicious that my soul just died. I stood there in pain from the beating with no one to come to my rescue. I was then told to go downstairs to my father. When I got there, he asked me to get a broom which he broke in half and told me not to tell my mother that he didn't beat me.

"Though it is not easy to say, I was molested by my father. When I heard he was coming to the United States, I was terrified."

Instead, he asked if I had been to a boy's house, and I said yes. He then had me take off my clothes and lay on the sofa and began to do certain things to me and asked if that is what the boy did to me. I said to him no, and that I left because I did not want him to do that to me. He went on to molest me. Though he did not beat me physically, I was beaten. I was beaten mentally, emotionally, and sexually. I recall another incident when I was on my way to camp and was about to leave. My mother asked me to go say goodbye to my dad but I did not want to. She insisted and I went. I stayed on the steps and said goodbye and as I turned to leave he pulled me to him and felt my breast and felt what had not yet even developed. He then pulled me closer to him and kissed me the type of kiss that should occur between a woman and a man. I went upstairs unable to cry outwardly, but I cried inwardly. Going to the camp was a release for me. I got into trouble a lot but it was a release for me for seven long days, being away from my father. I got to the point where I really hated my life. I thought that my purpose in life was to please men.

As I got older, I sank deeper into despair. I was mentally, emotionally, sexually abused. I became angry. I wanted an escape. I needed an escape.

I remember developing an eating disorder, which at the time I thought was harmless. I plunged into that with all force and it gave me an escape. It was something I could control. I could not control the sexual abuse by my father, but I could control how I ate. I would purge approximately ten times a day to the point that my knuckles were becoming raw, my teeth were becoming black, and I became skinny. I thought that was appealing because it was covering deep-routed pain and hurt. I became depressed and filled with anxiety. Not only that, but I felt like I was carrying or walking with this dark cloud over my head every single day and would also have dreams that someone was chasing me.



FINDING GOD THROUGH BRAIN SURGERY

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I remember times when I saw dark shadows walking past me when I watched TV. There was this darkness that I was sinking into. I remember my mother calling me a whore, which did nothing to help lift me out of this darkness. I actually believed that I was a whore, because my mother said so. I began to carry this label into my lifestyle by sadly acting like one. I became very involved in sexual sins and got involved with many different persons not because I enjoyed it. I actually hated sex but found myself engaging in such a lifestyle. I felt this was something I had to do. If a man simply looked at me and said I was beautiful or smiled at me I was ready to lay down with that person. When this happened, I would wake up after and feel remorse for what I had done.

Thereafter, I began hearing voices telling me that I was not good enough, that I was useless, and that I should just kill myself. I did contemplate suicide several times to the point that I did cut my wrist. I remember being in the bathroom just crying and crying and with a knife in hand, I began to slice my wrist. I recall another time where we lived in an apartment on the ninth floor and it became so hard for me to cope with my life that I contemplated jumping over the balcony. Instead, I went to the bathroom and began to make myself throw up even though there was nothing on my stomach. I just wanted to die. I was not aware that the devil was controlling me and was inflicting such pain upon me. He was the reason for my anxiety, depression, and unworthiness. As I got older, it all got worse. At the age of twenty-two, I had my first child. The father just left us. I thought that was someone I would marry. When he left us, this caused me to sink deeper into my depression because I felt that I was not wanted or good enough.

"I began hearing voices telling me that I was not good enough, that I was useless, and that I should just kill myself."

I felt that nobody loved me. I recall thinking that I would have this baby and have someone who could love me. This line of thinking caused me to have two other babies. These babies also didn't have their fathers in their lives because it was not about wanting me or caring about me, it was, sadly, just about sex. My second child's father forced me into having sex because he wanted a child. When this child came along, I did not know how I would take care of her. I wanted to put her up for adoption. I was so broken; everything was so dark. I sank deeper into depression and darkness. I did not want to be promiscuous but I was. When these men abandoned me, it added to my brokenness.

With so much baggage from my childhood: being sexually abused; bullied at school; and feeling unwanted; the devil took hold of my mind and I no longer wanted to exist. I recall in 2015 that I had a car accident and wished that I would die. I did not. In 2019, I had another accident that caused me to have brain surgery. This feeling of death was overwhelming. When I was told that I needed to have brain surgery for my condition, I felt like the devil was going to kill me. I did not realize that God would step in and save me.

After the surgery, (which went well, praise God) I stayed with my mother. She had gotten an invitation to a Button to Christ Ministries Retreat in Canada. Since she was caring for me, I was asked to accompany her there. I felt so much shame and unworthiness just thinking about associating with such righteous people that I really did not feel like going. God worked it out that I found myself there. Despite my thoughts of how much I was a sinner, I did not feel that way among these people. One night there was a deliverance service. I heard a voice telling me it was time to be released from my pain. I realized that I had a lot of anger and hatred toward my mother that I needed to let go of.



FINDING GOD THROUGH BRAIN SURGERY

CONTINUED...

As brother Patrick spoke, I went up and faced my mother for the first time and released everything that I had bottled up inside for years. Though this caused my mother to feel very embarrassed, I needed her to hear about the pain that I had been going through for years. I had never heard my mother say she loved me until I was thirty-two years old and that had really affected me. That night, at the prayer meeting, for the first time I could release my pain and I was able to tell her about all the hurt and pain caused by my father sexually abusing me.

That night Brother Patrick prayed with me, a powerful prayer of deliverance, and I was delivered that night. I was able to let go of the hurt and the pain, and forgive. Thereafter, I felt peace. The kind of peace that only Jesus gives. I was able to come to terms with my past and myself. I was able to lay it all down and cry it out with my mother. Years of pain were just lifted from me in a supernatural manner.

I was able to accept that I was worthy and that it was not God but the devil who hated me. I realized that God loved me so deeply and that he never abandoned me. Not once. He was there in the miry clay. He was there when my father abused me. He was there when I ran away. He was there when men took advantage of me. He was there when I attempted suicide. He was there when I was cutting myself. He never left my side. Now I am on this journey of growth and getting to know who God really is.

I am learning about his love toward me that is so unconditional. I really believe that the Lord intervened through Button to Christ Ministries and was working behind the scenes when I had this brain surgery.

" I do not have to look back at my past. Even though the devil tries to bring it up time and again, I stand on the promises of God believing by faith that I am blood washed, bloodbought, and free in Jesus."

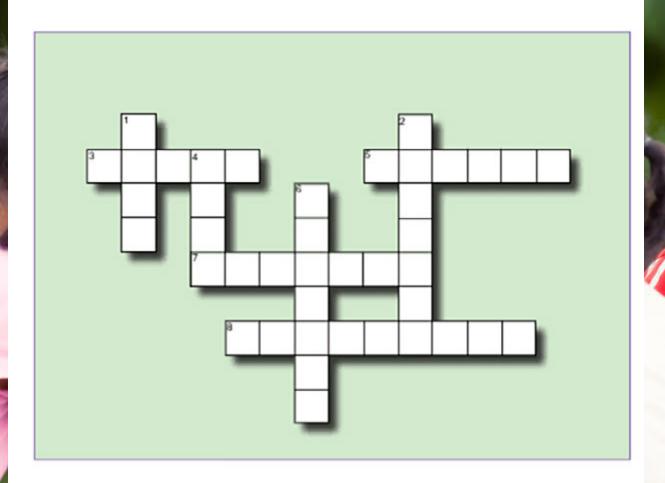
My journey is still a battle and a march, but God is with me. He has promised never to leave me nor forsake me. I do not have to look back at my past. Even though the devil tries to bring it up time and again, I stand on the promises of God believing by faith that I am blood washed, blood-bought, and free in Jesus.

I can rebuke the devil because he cannot hold my past against me. I no longer have to feel the depression, the anxiety, the hurt, the pain, the unworthiness that I lived with for many years. I can say, praise God, praise God for restoring me. I have found the God of brokenness. The God of forgiveness. The God of unconditional love. As my journey continues I place my life completely in his hands and trust him to shelter me in his loving arms. Today, I am so thankful to God for setting me free.

Though it has been painful somewhat to share my story, I do so with the hope that someone who is in the very place that I once was, will be comforted in knowing that they are not alone. The same peace, love, comfort, and hope that Jesus has restored in my life is there for you as well. Do not give up, give it all to Jesus.

Children's Corner

Jesus Raised Lazarus From the Dead Crossword Puzzle



ACROSS

- 3. Opposite of life
- When she heard Jesus had come, she went to meet him.
- 7. Not sister, but _____
- 8. This group plotted to kill Jesus.

DOWN

- 1. Another word for "cried"
- 2. Jesus raised him from the dead.
- Like a grave; where a dead person is placed
- Village where Mary, Martha and their family lived



N

Mother

___ 1. Mary

Child

A. Joseph



___ 2. Sarah

B. Samuel



3. Elisabeth

C. Isaac



4. Rachel

D. Jesus



5. Hannah

E. John the Baptist



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Tuesday and Friday Mornings @ 5:00 - 6:00 AM Tuesday Nights @ 7:30 - 9:30 PM Friday Nights @ 9:00 - 11:00 PM Sabbath (Saturday) @ 10:30 AM - 3:00 PM All times are Eastern Standard Time

Tuesday Nights and Sabbaths will also be streamed live via Youtube

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