OCTOBER

Spirit Flames Global

Daily News

"Igniting Hearts, Transforming
Nations and conquering the world
for Jesus Christ"
- By Jean Major



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THE MONTH OF MEDITATION

As we enter the month of October, we focus on the theme of "Meditation." Understanding the power of meditation on God's Word can transform our lives and deepen our relationship with Him.

Understanding the Power of Meditation

- 1. The Importance of Meditation: Joshua 1:8 emphasizes the necessity of meditating on God's Word. Dr. Myles Munroe teaches that "meditation is the key to understanding and applying the truths of Scripture in our lives."
- 2. The Example of David: David often meditated on God's Word, finding strength and guidance (Psalm 1:2). Pastor Chris Oyakhilome reminds us that "meditation helps us internalize God's promises and grow in our faith."
- 3. Creating a Habit of Meditation: Make meditation a daily practice. Prophet Uebert Angel encourages believers to "set aside time each day to reflect on God's Word and allow it to shape their thoughts."
- 4. The Benefits of Meditation: Meditation leads to spiritual, emotional, and mental clarity. Sadhu Sundar Singh emphasizes that "meditating on Scripture brings peace and wisdom in life's challenges."

the truths of Scripture in our lives."



"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful"



5. Living Out What You Meditate On: Meditation should lead to action. Bishop David Oyedepo emphasizes that "the true purpose of meditation is to empower us to live according to God's Word."



DAILY CONFESSION:

I commit to meditating on God's Word daily and applying it to my life.

PRAYER:

Heavenly Father, thank You for the power of Your Word. Help me to meditate on it day and night, allowing it to transform my thoughts and actions. May my meditation lead to prosperity and success as I seek to live according to Your will. In Jesus' name, I pray. Amen.





THE STAGE OF MEDITATION

As we continue our focus on "Meditation," we explore the stages of meditation. Understanding these stages can enhance our practice and deepen our experience with God.

Understanding the Stages of Meditation

- Preparation: The initial stage involves creating an environment conducive to meditation. Dr. Myles Munroe emphasizes in his writings that "a quiet place free from distractions is essential for effective meditation."
- 2. Focus: In this stage, you must concentrate your thoughts on a specific Scripture or theme. Pastor Chris Oyakhilome teaches that "focusing your mind is crucial; it allows the Holy Spirit to reveal deeper truths."
- 3. Reflection: This stage involves pondering the meaning and application of the Scripture. Prophet Uebert Angel encourages believers to "ask questions about the text and seek answers through prayer and contemplation."
- 4. Application: After reflecting, it is essential to consider how to apply what you have learned. Sadhu Sundar Singh states that "true meditation leads to action; it should transform our thoughts into behaviours that reflect Christ."
- 5. Integration: Finally, integrate the insights gained from meditation into your daily life. Bishop David Oyedepo emphasizes that "the ultimate goal of meditation is to change our character and align it with God's will."

Psalm 19 vs 14

"May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Rodomer"





DAILY CONFESSION:

I commit to engaging in the stages of meditation to deepen my relationship with God.

PRAYER:

Heavenly Father, thank You for the stages of meditation that guide me in my spiritual journey. Help me to prepare my heart, focus my mind, reflect on Your Word, apply its truths, and integrate them into my life. May my meditation be pleasing in Your sight. In Jesus' name, I pray. Amen.



WHY MEDITATION IS SO IMPORTANT FOR YOUR MENTAL HEALTH

As we continue our exploration of "Meditation," we focus on its importance for mental health. Cultivating a healthy mindset through meditation is essential for overall well-being.

Understanding the Impact of Meditation on Mental Health

- Mental Clarity: Meditation helps clear the mind of distractions. Dr. Myles Munroe teaches that "a focused mind is a productive mind; meditation allows us to filter out noise and concentrate on what matters."
- 2. Stress Reduction: Engaging in meditation reduces stress and anxiety. Pastor Chris Oyakhilome emphasizes that "when we meditate on God's Word, it brings peace that surpasses all understanding, calming our minds."
- Emotional Resilience: Regular meditation builds emotional resilience.
 Prophet Uebert Angel encourages believers to "meditate on God's promises, which strengthen our faith and help us navigate life's challenges."
- 4. Improved Focus: Meditation enhances our ability to concentrate. Sadhu Sundar Singh notes that "by training our minds through meditation, we can become more effective in our daily tasks and responsibilities."
- Word, it brings peace that surpasses all understanding, calming our mind-

Philippians 4 vs 8

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praisessorthy—think about such things."



5. Positive Mindset: Meditation fosters a positive perspective on life. Bishop David Oyedepo states that "focusing on the goodness of God through meditation transforms our thought patterns and builds a hopeful outlook."



DAILY CONFESSION:

I commit to meditating regularly to enhance my mental health and well-being.

PRAYER:

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Heavenly Father, thank You for the gift of meditation. Help me to recognize its importance for my mental health and to engage in it regularly. May my thoughts align with Your truth, bringing peace and resilience to my mind. In Jesus' name, I pray. Amen.





MEDITATION AND IMAGINATION

As we delve deeper into "Meditation," we explore the relationship between meditation and imagination. Understanding this connection can unlock new dimensions of creativity and faith.

Understanding the Role of Imagination in Meditation

- Imagining God's Promises: Meditation allows us to visualize the promises of God. Dr. Myles Munroe teaches that "imagination is a powerful tool; when we meditate on God's Word, we can envision the realities of His promises."
- 2. Creating Mental Pictures: Pastor Chris Oyakhilome emphasizes that "creating mental images through meditation can strengthen our faith and help us see what God has in store for us."
- 3. Aligning Imagination with God's Will: Engaging our imagination must be rooted in God's Word. Prophet Uebert Angel encourages believers to "align their imaginative thoughts with Scripture, ensuring they reflect God's truth."

Ephesians 3 vs 20

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us."



- 4. Exploring Possibilities: Meditation opens our minds to new possibilities. Sadhu Sundar Singh notes that "by meditating on God's nature, we expand our imagination to believe in the miraculous."
- 5. Transforming Imagination into Reality: When we meditate on God's promises, we can bring them into existence. Bishop David Oyedepo states that "active imagination, rooted in faith, can lead to the manifestation of God's plans in our lives."



DAILY CONFESSION:

I commit to using my imagination during meditation to envision God's promises.

PRAYER:

Heavenly Father, thank You for the gift of imagination. Help me to engage my imagination during meditation, aligning it with Your Word. May my thoughts reflect Your promises and lead to the manifestation of Your will in my life. In Jesus' name, I pray. Amen.





HOW TO CREATE AND BRING THINGS INTO EXISTENCE

As we continue our exploration of "Meditation," we focus on how to create and bring things into existence through our faith and meditation.

Understanding Creation Through Meditation

- 1. The Power of Words: Words have creative power. Dr. Myles Munroe teaches that "when we meditate on God's Word and speak it forth, we activate God's creative power in our lives."
- 2. Faith in Action: Romans 4:17 illustrates how faith brings forth creation. Pastor Chris Oyakhilome emphasizes that "believing in God's promises allows us to call forth what does not exist into reality."
- 3. Visualizing the Desired Outcome: Meditation helps us visualize our goals and desires. Prophet Uebert Angel encourages believers to "imagine the desired outcome vividly, as if it has already happened."
- 4. Aligning with God's Will: Ensure that what you seek aligns with God's purpose. Sadhu Sundar Singh states that "true creation flows from a heart aligned with God's will."
- 5. Acting on Your Faith: Faith requires action. Bishop David Oyedepo emphasizes that "once we receive a revelation through meditation, we must take steps to bring it into existence."

Romans 4 vs 17

"As it is written: I have made you a father of many nations.' He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls into hims thins that were not."





DAILY CONFESSION:

I commit to using my faith and meditation to create and bring things into existence.

PRAYER:

Heavenly Father, thank You for the power of creation through faith. Help me to meditate on Your Word, speak it forth, and align my desires with Your will. May I take action to bring forth the plans You have for my life. In Jesus' name, I pray. Amen.





CONTROLLING YOUR MIND

As we delve deeper into "Meditation," we focus on the importance of controlling our minds. Understanding how to manage our thoughts is crucial for spiritual growth.

Understanding Mind Control Through Meditation

- Taking Thoughts Captive: 2 Corinthians 10:5 emphasizes the need to control our thoughts. Dr. Myles Munroe teaches that "our thoughts shape our reality; we must take them captive and align them with God's truth."
- 2. The Battle of the Mind: Pastor Chris Oyakhilome reminds us that "the mind is a battleground; we must guard it against negative and contrary thoughts."
- 3. Engaging in Positive Meditation: Meditate on God's Word to fill your mind with positive thoughts. Prophet Uebert Angel encourages believers to "focus on Scripture that builds faith and counters negativity."
- 4. Creating Mental Discipline: Meditation fosters mental discipline. Sadhu Sundar Singh states that "by regularly meditating on God's Word, we train our minds to think in alignment with God's will."
- 5. Seeking God's Strength: Trust in God's strength to help you control your thoughts. Bishop David Oyedepo emphasizes that "when we rely on the Holy Spirit, we gain the power to overcome negative thinking."

2 Corinthians 10 vs 5

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obselient to Christ"





DAILY CONFESSION:

I commit to controlling my thoughts through meditation and God's Word.

PRAYER:

Heavenly Father, thank You for the power to control my mind. Help me to take every thought captive and align it with Your truth. May I engage in positive meditation that builds my faith and strengthens my mind. In Jesus' name, I pray. Amen.





MEDITATING ON FUTURE SUCCESS

As we continue our exploration of "Meditation," we focus on the importance of meditating on future success. Visualizing our future through God's promises can empower us to pursue our goals.

Understanding Future Success Through Meditation

- God's Promises for Our Future: Jeremiah 29:11 assures us that God has a plan for our lives. Dr. Myles Munroe teaches that "meditating on God's promises regarding our future ignites hope and motivation."
- 2. The Power of Visualization: Visualizing our success is a powerful aspect of meditation. Pastor Chris Oyakhilome emphasizes that "seeing ourselves succeed in God's plan strengthens our faith and determination."
- 3. Aligning Goals with God's Will: Ensure that your vision aligns with God's purpose for your life. Prophet Uebert Angel encourages believers to "seek God's guidance when setting goals for the future."
- 4. Declaring Future Success: Speak words of affirmation over your future. Sadhu Sundar Singh states that "our declarations, rooted in faith, can shape our reality."
- 5. Taking Steps Toward Success: Meditation should lead to action. Bishop David Oyedepo emphasizes that "we must take concrete steps towards our envisioned future while trusting God for success."

Jeremiah 29 vs 11

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."





DAILY CONFESSION:

I commit to meditating on my future success and aligning my goals with God's will.

PRAYER:

Heavenly Father, thank You for the plans You have for my future. Help me to meditate on Your promises and visualize my success in alignment with Your will. May I take actionable steps and declare my future with faith. In Jesus' name, I pray. Amen.





THE REALM OF INTENSE PRAYER

As we delve deeper into "Meditation," we shift our focus to the realm of intense prayer. Understanding the dynamics of prayer can enhance our spiritual effectiveness.

James 5 vs 16

"The prayer of a righteous person is powerful and effective."

Understanding Intense Prayer Through Meditation

- The Power of Prayer: James 5:16 emphasizes the effectiveness of prayer.
 Dr. Myles Munroe teaches that "intense prayer connects us with God's power and brings about change."
- 2. The Example of Jesus: Jesus often engaged in intense prayer, especially in critical moments (Luke 22:44). Pastor Chris Oyakhilome reminds us that "intense prayer is a response to challenges and a means of seeking divine intervention"
- 3. Meditating Before Prayer: Prepare your heart through meditation before engaging in prayer. Prophet Uebert Angel encourages believers to "meditate on God's Word to align their hearts with His will."
- 4. Fasting and Prayer: Combine fasting with intense prayer for greater breakthrough. Sadhu Sundar Singh emphasizes that "fasting intensifies our prayer and opens spiritual channels."
- 5. Expecting Results: Approach prayer with expectation. Bishop David Oyedepo emphasizes that "faith-filled prayers yield powerful results when we trust in God's ability to act."





DAILY CONFESSION:

I commit to engaging in intense prayer and seeking God's power in my life.

PRAYER:

Heavenly Father, thank You for the gift of prayer. Help me to engage in intense prayer that connects me with Your power. May I prepare my heart through meditation and expect results as I seek Your intervention in my life. In Jesus' name, I pray. Amen.





MASTERING THE ART OF MEDITATION

As we continue our exploration of "Meditation," we focus on mastering the art of meditation. Understanding how to meditate effectively can deepen our spiritual journey.

Understanding the Mastery of Meditation

- Delighting in God's Word: Psalm 1:2 highlights the joy of meditation.
 Dr. Myles Munroe teaches that "mastering meditation begins with delighting in God's Word and desiring to know Him more."
- 2. Creating a Routine: Establish a regular meditation routine. Pastor Chris Oyakhilome emphasizes that "consistency is key; set aside specific times to meditate on Scripture."
- 3. Using Meditation Tools: Utilize journals, prayer guides, or meditation apps to enhance your practice. Prophet Uebert Angel encourages believers to "explore various tools that can aid in meditation."
- 4. Engaging the Senses: Incorporate your senses into meditation. Sadhu Sundar Singh notes that "using visual aids, music, or nature can enhance the meditation experience."
- 5. Evaluating Your Progress: Periodically assess your meditation practice. Bishop David Oyedepo emphasizes that "reflecting on your growth helps you understand how meditation has impacted your life."

Psalm 1 vs 2

"But whose delight is in the law of the Lord, and who meditates on his law day and night."





DAILY CONFESSION:

I commit to mastering the art of meditation and deepening my relationship with God.

PRAYER:

Heavenly Father, thank You for the gift of meditation. Help me to delight in Your Word and establish a routine that deepens my practice. May I explore tools and evaluate my progress as I seek to master the art of meditation. In Jesus' name, I pray. Amen.





HOW TO LISTEN TO GOD'S VOICE THROUGH MEDITATION

As we explore "Meditation," we focus on how to listen to God's voice. Understanding how to discern His voice can enhance our spiritual walk.

Understanding How to Listen to God's Voice

- 1. The Assurance of God's Voice: John 10:27 reassures us that we can hear God's voice. Dr. Myles Munroe teaches that "listening to God requires a heart that is tuned to His frequency."
- 2. Creating Stillness: Engage in quiet meditation to hear God's voice. Pastor Chris Oyakhilome emphasizes that "silence allows us to tune out distractions and focus on God's guidance."
- 3. Listening with Expectation: Approach meditation with the expectation "anticipate revelations during moments of stillness."
- 4. Journaling Insights: Keep a journal to record what you hear during meditation. Sadhu Sundar Singh states that "writing down revelations helps us remember and act on God's guidance."
- that God will speak. Prophet Uebert Angel encourages believers to

John 10 vs 27



5. Testing the Voice: Ensure that what you hear aligns with Scripture. Bishop David Oyedepo emphasizes that "God will never contradict His Word; discerning His voice requires knowledge of the Bible."



DAILY CONFESSION:

I commit to listening for God's voice during meditation.

PRAYER:

Heavenly Father, thank You for the promise that I can hear Your voice. Help me to create stillness in my heart and listen with expectation. May I record the insights You give me and test them against Your Word. In Jesus' name, I pray. Amen.





ENGAGING THE HOLY SPIRIT DURING **MEDITATION**

As we continue our focus on "Meditation," we explore how to engage the Holy Spirit during our practice. Understanding His role can enhance our connection with God.

Understanding Engagement with the Holy Spirit

- 1. The Holy Spirit as Our Helper: Romans 8:26 highlights the Holy Spirit's intercessory role. Dr. Myles Munroe teaches that "engaging the Holy Spirit during meditation allows us to access divine assistance."
- 2. Inviting His Presence: Begin your meditation by inviting the Holy Spirit to guide you. Pastor Chris Oyakhilome emphasizes that "acknowledging the Holy Spirit's presence opens channels for revelation."
- 3. Listening for His Guidance: Be attentive to the Holy Spirit's promptings during meditation. Prophet Uebert Angel encourages believers to "pay attention to the thoughts and impressions that arise."
- 4. Praying in the Spirit: Incorporate praying in tongues during meditation. Sadhu Sundar Singh states that "praying in the Spirit enhances our connection and allows the Holy Spirit to intercede on our behalf."

Romans 8 vs 26

"In the same way, the Shirit helbs us in our weakness, We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless organs



5. Reflecting on His Insights: After meditation, take time to reflect on what the Holy Spirit revealed. Bishop David Oyedepo emphasizes that "reflecting on insights deepens our understanding and application of God's truth."



DAILY CONFESSION:

I commit to engaging the Holy Spirit during my meditation practice.

PRAYER:

Heavenly Father, thank You for the gift of the Holy Spirit. Help me to invite His presence into my meditation and to listen for His guidance. May I pray in the Spirit and reflect on the insights He reveals to me. In Jesus' name, I pray. Amen.





WATCHMAN NEE'S REVELATION OF THE SPIRIT MAN

As we explore "Meditation," we delve into Watchman Nee's revelation of the spirit man. Understanding our spiritual identity is essential for effective meditation.

Understanding the Spirit Man

- 1. The Tripartite Nature of Humanity: 1 Thessalonians 5:23 teaches that we are spirit, soul, and body. Dr. Myles Munroe emphasizes that "understanding our tripartite nature is essential for spiritual growth and meditation"
- 2. The Spirit Man in Communion with God: Watchman Nee teaches that our spirit is designed for communion with God. Pastor Chris Oyakhilome reminds us that "the spirit man connects with God through meditation and prayer."
- 3. Strengthening the Spirit Man: Engage in meditation to strengthen your spirit. Prophet Uebert Angel encourages believers to "feed their spirit with God's Word to build a strong spiritual foundation."
- 4. The Role of the Soul: The soul comprises our mind, will, and emotions. Sadhu Sundar Singh states that "meditation helps align our soul with our spirit, bringing harmony to our being,"
- 5. Living from the Spirit: Mastering meditation allows us to live from our spirit man. Bishop David Oyedepo emphasizes that "when we operate from our spirit, we can access God's wisdom and guidance."

1 Thessalonians 5 vs 23

"May God himself, the God of peace, sandify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."





DAILY CONFESSION:

I commit to strengthening my spirit man through meditation.

PRAYER:

Heavenly Father, thank You for the revelation of the spirit man. Help me to engage in meditation that strengthens my spirit and aligns my soul with Your truth. May I live from my spirit, accessing Your wisdom and guidance. In Jesus' name, I pray. Amen.





ACHIEVING PERFECTION THROUGH MEDITATION

As we continue our journey through "Meditation," we explore how meditation can lead us toward spiritual perfection. Understanding this process is vital for our growth.

Matthew 5 vs 48

"Be perfect, therefore, as your heavenly Father is perfect."

Understanding Perfection Through Meditation

- 1. The Call to Perfection: Matthew 5:48 challenges us to pursue perfection. Dr. Myles Munroe teaches that "perfection is not about being flawless; it's about aligning our hearts with God's will."
- Meditation as a Tool for Growth: Engaging in meditation fosters spiritual growth. Pastor Chris Oyakhilome emphasizes that "through meditation, we gain insights that refine our character and draw us closer to God."
- 3. Transforming Our Thoughts: Meditation helps transform our minds. Prophet Uebert Angel encourages believers to "focus on God's Word to renew their minds and align with His perfection."
- 4. Cultivating Christ-like Character: The ultimate goal of meditation is to reflect Christ's character. Sadhu Sundar Singh states that "as we meditate on His nature, we become more like Him."



5. Striving for Excellence: Pursue excellence in all aspects of life. Bishop David Oyedepo emphasizes that "meditation prepares our hearts to achieve the perfection that God desires."



DAILY CONFESSION:

I commit to using meditation as a tool for spiritual perfection.

PRAYER:

Heavenly Father, thank You for the call to be perfect as You are perfect. Help me to engage in meditation that transforms my thoughts and cultivates Christ-like character. May I strive for excellence in all that I do. In Jesus' name, I pray. Amen.





FIXING YOUR RELATIONSHIP THROUGH MEDITATION

As we continue our exploration of "Meditation," we focus on how meditation can help fix relationships. Understanding how to apply meditation in this area can lead to healing and reconciliation.

Understanding Relationship Repair Through Meditation

- The Importance of Forgiveness: Colossians 3:13 emphasizes the need for forgiveness in relationships. Dr. Myles Munroe teaches that "meditating on God's forgiveness helps us extend grace to others."
- 2. Reflecting on the Relationship: Take time to meditate on the dynamics of your relationships. Pastor Chris Oyakhilome encourages believers to "reflect on their feelings and attitudes toward others during meditation."
- 3. Identifying Areas for Change: Use meditation to identify areas where you need to change. Prophet Uebert Angel emphasizes that "self-reflection during meditation reveals our shortcomings and areas needing improvement."
- 4. Praying for Healing: Engage in prayer during meditation for healing in relationships. Sadhu Sundar Singh states that "asking God for guidance and healing can transform our interactions with others."
- 5. Taking Action: Meditation should lead to actionable steps. Bishop David Oyedepo emphasizes that "once we receive insights during meditation, we must act on them to repair relationships."

Colossians 3 vs 13

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgare you."





DAILY CONFESSION:

I commit to using meditation to fix and heal my relationships.

PRAYER:

Heavenly Father, thank You for the power of forgiveness. Help me to meditate on Your grace and extend it to others. May my meditation reveal areas for change, leading to healed relationships as I take action. In Jesus' name, I pray. Amen.





AVOIDING WORLDLY DISTRACTIONS

As we conclude our focus on "Meditation," we explore how to avoid worldly distractions. Understanding how to maintain focus can enhance our spiritual practice.

Understanding Focus Through Meditation

- Recognizing Distractions: Hebrews 12:1 encourages us to throw off distractions. Dr. Myles Munroe teaches that "distractions can hinder our spiritual growth; we must identify and eliminate them."
- 2. Creating a Focused Environment: Establish a distraction-free space for meditation. Pastor Chris Oyakhilome emphasizes that "a quiet, dedicated space enhances our ability to focus on God."
- 3. Setting Intentions: Before meditation, set clear intentions. Prophet Uebert Angel encourages believers to "define what they wish to achieve through meditation, maintaining focus on their goals."
- 4. Engaging in Prayer: Begin meditation with prayer to seek God's strength against distractions. Sadhu Sundar Singh states that "praying for focus prepares our hearts to receive from God."

Hebrews 12 vs 1

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles."



5. Regularly Assessing Your Focus: Periodically evaluate your meditation practice. Bishop David Oyedepo emphasizes that "self-assessment helps us identify areas where distractions may have crept in."



DAILY CONFESSION:

I commit to avoiding worldly distractions and focusing on my meditation practice.

PRAYER:

Heavenly Father, thank You for the call to focus on You. Help me to recognize and remove distractions in my life. May my meditation be a time of clarity and connection with You. In Jesus' name, I pray. Amen.





HAVING LOVE

As we continue our exploration of "Meditation," we focus on the theme of "Having Love." Understanding love's significance can transform our hearts and relationships.

Understanding the Power of Love

- 1. The Nature of Love: 1 Corinthians 13:4-5 defines love in its purest form. Dr. Myles Munroe teaches that "love is the foundation of every relationship and is essential for spiritual growth."
- 2. Love as a Command: Jesus emphasized love as a commandment (John 13:34). Pastor Chris Oyakhilome reminds us that "true love manifests through our actions and attitudes toward others."
- 3. Meditation on Love: Spend time meditating on the characteristics of love. Prophet Uebert Angel encourages believers to "reflect on how they can embody patience and kindness in their interactions."
- 4. The Impact of Love on Relationships: Love fosters healthy relationships. Sadhu Sundar Singh states that "when we meditate on love, it transforms our hearts and improves our connections with others."
- 5. Practical Applications of Love: Actively express love in tangible ways. Bishop David Oyedepo emphasizes that "love is not just a feeling; it requires action and commitment."

1 Corinthians 13 vs 4-5

"Love is patient, love is kind. It does not enzy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of manuar."





DAILY CONFESSION:

I commit to embodying love in my thoughts and actions.

PRAYER:

Heavenly Father, thank You for the gift of love. Help me to meditate on its true nature and to express love in my relationships. May my love be patient and kind, reflecting Your heart in all I do. In Jesus' name, I pray. Amen.





FAITH THAT DRIVES SPIRITUAL GROWTH

As we delve into "Meditation," we focus on "Faith That Drives Spiritual Growth." Understanding how faith influences our spiritual journey is crucial for growth.

Hebrews 11 vs 1

"Now faith is confidence in what we hope for and assuran about what we do not see."

Understanding Faith and Spiritual Growth

- 1. The Definition of Faith: Hebrews 11:1 defines faith as confidence in God's promises. Dr. Myles Munroe teaches that "faith is the catalyst for spiritual growth and transformation."
- 2. The Example of Abraham: Abraham's faith led to his spiritual journey (Romans 4:20-21). Pastor Chris Oyakhilome emphasizes that "faith propels us to trust God's plans, even when we cannot see them."
- 3. Meditating on God's Promises: Use meditation to focus on God's promises. Prophet Uebert Angel encourages believers to "declare God's promises over their lives to strengthen their faith."
- 4. The Role of Community: Surrounding ourselves with believers strengthens our faith. Sadhu Sundar Singh states that "faith flourishes in a supportive community where encouragement is shared."

5. Taking Steps of Faith: Faith must lead to action. Bishop David Oyedepo emphasizes that "acting on your faith is essential for spiritual growth; it demonstrates trust in God's provision."



DAILY CONFESSION:

I commit to developing faith that drives my spiritual growth.

PRAYER:

Heavenly Father, thank You for the gift of faith. Help me to meditate on Your promises and to take steps of faith in my spiritual journey. May my faith grow stronger as I trust in Your plans for my life. In Jesus' name, I pray. Amen.





THE INNER MAN

As we explore "Meditation," we focus on understanding the "Inner Man." Recognising and nurturing our inner being is essential for spiritual health.

Understanding the Inner Man

- 1. The Inner Man Defined: Ephesians 3:16 describes the inner man as our spiritual essence. Dr. Myles Munroe teaches that "the inner man is where our true identity and strength reside."
- 2. The Example of Paul: Paul emphasized the importance of the inner man in his letters. Pastor Chris Oyakhilome reminds us that "strengthening our inner being is vital for overcoming external challenges."
- 3. Meditating on Spiritual Growth: Engage in meditation to focus on nurturing your inner man. Prophet Uebert Angel encourages believers to "reflect on areas of growth and seek the Holy Spirit's guidance."
- 4. Feeding the Inner Man: Just as our bodies need nourishment, so does our spirit. Sadhu Sundar Singh states that "meditating on God's Word feeds our inner man and promotes spiritual growth."
- 5. Living from the Inner Man: Our actions should flow from a strong inner being. Bishop David Oyedepo emphasizes that "when the inner man is strong, we can face life's challenges with confidence."

Ephesians 3 vs 16

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."





DAILY CONFESSION:

I commit to nurturing my inner man through meditation.

PRAYER:

Heavenly Father, thank You for the strength of the inner man. Help me to meditate on Your Word and feed my spirit daily. May my inner being be strengthened to face challenges with confidence and grace. In Jesus' name, I pray. Amen.





WHEN TIREDNESS BECOMES DEMONIC

As we continue our exploration of "Meditation," we focus on recognizing when tiredness becomes demonic. Understanding this can help us maintain spiritual alertness.

Understanding Tiredness and Its Spiritual Implications

- Recognizing Spiritual Weariness: Matthew 11:28 invites us to find rest in Christ. Dr. Myles Munroe teaches that "spiritual fatigue can manifest as physical tiredness, leading to vulnerability to demonic influences."
- 2. Identifying Demonic Fatigue: Distinguish between normal tiredness and spiritual fatigue. Pastor Chris Oyakhilome emphasises that "demonic fatigue often leads to discouragement and a lack of motivation."
- 3. Meditation as Rest: Engage in meditation to find rest for your soul. Prophet Uebert Angel encourages believers to "meditate on God's promises to rejuvenate their spirits."
- 4. Seeking Deliverance: If you suspect your fatigue has a spiritual origin, seek prayer and support. Sadhu Sundar Singh states that "deliverance can bring freedom from demonic influences that cause weariness."
- 5. Replenishing Your Spirit: Regular meditation can help replenish spiritual energy. Bishop David Oyedepo emphasizes that "spending time in God's presence restores our strength and vitality."

Matthew 11 vs 28

"Come to me, all you who are weary and burdened, and will sive you rest."





DAILY CONFESSION:

I commit to recognizing when tiredness becomes demonic and seeking rest in God.

PRAYER:

Heavenly Father, thank You for the promise of rest. Help me to recognize spiritual weariness and to seek Your presence for rejuvenation. May I find strength in Your Word and be delivered from demonic influences. In Jesus' name, I pray. Amen.





DEVELOPING A GREAT FUTURE

As we explore "Meditation," we focus on developing a great future. Understanding God's plans for our lives can inspire hope and purpose.

Understanding Future Development Through Meditation

- 1. God's Promises for Our Future: Jeremiah 29:11 reassures us of God's plans. Dr. Myles Munroe teaches that "meditating on God's promises gives us clarity and direction for our future."
- 2. The Example of Joseph: Joseph's dreams were a glimpse into his future (Genesis 37). Pastor Chris Oyakhilome emphasises that "God often reveals our future through visions and dreams."
- 3. Visualizing Your Future: Meditate on your desired future outcomes. Prophet Uebert Angel encourages believers to "imagine the successful future God has in store for them."
- 4. Aligning Goals with God's Will: Ensure that your aspirations align with God's purpose. Sadhu Sundar Singh states that "seeking God's guidance in goal setting leads to a fulfilling future."

- Jeremiah 29 vs 11
- "For I know the plans I have for you," declares the Lord,
 "plans to prosper you and not to harm you, plans to give
 you hope and a future."



5. Taking Steps Toward Your Future: Faith requires action. Bishop David Oyedepo emphasizes that "we must take actionable steps to develop the future God has planned for us."



DAILY CONFESSION:

I commit to developing a great future through meditation and faith.

PRAYER:

Heavenly Father, thank You for the plans You have for my future. Help me to meditate on Your promises and visualize the future You desire for me. May I align my goals with Your will and take actionable steps toward my destiny. In Jesus' name, I pray. Amen.





UNDERSTANDING MENTAL ATTACKS AND ITS DEMONIC CONNECTION

As we explore "Meditation," we focus on understanding mental attacks and their possible demonic connections. Recognising these attacks can empower us to seek deliverance.

2 Timothy 1 vs 7

"For God has not given us a spirit of fear, but of power, love, and a sound mind."

Understanding Mental Attacks

- The Nature of Mental Attacks: 2 Timothy 1:7 reassures us that fear does not come from God. Dr. Myles Munroe teaches that "mental attacks often manifest as fear, anxiety, and confusion, which can have spiritual roots."
- Identifying Sources of Attack: Recognize the signs of mental attacks. Pastor Chris Oyakhilome emphasises that "understanding the source is essential for addressing the issue effectively."
- 3. Meditation as a Tool for Clarity: Use meditation to gain clarity during mental attacks. Prophet Uebert Angel encourages believers to "meditate on God's Word to counter negative thoughts."
- 4. Seeking Deliverance: If mental attacks persist, seek spiritual deliverance. Sadhu Sundar Singh states that "prayer and support from others can break the chains of mental oppression."
- 5. Claiming God's Promises: Meditate on God's promises for peace and soundness of mind. Bishop David Oyedepo emphasizes that "declaring God's truth can counteract the effects of mental attacks."





DAILY CONFESSION:

I commit to understanding and addressing mental attacks through meditation and prayer.

PRAYER:

Heavenly Father, thank You for the promise of a sound mind. Help me to recognize mental attacks and seek Your truth for clarity and peace. May I find deliverance from any demonic influence and live in the freedom You provide. In Jesus' name, I pray. Amen.





DO NOT NORMALIZE DEMONIC ACTIVITIES OF THIS WORLD

As we continue our exploration of "Meditation," we focus on the importance of not normalizing demonic activities. Understanding this can help us maintain spiritual integrity.

Ephesians 5 vs 11

"Have nothing to do with the fruitless deeds of darkness, but rather expose them."

Understanding the Dangers of Normalizing Darkness

- The Call to Discernment: Ephesians 5:11 urges us to expose darkness.
 Dr. Myles Munroe teaches that "normalising demonic activities can lead to spiritual compromise and loss of integrity."
- Recognizing Cultural Influences: Be aware of cultural norms that promote darkness. Pastor Chris Oyakhilome emphasises that "cultural influences can desensitise us to spiritual realities."
- 3. Meditating on God's Light: Engage in meditation to focus on God's light and truth. Prophet Uebert Angel encourages believers to "fill their minds with God's Word to counteract darkness."
- 4. Speaking Out Against Darkness: Use your voice to expose and confront evil. Sadhu Sundar Singh states that "silence in the face of darkness can contribute to its normalization."

"walking in the light protects us from the influence of darkness."

can contribute to its normalization."

5. Living in the Light: Choose to live in the light of God's truth. Bishop David Oyedepo emphasizes that





DAILY CONFESSION:

I commit to exposing darkness and not normalising demonic activities.

PRAYER:

Heavenly Father, thank You for the light of Your truth. Help me to recognize and expose darkness in my life and culture. May I choose to live in Your light and stand firm against the normalization of evil. In Jesus' name, I pray. Amen.





DO NOT NORMALIZE DEMONIC ACTIVITIES OF THIS WORLD

As we explore "Meditation," we focus on practical steps to take when faced with spiritual attacks. Understanding how to respond can empower us during spiritual warfare.

Understanding Spiritual Warfare

- Recognizing the Reality of Spiritual Attacks: Ephesians 6:12 reminds us of the spiritual nature of our battles. Dr. Myles Munroe teaches that "understanding our enemy is crucial for effective spiritual warfare."
- Engaging in Prayer: Prayer is our primary weapon against spiritual attacks. Pastor Chris Oyakhilome emphasises that "fervent prayer invites God's intervention in our struggles."
- 3. Using the Word of God: Meditate on Scripture to counter spiritual attacks. Prophet Uebert Angel encourages believers to "declare God's Word in the face of adversity to assert authority over the enemy."
- 4. Seeking Support from the Community: Reach out to fellow believers for support. Sadhu Sundar Singh states that "a united front in prayer strengthens our defenses against spiritual attacks."
- 5. Trusting in God's Protection: Rely on God's promises for protection and deliverance. Bishop David Oyedepo emphasizes that "trusting in God's faithfulness assures us of victory over spiritual battles."

Ephesians 6 vs 12

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the beavenly realms."





DAILY CONFESSION:

I commit to responding to spiritual attacks with prayer and God's Word.

PRAYER:

Heavenly Father, thank You for equipping me for spiritual warfare. Help me to recognize and engage in prayer when faced with attacks. May I declare Your Word and trust in Your protection as I navigate spiritual battles. In Jesus' name, I pray. Amen.





THE IMPORTANCE OF CONSISTENCY IN MEDITATION

As we continue our exploration of "Meditation," we focus on the importance of consistency. Developing a consistent meditation practice can deepen our spiritual connection.

1 Thessalonians 5 vs 17

"Pray continually

Understanding the Need for Consistency

- The Call to Continuous Prayer: 1 Thessalonians 5:17 encourages us to pray continually. Dr. Myles Munroe teaches that "consistency in meditation strengthens our relationship with God and enriches our spiritual journey."
- The Example of Daniel: Daniel's consistent prayer life serves as a powerful example (Daniel 6:10). Pastor Chris Oyakhilome emphasises that "dedication to prayer and meditation leads to divine favor."
- 3. Building a Habit of Meditation: Create a regular schedule for meditation. Prophet Uebert Angel encourages believers to "set aside specific times to meditate and pray daily."
- 4. Overcoming Distractions: Be mindful of distractions that hinder consistency. Sadhu Sundar Singh states that "identifying and eliminating distractions is essential for maintaining a consistent meditation practice."
- 5. Tracking Progress: Keep a journal to record your meditation experiences. Bishop David Oyedepo emphasizes that "tracking progress helps reinforce the habit and reveals areas of growth."





DAILY CONFESSION:

I commit to developing consistency in my meditation practice.

PRAYER:

Heavenly Father, thank You for the gift of meditation. Help me to establish a consistent practice that deepens my relationship with You. May I overcome distractions and track my progress as I grow in my spiritual journey. In Jesus' name, I pray. Amen.





WHY THE DEVIL HATES YOU MEDITATING ON SCRIPTURE

As we explore "Meditation," we focus on why the devil opposes meditation on Scripture. Understanding this can help us remain steadfast in our practice.

John 8 vs 32

"Then you will know the truth, and the truth will set you free."

Understanding the Opposition to Meditation

- 1. The Power of Truth: John 8:32 reveals that truth brings freedom. Dr. Myles Munroe teaches that "the devil hates meditation on Scripture because it empowers believers with truth."
- 2. The Example of Jesus: Jesus used Scripture to counter the devil's temptations (Matthew 4:1-11). Pastor Chris Oyakhilome emphasises that "knowing the Word equips us to resist the enemy's schemes."
- 3. **Meditation as a Spiritual Weapon**: Engaging in meditation strengthens our spiritual defenses. Prophet Uebert Angel encourages believers to "meditate on Scripture to build spiritual resilience against attacks."
- 4. Discerning Lies: Meditation helps us discern lies from the enemy. Sadhu Sundar Singh states that "the Word of God illuminates our understanding and reveals deception."

5. Maintaining Focus: Stay committed to meditating on Scripture despite opposition. Bishop David Oyedepo emphasizes that "perseverance in meditation leads to spiritual breakthroughs."



DAILY CONFESSION:

I commit to meditating on Scripture despite opposition.

PRAYER:

Heavenly Father, thank You for the power of Your Word. Help me to meditate on Scripture consistently, recognizing the truth that sets me free. May I remain steadfast against the enemy's schemes and grow in spiritual resilience. In Jesus' name, I pray. Amen.





THE HIGHEST LEVELS OF MEDITATION AND THEIR EFFECTS

As we continue our exploration of "Meditation," we focus on the highest levels of meditation and their transformative effects. Understanding these levels can enhance our spiritual practice.

Understanding Higher Levels of Meditation

- 1. The Nature of Higher Meditation: Philippians 4:8 guides us to focus on pure and noble thoughts. Dr. Myles Munroe teaches that "higher levels of meditation elevate our thoughts and deepen our connection with God."
- 2. The Example of Contemplative Prayer: Contemplative prayer is a form of deep meditation that seeks communion with God. Pastor Chris Oyakhilome emphasises that "this level of meditation fosters intimacy with the Father."
- 3. Experiencing Transformation: Higher meditation leads to transformation in our lives. Prophet Uebert Angel encourages believers to "expect changes in character and perspective as they engage in deeper meditation."
- 4. Accessing Divine Revelation: Meditation at higher levels opens avenues for revelation. Sadhu Sundar Singh states that "meditating on God's nature reveals deeper truths and insights."
- 5. Living Out the Effects: Higher meditation should lead to practical application in our lives. Bishop David Ovedepo emphasizes that "transformation through meditation should be evident in our actions and interactions."

Philippians 4 vs 8

"Vinally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworth—think about such things."





DAILY CONFESSION:

I commit to pursuing higher levels of meditation in my spiritual journey.

PRAYER:

Heavenly Father, thank You for the opportunity to engage in deeper meditation. Help me to focus on noble and pure thoughts that elevate my spirit. May my meditation lead to transformation and divine revelation in my life. In Jesus' name, I pray. Amen.





AVOIDING SPENDING MUCH TIME ON SOCIAL MEDIA

As we explore "Meditation," we focus on the importance of avoiding excessive time on social media. Understanding the impact of social media can help us maintain spiritual focus.

1 Corinthians 15 vs 33

"Do not be misled: 'Bad company corrupts good character.""

Understanding the Dangers of Social Media

- The Influence of Social Media: 1 Corinthians 15:33 warns against negative influences. Dr. Myles Munroe teaches that "spending excessive time on social media can lead to comparison, envy, and distraction from our spiritual journey."
- 2. Recognizing Distractions: Be aware of how social media can distract from meditation and prayer. Pastor Chris Oyakhilome emphasises that "distractions can hinder spiritual growth and weaken our focus on God."
- 3. Setting Boundaries: Establish limits on social media use. Prophet Uebert Angel encourages believers to "create intentional boundaries to protect their time and focus on spiritual practices."
- 4. Focusing on Positive Content: Engage with content that uplifts and encourages your faith. Sadhu Sundar Singh states that "surrounding ourselves with positive influences can enhance our meditation and spiritual growth."
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5. Prioritizing Spiritual Practices: Make spiritual practices a priority over social media. Bishop David Oyedepo emphasizes that "our relationship with God must take precedence over worldly distractions."



DAILY CONFESSION:

I commit to managing my social media use and prioritizing my spiritual practices.

PRAYER:

Heavenly Father, thank You for the gift of technology. Help me to recognize the distractions of social media and set boundaries that protect my spiritual growth. May I prioritize my relationship with You above all else. In Jesus' name, I pray. Amen.





BECOMING UNIQUE IN YOUR GENERATION

As we continue our exploration of "Meditation," we focus on becoming unique in our generation. Understanding our identity in Christ can empower us to stand out.

Understanding Uniqueness in Christ

- Recognizing Your Identity: 1 Peter 2:9 affirms our identity in Christ.
 Dr. Myles Munroe teaches that "understanding our unique identity empowers us to fulfil our divine purpose."
- 2. Embracing Your Calling: Each believer has a unique calling. Pastor Chris Oyakhilome emphasises that "discovering and embracing our calling helps us stand out in our generation."
- 3. Meditating on Your Purpose: Spend time meditating on God's purpose for your life. Prophet Uebert Angel encourages believers to "seek revelation on their unique assignments through meditation."
- 4. Living Authentically: Embrace your uniqueness and live authentically. Sadhu Sundar Singh states that "being true to yourself allows you to reflect God's glory and light in the world."

1 Peter 2 vs 9

"But you are a chosen people, a royal priesthood, a boly mation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful lisht."



5. Impacting Your Generation: Unique individuals can impact society. Bishop David Oyedepo emphasizes that "when we embrace our uniqueness, we can influence our generation for Christ."



DAILY CONFESSION:

I commit to embracing my uniqueness and living authentically.

PRAYER:

Heavenly Father, thank You for choosing me and giving me a unique identity in Christ. Help me to meditate on my purpose and live authentically in my generation. May I impact those around me for Your glory. In Jesus' name, I pray. Amen.





YOUR HUMAN BODY IS POWERFUL AND CAPABLE

As we conclude our month of "Meditation," we focus on understanding the power and capabilities of our human bodies. Recognising the significance of our bodies in the spiritual realm is crucial for effective living.

Understanding the Power of the Body

- 1. The Body as a Temple: 1 Corinthians 6:19 reminds us that our bodies are temples. Dr. Myles Munroe teaches that "honouring our bodies is essential for spiritual effectiveness and growth."
- Recognizing Our Capabilities: Our bodies are capable of great things through the empowerment of the Holy Spirit. Pastor Chris Oyakhilome emphasises that "the Holy Spirit equips us to use our bodies for God's glory."
- 3. Meditation for Physical and Spiritual Health: Engage in meditation to foster both physical and spiritual well-being. Prophet Uebert Angel encourages believers to "recognise the connection between body, mind, and spirit in their meditation practices."
- 4. Taking Care of Your Body: Physical health impacts our spiritual effectiveness. Sadhu Sundar Singh states that "caring for our bodies is a form of stewardship that honors God."
- 5. Empowered Living: Understanding our capabilities empowers us to fulfill our purpose. Bishop David Oyedepo emphasizes that "when we recognize the power of our bodies, we can achieve great things for God's Kingdom."

1 Corinthians 6 vs 19

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own"





DAILY CONFESSION:

I commit to honoring my body and recognizing its power and capabilities.

PRAYER:

Heavenly Father, thank You for the gift of my body as a temple of the Holy Spirit. Help me to recognize its power and capabilities, and to take care of it as I fulfill Your purpose in my life. May I live empowered by Your Spirit to achieve great things. In Jesus' name, I pray. Amen.





ABOUT OUR MINSTRY



THE EAGLE IN OUR LOGO
At Spirit Flames Global, the Eagle represents our ministry's vision and prophetic insight.

At spirit Flames Global, our mission is to passionately and fearlessly advance the kingdom of God, conquering the world for Jesus Christ. With unwavering faith, we seek to ignite hearts with the transformative power of the Gospel, empowering individuals to walk in their God-given purpose, and communities to be vessels of love and compassion. Through our relentless of excellence, prayerful intercession, and unwavering commitment to truth, we are dedicated to making disciples, transforming lives, and ushering in a global revival that brings glory to the name of Jesus.

Our vision is to see a world completely transformed by the love and power of Jesus Christ. We envision nations united in worship, where every heart is set ablaze with the fire of His presence. Through strategic partnerships, impactful outreach initiatives, and dynamic discipleship programs, we aim to raise up a generation of bold, passionate believers who will fearlessly carry the message of hope, love, and salvation to every corner of the earth. We envision communities revitalized, families restored, and lives forever changed as we conquer the world for jesus Christ, one soul at a time.

• SPIRIT FLAMES GLOBAL •

« The Forerunners »

OUR VISION

We envision Spirit Flames Global as a radiant testimony to the world: a community in which signs, wonders, miracles, and healing are part of everyday culture. That the radical love and power of Christ touch lives in every corner of the Earth. That all who encounter us leave knowing Jesus is alive, active and returning. In gratitude, in love, we march forward as more than conquerors, revealing Christ, changing lives, and advancing His Kingdom until the ends of the Earth.

OUR MOTO

In gratitude and in love
We are more than conquerors
Spirit Flames Global

OUR MISSION

To live out Christ in every moment, not just on Sundays by weaving His presence into our daily lives. We walk in His power, love and healing; we move in faith because we know Jesus is alive. In relationship with Him, not merely bound by rules, we share a Christianity that is real, vibrant and transformative.

BANK DETAILS

BSB: 085-928 | Account: 50-448-4459

"The church without borders"

DISSECTING THE LOGO

THE CIRCULAR FIRE

The circular fire surrounding the eagle signifies the globe, representing the worldwide reach of God's work through the ministry.

THE EAGLE

The eagle stands as a powerful emblem of the Prophetic Ministry, symbolizing vision, strength, and divine authority.



"Spirit Flames Global" Our Ministry name

THE EAGLE - SYMBOL OF THE MINISTRY

In 2021, the Man of God received a profound vision of the ministry soaring as an eagle, rising higher in the Prophetic Arena and flowing with the move of the Spirit.