



# WOC INTERNATIONAL PREPARING THE REMNANT

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SELF  
CARE  
ISN'T  
SELFISH

## ARE YOU TAKING CARE OF YOURSELF?

BY LORA WALKER

Undoubtedly, the year 2020 has been an enormous wake up call. Life before COVID-19 was drastically different from what we are experiencing today. While some crave “normalcy,” others ask themselves, “Do I really want to return back to normal?” In the hands of the sanctifying Holy Spirit, this tense and tumultuous time provides an unparalleled opportunity to reset, break unprofitable habits, and foster healing. More than ever, the world desperately desires whole and holy children of God to share His love, hope, and healing. Stop and consider this introspective question: what are you doing to take care of yourself?

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# ARE YOU TAKING CARE OF YOURSELF?

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*This is not a trick question as some might suspect. Caring for yourself is not selfish. When healthy, we can effectively and efficiently serve God and others with energy and enthusiasm. Unfortunately, many well-intending Christians focus on spirituality to the detriment of physicality, or physicality to the detriment of emotionality. We are triune beings consisting of spirit, soul, and body because Yahweh created us in His image. Notice what Yeshua promised in John 14:17a, “What I am leaving with you is shalom- I am giving you my shalom.” (CJB) When Yeshua promised us His shalom, He was promising us wholeness, completeness, and harmony, which is the very definition of shalom or peace.*



*To function optimally, our bodies require adequate and consistent sleep, water and proper nutrition, and regular, but varied movement. Our minds stay agile and sharp when we learn, create, and wonder. healthy emotions enable us to connect with others when we receive and give love, repent and forgive, and establish healthy boundaries while yet offering vulnerability. Our spirits live to worship Yeshua. The aforementioned is an oversimplified road to self-care. Although a one-size fits all formula to personal healing does not exist, the Holy Spirit can uniquely heal us.*

*For those who treat others better than you treat yourself, this message is calling out to you! Wake up! 1 Cor 3:16 “Don’t you know that you people are God’s temple and that God’s Spirit lives in you?” (CJB) Permit the Holy Spirit to maximize this peculiar time in our lives to spark personal healing. Taking the first step in humble obedience will ignite the pursuit of greater healing. Ultimately, personal healing will cause a blaze of passion to bring healthy, abundant, and empowered living to others. Care for yourself. Then, you can care for others.*

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## UNDERSHEPHERD'S CORNER

BY JEFFREY MAYFIELD

In this issue, I would like to discuss "fighting" as a dominant sign of the End Times a little further. This begins with understanding the main reason the End Times tend to be misunderstood by most. In general, the misunderstanding results from viewing the End Times as a 7 Year event, rather than a threefold experience. The End Times begin with the initial Birth Pains experience of indeterminate length; whose purpose is to ready the Father's adult children (Bride and guests) with the necessary holiness to unite with Yeshua at the conclusion of Jacob's Trouble. It continues with the Jacob's Trouble experience lasting 3.5 years; whose purpose is to prepare the Father's children for their final harvesting (i.e. imminent departure) as a first fruit or resurrection offering. It concludes with the Season of Fury experience lasting 3.5 Years; whose purpose is to prepare those rejecting Yeshua (in favor of the Beast) for eternal damnation as the Father's enemies.

What should we realize about this infighting as a major sign of the Birth Pains (and to a greater degree Jacob's Trouble)? It is the type of conflict that seriously endangers the health, welfare, and continued survival of society worldwide (as indicated by the Greek words (ethnos [peoples] and basileia [nations]) in Matt 24:7-8). This infighting is the actual seed of disharmony and dissension that births the civil wars between the various ethnic groups and administrations (such as political parties) during the Birth Pains. In fact, the infighting within the Birth Pains experience, is the fruit of a carnal self-seeking animosity (grounded in arrogance, prejudice and pettiness) that has been unseen in recorded human history up to now. This ubiquitous infighting is of such a magnitude; it makes the hatred the Israelites and Romans had for each other seem like a mild disagreement in comparison. "For peoples will fight each other, nations will fight each other, and there will be famines and earthquakes in various parts of the world; & all this is but the beginning of the 'birth-pains.'" CJB

Why should our particular Messianic community be concerned with this vile animosity? The arrogance, prejudice and pettiness that births it and the civil war it later spawns throughout society, will sadly creep into many of the Father's tabernacles (as it did the ancient synagogues) and the resulting discord in the church will be as destructive to believers today as it was to them in the past. We must guard ourselves against the work of the giants, foxes, passive idolatry, false narratives and pseudo-realities in our soul. Our emotional giants want us to vilify those with opposing views. Our little foxes want us to view our brethren as enemies (even though we do not wrestle against flesh and blood). Our passive idolatry wants us to elevate partisan politics to a prominent position in our religion (even though Yeshua refused to affiliate Himself with any specific group). Our false narratives want us to believe God favors our group, church or political party over someone else's. Our pseudo-reality wants us to justify rejecting biblical instruction from those we consider outside our "official" group.

What are two of our immediate responsibilities? First, we must never lose sight of the fact we can easily become like those that wickedly expose other men's sins and faults, while conveniently excusing, covering, or overlooking our own and we must avoid this animosity and the upcoming civil war it will produce. Second, we must never forget Yeshua chastised the Pharisees and Sadducees for their hypocrisy in regards to their lack of attention to these details. Let's not have Him do the same thing to us and He will, if we don't "Learn the Word; Love the Word; and Live the Word." PEACE

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