

## Understanding the Mountain

Taking a look at mountains, there are some specific things that we can easily conclude. A mountain is large, extremely large, and when it is in front of you, your vision is blocked. Spiritually then, it is a person, place, or thing that prevents you from seeing the other side of the situation, causing you to focus only on it. What ends up happening is that because you cannot see where you are going, you remain stagnated, doing the same repetitive actions day in and day out without any real purpose. In this situation you will often find yourself tired, bored, and drained of energy as well, because there is no motivation pushing you to grow. Without having a vision to strive for, your hope and joy of life wither into destruction. This is the enemy's purpose of the mountain in your path.



**Proverbs 29:18** Where there is no vision, the people perish: but he that keepeth the law, happy is he.

Now, just because the enemy desires to see you destroyed doesn't mean the Father, YHWH, wants the same. In fact, God wants the opposite. He wants to see you succeed and overcome the opposite. He wants you to utilize the measure of faith that He has given you so that you can either climb over it or move it out of your way.

A prime example of climbing the mountain was demonstrated by Moses. Moses had to climb to the top of the mountain to receive the Word of God. What this means to you and I is that if we truly want to witness the presence of God in our situation, we cannot simply sit at the foot of it looking up in despair. Instead, when we are in a mountainous situation, we must simply turn towards the voice of God and start walking forward. As we walk towards God, not looking so much for anything except Him, we shall also be climbing. It is then when we get to the top of the mountain (into the presence of God), that we shall hear His voice and can look down into the valley to see the vision that He has set before us. The climb will not necessarily be easy though; we are climbing out of our own sticky mess, but by keeping the focus of our climb on the elevation of our mind through the Word, we shall be successful. Then just as Moses received the Word at the top, the same shall be for us. And when we are at the top the progression downhill into the restful valley will be powered with extra momentum.

In some cases however, God will already have revealed the vision to us. In these cases, He simply wants us to trust Him that He has it under control. This is when we can say unto the mountain to move and it must do so.

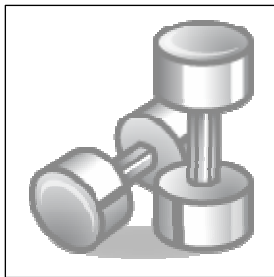
**Matthew 17:20** He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

It isn't any power of our own that is causing the mountain to move, but rather our faith in the Father that causes the mountain to move, for once we exercise trust in Him and speak in the authority that He granted us, the mountain has no choice but to yield to our command. The mountain then, from God's perspective, is an opportunity to strengthen our faith by exercising it (in the situation where He has already given us the vision) and/or draw closer to Him by hearing His voice (even when we don't yet see where we are going).

Understanding that, let us not fear, become discouraged by, or despise the mountains in our lives. Instead let us dig deep inside by the faith that God has given us, that we have even continued to build by staying fed in His word, and use those mountains for our own benefit and growth.

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## Fu-Phil-it Ministry



This newsletter edition's health tip is focused upon sleep for weight control. That is correct, sleep to maintain healthy weight. This initial statement may come as a shock for many because it is generally thought of sleep being an aspect of laziness and laziness leads to poor health, including weight gain due to not properly burning enough calories. Yet, in some circumstances, sleep can be beneficial.

When you don't get enough sleep, the following day your body will crave more constant snacking in order to try it at its weaker state. On the other hand, when your body is well rested, it operates more efficiently, not requiring as much food to power it, because it's then in a state of normalcy instead of energy deficiency. So, while it is still important not to sleep directly after eating as this allows practically all of the sugars (sweet sugars, carbohydrates, etc.) from metabolizing into fat, it is very important to get enough rest at night so that your body doesn't spend the time awake trying to recover from fatigue by taking excessive fuel.

*Disclaimer: You should always consult a physician before beginning any fitness program. This ministry will assume no responsibility for any injuries or health issues. The writers only present you with information, but are not and do not claim to be licensed physicians or personal trainers.*

## Connect With Us

These are the current events, prayers, and news updates of the ministry.

- Keep this ministry and the entire body of Christ in prayers, as whosoever shall stand for the righteousness of God/YHWH will face ever-increasing hardship and persecution in the name of universal tolerance. There is a shift moving to silence the body to prevent offense (for declaring sin according to the Word) without regard for offense to those of the faith. Be strong in the LORD!
- Do you need a prophetic word for your life? If so, contact the ministry at [prophecy@ugfe.org](mailto:prophecy@ugfe.org)! It sometimes helps to seek a prophet to help evaluate and establish your path so that you may obtain your reward. – Matt. 10:41-42.
- Make sure to regularly check our website for new audio and video messages, as well as written teaching material.
- To book Rev. Kelvin N. Broadus as a speaker for your ministry event, check us out on our website at the "Invite Us" page, or email us at [evangelism@ugfe.org](mailto:evangelism@ugfe.org). We will make every attempt to accept as many requests as possible. You may also inquire about our new live webcast events, for those distance events that are out of reach.
- Join our mailing list by writing to us, or emailing us at [church@ugfe.org](mailto:church@ugfe.org), to receive regular updates via letter or email, including newsletters, special product offerings, notice of local events, etc. See our mailing address below:

### Mailing Address

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## Ministry Support

We welcome you to join us in the work of the ministry as members and partners, helping us to carry out the vision of empowering God's people. If you are led to sow into this ministry, you may donate online at the website or by check or money order at the address above. (All checks and money orders should be made out to: UGFE Ministries). Donations go towards our various outreach programs and products to help build up the body of Christ, and you can rest in faith on the scriptures that if you sow bountifully, you will reap bountifully and if you give, it shall be given unto you, pressed down, shaken together, and running over.

If you have been blessed, be sure to tell others, and remember:

***"Whatever you're going through, good or bad, God always has something better!"***