

**2021**  
Sept - Oct



**THE SHEPHERD'S FLOCK  
INTERNATIONAL CHURCH**

*raising a Holy, Healthy & Highly Successful People*

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# **FIT FOR THE MASTER'S USE** *& Balanced Living*

-Rev. Tony AKINYEMI

## **A] INTRODUCTION:**

In the month of SEPTEMBER 2021, our focus is on being **FIT FOR THE MASTER'S USE**; while our focus for the month of October 2021 will be **BALANCED LIVING**. These two areas of focus are very germane to our eventual outcome and success in life and ministry.

## **B] FIT FOR THE MASTER'S USE**

In his book, **THE WARRIOR DIET**, author Ori Hofmekler, who was a member of the Israeli Special Forces and someone who understands war, fitness, and the importance of physical condition and health, describes how Greek and Roman warriors train all day and subsist on a regimented diet in order to be strong and fit for war. Many of us would be inspired to emulate such fierce and honored warriors from the past.

If earthly soldiers understand the importance of being **FIT** for war, we who are spiritual soldiers cannot afford to be carefree about this all-important aspect of our lives (1 Timothy 4:8). Men and women who desire to be used of God must keep themselves **FIT** for the Master's use.

There is a misunderstanding among many believers today regarding **THE PERSON GOD USES**. Many believers think that the fact that they have been cleansed by the blood of the Lamb at salvation is all that is required to be mightily used of God. No sir! No ma'am! It goes far beyond that. In all of history, mighty men of God were never casual men. Yes, they were ordinary men like us, but they were not casual and carefree about life. They were intense people who pursued hard after God with the whole of their beings. Some of them even took that Nazarene vow (Numbers 6:1-3; Judges 13:5,7); others fasted for 40 days and 40 nights without eating or drinking even water (Deuteronomy 9:9; Matthew 4:1-2); yet others prayed until something broke in the realm of the spirit (1 Kings 18:42-45). Even Apostle Peter who had the privilege of going in and out with our Lord Jesus in the days of His flesh on earth, had to commit to consistent fasting and prayers in order to be able to work the works of God and flow in the supernatural (Acts 3:1; 10:9-10).

To be a mighty vessel in the Hands of God, a man or woman must **SEPARATE** and **PURGE** himself or herself and keep both spiritually and physically fit to work the works of God. Consecration and sanctification are required credentials, if you want to be mightily used of God. A life of fasting, praying, and waiting upon the Lord consistently is a must. Fellowshiping with God regularly and pleasing Him at all times must be our daily pre-occupation. If all it takes to manifest and demonstrate God's power is merely to be born again, then every believer should have been seeing miracles, signs and wonders manifesting daily in their lives. Each one of us should have raised ten dead people by now! There is a price to pay to be a vessel of power and great grace in the Hands of God (Acts 4:33). Be willing and ready to pay that price and God will flow through you like never before.

So whoever cleanses himself [from what is ignoble and unclean, who separates himself from contact with contaminating and corrupting influences] will [then himself] be a vessel set apart and useful for honorable and noble purposes, consecrated and profitable to the Master, fit and ready for any good work. 2 Timothy 2:21 (Amplified Bible, Classic Edition)

A pure metal conducts heat and electricity better. The anointing is like electricity and fire. Pure vessels are better conductors of the anointing. Impurity serves as an impedance and gives resistance to the flow. Salvation only gives us access to fellowshiping with God by helping to establish a **RELATIONSHIP** with God. However, if we fail to take advantage of the opportunity we now have to actually **FELLOWSHIP** with God and let His person and Spirit fill and saturate us, we might just merely remain on the fringes and never enter fully into the fullness of God.

If you stay away from sin you will be like one of these dishes made of purest gold—the very best in the house—so that Christ Himself can use you for his highest purposes. 2 Timothy 2:21 (The Living Bible)

# FIT FOR THE MASTER'S USE & *Balanced Living*

Apart from spiritual fitness, physical, mental and emotional fitness are also great bonuses for a vessel that is fit for the Master's use. The work of God places a lot of demand on our whole being – psychologically, emotionally, mentally, and physically. An unfit or sickly person cannot sustain the tempo of growth and explosion in ministry when it comes, neither can such a one who is bedeviled by disease and sickness keep up with the demands of ministry. This is why it's imperative for all of us to keep fit at all times by adopting a healthy diet and lifestyle. Eat nutritiously and exercise moderately but regularly. Avoid junk foods and focus more on fresh fruits, vegetable salads, healthy cooked foods and such as will support your wellness, wellbeing, fitness and longevity.

## C] BALANCED LIVING

In this ministry, we have identified FIVE fundamental areas of life that we must never fail to pay adequate attention to:

- FAITH
- FAMILY
- FITNESS
- FINANCE
- FUTURE

These are the critical factors of life around which our annual 5F CONFERENCE is built. Without FAITH, the Bible says it is impossible to please God (Hebrews 11:6a). Family and friends too are crucial for the journey of life. That's why God sets the solitary in families (Psalm 68:6; Proverbs 27:9,17). To be physically, mentally and emotionally fit is a non-negotiable requirement for life and living. A sickly person and a weakling cannot make the most out of life. Being financially intelligent, stable and buoyant is a great delight. It adds colour to life. To be poor and broke is not funny at all. It could even be dehumanizing. That's why God's Word says (3 John 2). Above all, after all is said and done in this life, we must make heaven; for what shall it profit a man if he gains the whole world and suffers the loss of his soul in eternity? (Mark 8:36). Balanced living has to do with doing well in all the FIVE AREAS listed above.

My dear friend, I know your soul is doing well. I pray that you are **DOING FINE IN EVERY WAY** and that your health is good. 3 John 2 (International Children's Bible)

I pray that you will indeed **DO FINE IN EVERY WAY** in accordance with God's wishes for you. Amen.

## D] CONCLUSION:

Make it a date with us as we celebrate another 5F Conference come October 1-3, 2021. It will be both IN-CHURCH and VIRTUAL. If you can be physically present in church, please do your utmost to be there. Please invite your friends and family to come with you as well. The three days are PUBLIC HOLIDAYS. Share the video adverts to all your phone contacts and put the e-flyer on your status. Above all, PRAY and PRAY and PRAY for an impactful 5F Conference.

Shalom & Mega Blessings.

## RECIPE FOR HEALING, HEALTH, LONGEVITY

### A] Warm, Cooked Foods Fast

By Vaughn Lawrence

(Culled from the Book, Restoring the Temple, A Practical Guide to Fasting)

#### Introduction:

There are reasons certain people can and should eat primarily cooked foods. I have switched multiple people off of raw foods who were not doing well, and on to this type of a program. Some might be surprised to hear this, considering that I am in the natural health field. Many Americans have turned to the raw food diet, which has helped thousands, but throughout the world, most cultures eat warm, cooked foods to nourish their bodies. Warm, cooked foods are easy to digest and assimilate, similar to baby food. The ideal diet would be soups, stews, broth and steamed vegetables. It is nourishing, sustaining and strengthening. If you have discomfort or challenges eating salads or raw foods, give this a try.

# RECIPE FOR HEALING, HEALTH, LONGEVITY

## Who will benefit?

This fast is for someone who is cold all the time, thin and has trouble gaining weight, has poor or weak digestion, and someone who needs nourishment and rebuilding. I recommend warm, cooked foods for those who are too weak to fast on only water, juice or raw foods. This is often temporary, and as one gets stronger, they might switch to something different or be able to go deeper into their fasting. This is also great for people in colder climates.

## Advantages:

Warm, cooked foods are great for people who are cold or weak. Many people are really concerned about losing too much weight, but they want to fast and heal. This is great for that. Warm, cooked foods are comfort foods for many people, so it can feel warm and nourishing to eat this way. For the sake of simplicity, large batches of soup or steamed vegetables can be made and eaten over the course of a few days, as desired. This is a great option for fasting in the winter or for someone living in a colder environment. In the western health world, much focus has been put on eating raw foods, and many people think raw is their only option to eat healthy. However, it is possible to heal with warming foods if done correctly. A huge advantage to this program is how it builds and strengthens the immune system. A cold body has a weak immune system. The heat will strengthen the body and the person's immune system. Warm, cooked foods are very easy to digest, and using warming herbs can make it even more effective.

## Disadvantages:

None really. It is a good transition program for someone who is wanting to improve digestion, boost their immune system and eventually add more raw foods into their diet in the future. It is not the deepest level of fasting or healing you can achieve, but this will serve many people well.

## What to eat:

A warm, cooked foods fast should focus on whole foods. It is not a free pass to eat packaged, processed junk foods, pizza, fast food, sweets and baked goods just because they're cooked. Remember, our desire for fasting should be to heal, nourish and strengthen us both physically and spiritually. Greens & Vegetables – All greens and vegetables would be a staple for this type of fast.

**Cooked greens, vegetables, roasted vegetables, steamed vegetables, soups**, etc. are all acceptable. Vegetables are nourishing, healing and strengthening. They are much easier to digest when cooked.

**Beans & Legumes:** All beans and legumes are a great source of protein, especially lentils, as they are easily handled by most people and delicious in soups. Please prepare them properly for maximum digestion.

**Whole Grains:** Choose whole grains such as rice, quinoa, oats, millet or amaranth. Use small amounts of whole grains with a meal of vegetables or in soups.

**Meats and Broth:** Meat should be mostly avoided for this fast. However, a small amount of chicken broth and/or chicken soup can be building and nourishing for a short period of time as needed. Broths have been used in healing throughout history. Heavy meat consumption should never be part of a healing diet and best minimized.

**Beverages:** Water only is best. Warm or hot water is ideal. Sip on water as desired throughout the day when thirsty. Do not force too much water. Warm water is very good for hydration and reducing inflammation. Hot teas would be acceptable as well.

**Herbs and Spices:** Herbs are crucial in a warm, cooked foods diet to bring heat and strengthen digestion. Bitter, pungent, and aromatic spices are best, such as cloves, dill, oregano, sage, ginger, black pepper, cardamom, fennel, anise, clove, coriander, cinnamon, mustard and mustard greens, nutmeg, thyme, turmeric, basil, parsley, garlic, onions, shallots or scallions, horseradish, turnips, radish, and cayenne.

## What to avoid:

Avoid all cold, raw foods and beverages. Avoid all processed foods such as fried foods, fast food, sugars and artificial sweeteners.

**Fruits:** Occasional steamed apples or pears would be ok. Fruits are very cooling and best avoided when trying to strengthen digestion and bring warmth.

**Nuts, Seeds & other Fats:** Avoid nuts, seeds and heavy nut butters for this program. We want to keep it light and easy on digestion. Use small amounts of olive oil, ghee (clarified butter) or coconut oil for cooking.

**Dairy:** All dairy is very mucus forming and congesting to the body. The only exception would be clarified butter, also known as ghee.

## Length of Fast:

A warm, cooked fast can easily be considered for an entire fall or winter season. Three months on this program can help nourish, strengthen, warm and heal the body. This would be another type of fast that would be excellent for a 40-day or other extended fast.

# RECIPE FOR HEALING, HEALTH, LONGEVITY

## Hot body or cold body?

This is absolutely the best program hands down for someone who is cold all the time. If you feel especially satisfied and nourished with warming foods, this fast is for you. A cold body often means a weak immune system. Many people struggling with cold fingers, cold toes and an overall cold body temperature need to boost their strength, immune system and the fiery furnace of digestion within them.

## Teslmonial:

Let's call him Bill. Bill came to me because he was getting ready to do an extended 40-day fast. He wanted advice. After discussing his health history, current health situation and asking a few questions, I determined that warm, cooked foods would be best. He was actually thrilled and even said, "I was afraid you would make me eat raw foods." Bill had done multiple fasts in the past and never felt great, especially on just cold juices, but often that is what people think they must do. After the 40-day fast, both Bill and his wife shared how it was the best he had ever felt on a fast, had great energy and even cleaned the entire garage. Bill went so far to say that he felt it saved his life. That might sound extreme, but when you feel like you are suffering through an extended fast, people do feel like they aren't going to make it. I have personally felt that as well. Small, personal changes during a fast can mean everything to help you succeed.

## "Food" for thought:

Consider there isn't a "one size fits all" program. Some fasting proponents promote raw foods, some advocate fruit only, others tout ketogenic or Paleo diets, while some push cooked only, and the list goes on. Why so many opinions? The answer could be complicated, but did we ever consider that poor health is our problem and that we have fallen far from God's original design? The best plan, and the best fast, is the one that works for that particular person. Don't try to lump everyone in the same category. People have different interests, health situations, family backgrounds, cultural nuances, living environments and motivation levels. We are all on individual health journeys that need an individualized approach.

## b] Raw Cream of Carrot-Sweet Potato Soup

Culled from [https://www.myhdiet.com/healthnews/rev-malkmus/nutrient-rich-spring-soup-recipes/?utm\\_source=exacttarget&utm\\_campaign=Top+News+This+Week+at+Hallelujah+Diet+-+NEW+VERSION+x+-+20200307&utm\\_medium=email&utm\\_term=&utm\\_content=](https://www.myhdiet.com/healthnews/rev-malkmus/nutrient-rich-spring-soup-recipes/?utm_source=exacttarget&utm_campaign=Top+News+This+Week+at+Hallelujah+Diet+-+NEW+VERSION+x+-+20200307&utm_medium=email&utm_term=&utm_content=)  
[Viewed on Sat Mar 7, 2020]

Sweet potato and carrot soup is rich in nutrients. Sweet potatoes make for a great source of fiber and are filled with manganese and vitamins A and C, according to Dr. Axe. This healthy form of carbohydrates has been shown to even lower blood sugar levels, help with weight loss and provide lots of antioxidants.

## Ingredients:

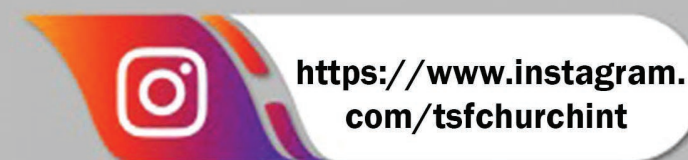
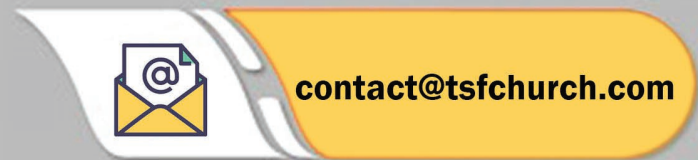
- 4 CARROTS
- 1 small ONION
- 1 home-made BULLION CUBE (No MSG): see July-August 2020 Bulletin
- 1 Small SWEET POTATO
- 3 pinches fresh NUTMEG
- 1/2 cup RICE MILK
- 3 cups of hot water

## Directions:

Chop and dice carrots, onion and potatoes before blending. Combine all ingredients in a good blender and blend until smooth. The hot water and blending will help to make this soup steamy and smooth. Serve warm and enjoy.



# TSF SOCIAL MEDIA HANDLES & WEBSITES



Register for HLI MOD1, 2, & 3: <http://raphainstitute.org/register.php>

## CONFESSION CAPSULES:

### *September 2021 :*

I am a Vessel unto Honour. I am fit and available for the, Master's use. I am furnished unto every good work. I am a clay in the hands of the Potter and he will use me for his glory. So help me God. Amen

### *October 2021:*

I walk by faith and not by sight. I and my household will serve the Lord. I will prosper even as my soul prospereth and I will be a vessel fit for the Master's use. My future is bright and I will get there. Amen

# SEPTEMBER 2021

# MANGER LESSONS

## FIT FOR THE MASTER

Jesus said to go into the whole world and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. Teaching them to observe all things whatsoever he has said unto us and that he is with us always even unto the end of the age. Matthew 28:19-20 This means that those of us who have become disciples of Jesus are to make ourselves available to disciple others. Discipleship is at the heart of the ministry of Jesus. It is the foundation for the advancement of the Kingdom into which everyone has been called. We must therefore be ready to be true disciples of Jesus Christ. And that means willing to be used by him to bring others into the Kingdom of God. God has a plan and a purpose for this world; to bring many Sons and Daughters into glory. But he needs Men and Women that he can use. Men and Women who will be fit for his use.

The Lord wants to use us. We can see this very clearly in his word. In I Corinthians 3:9 the Bible says that we are co-labourers with God. In other words God is using us to work with him. We are the agents of God on the earth to do the works of God in this age and time.

What is very clear from I Timothy 2: 21 is that the Master wants to use us for every good work that is found in him. Paul said about Mark that he was useful to him in ministry-Luke alone is with me. Get Mark and bring him with you, for he is very useful to me for ministry II Timothy 4:11. May we be useful to the Lord in Jesus Name.

We must make up our minds to be vessels unto honour. This is because according to the scriptures there is a possibility of been a vessel that may not be unto honour. That a vessel may not be fit for the master's use.

It is also important to note that we need a healthy body to be properly fit for the Master. We need a sound mind and a sound body. If we are sick and diseased we cannot be fit for the use of the Master. Sick and diseased people can only be caring about how to be healed and be healthy and not how the Master will use them.

One of the things we can do to stay free from sickness and diseases is to engage in regular exercises. Even the bible speaks about this. In I Timothy 4:8 we are told that bodily exercise profiteth little. Which means there is a gain in bodily exercise.

Even that little gain mentioned can go a long way to give a healthy body that we can now use to serve the Lord.

Here are 15 ways by which we can be a vessel fit for the Master's use.

1. Surrender Yourself to God the way a Clay is surrendered to the Potter Jeremiah 18:2-6 Isaiah 45:9, Romans 9:20
2. Cleanse Yourself I Timothy 2:21. It says those who purge themselves are those that are fit for the Master's use. The preceding verses tell us what to purge ourselves from. The verses also following verse 21 shares further insight
3. ,Let Christ live his live in you and through you Galatians 2:20, Philippians 1:21
4. We must bear fruit for the Master. John 15:2
5. Separate Yourself II Corinthians 6:14-18,
6. You must learn to denial yourself. Being used of the Lord requires sacrifice. You must continuously sacrifice so the master can use you Luke 9:23
7. Be Available, the Lord has need of you Luke 19:31
8. Be inspired by the Word. When you do, the word of God says you will be perfect and will be furnished to every good works II Timothy 3:16-17
9. You need to be empowered by the Holy Spirits Acts 1:8. Zachariah 4:6
10. Be a Praying Vessel Luke 18:1, Pray without ceasing I Thessalonians 5:17, Acts 4:22, Jude Verse 20
11. Trust in the Lord. Don't trust in your power Psalm 127:1-2, Proverbs 3:5-6
12. Engage the Help of God Psalm 121:1 II Chronicles 26:9-15
13. Seek for the will of God at all times Matthew 26:39, Luke 22:42
14. Be Humble, Be Meek. Matthew 3:15, James 4:6 I Peter 5:5 Psalm 25:9
15. Love the Master that wants to use you. If you don't love him, you can't work for him. Matthew 22:37. Deutoronmy 6:5, John 21:15

# OCTOBER 2021

# MANGER LESSONS

## BALANCED LIVING

In Proverbs chapter 11:1 we get a peep into a dimension of God that we are not familiar with. And that is that God is a just God. He is a God of equity, He is a God of balance. God wants us to have a balanced life. We don't want to be believers who do well in one area of life and don't do well in other areas because we fail to live a balanced life.

To this end, there are 5 major areas of life which we believe that we should take care to ensure we do well on all these five areas.

- 1 Faith
2. Family
3. Finance
4. Fitness
5. Future

The God we serve wants us to pay attention to all these areas of life. And in the month of October we will be paying attention to these five areas.

## FAITH

Our Faith is at the very foundation of our lives. Without it we have no life in God. The bible says that for without faith it is impossible to please God. That he that cometh to God must believe that he is. And that he is a rewarder of them that diligently seek him Hebrew 11:6. We can only believe that God is through faith.

Today we call Abraham our Father. Why? Because he was the first that would act in real faith. God told him to depart from his Father's house, his kindred, his people and go to a land that he would show him. And the Bible says and Abraham departed. And all through the scripyure his life exemplified faith. His life proved that it takes faith to walk with God. So powerful was his life of faith that God set him up as an example of same. So God says in Isaiah Look unto Abraham your Father and unto Sarah that bare thee, for I called him alone and blessed him and increased him. Isaiah 51:2

The Bible says that by it the Elders obtained a good report. We can only obtain good reports in our lives by faith. Through faith Sarah received strength to conceive. Hebrews 11:3, 11. Actually, the Chapter 11 of Hebrews is full of examples of men and women whose lives demonstrated what faith in God can do.

Faith is so important the bible says it is the only way the just can live. Habakkuk 2:4 Romans 1:17

## FAMILY

God is a family God. He instituted the first one and put them in the garden of Eden Genesis 2:15-25. God actually began the present creation because he sought to have a family. Which is what has been in his heart. He has a strong desire to have a family. To start this family, he created Man in his own image after his own likeness. Genesis 1:27-28 In Psalm 68:6 the Bible says God settles the solitary, the lonely in families. It means God wants everyone to be part of a Family.

So God looks for people who have no family and then he looks for a family and puts them there.

It is important to know that God has a plan for the family. The Family matters to God. His ultimate desire is to build one big, large family. When God was going to save the Israelites in the land of Egypt, he arranged the deliverance from Families. Every family was to Slaughter a lamb. And then the blood posted on the door post. Exodus 12.

In Ephesians 5:21-27 God further emphasizes his interest in the Family by starting, clearly, the roles of the Husbands and Wives. Colossians 3:18:22

## FINANCE

Finance is key in life. Someone once said that if you don't like money you will soon lack it. Money is important in our lives. Finance is key to carry out a major part of our purpose in life. We must be good stewards of money. We must have a full understanding of the 3Ms of money:

1. How to Make Money
2. How to Manage Money
3. How to Multiply Money.

Some of the most profound parables spoken by Jesus related to money. It has been said that out of the 39 parables spoken by Jesus, 11 were on money. He thought us that before we embark on any project we should sit down and do the budget. Luke 14:28

In TSF we believe in purity, power and prosperity. We believe that is God's will that we prosper III John 2 and believe that it is him that gives us power to get Wealth Deuteronomy 8:18

## FITNESS

As Christians we should Tthat we need a healthy body to be properly fit for the Master. We need a Sound mind and a sound body. If we are sick and diseased we cannot be fit for the use of the Master. Sick and diseased people can only be caring about how to be healed and healthy and not how the Master will use them.

One of the things we can do to stay free from sickness and diseases is to engage in regular exercise. Even the bible speaks about this. In I Timothy 4:8 we are told that bodily exercise profiteth little. Which means there is a gain in bodily exercise.

Even that little gain mentioned can go a long way to give a healthy body that we can now use to serve the Lord.

We need strength to run the race that was set before us and to finish it. II Timothy 4:7, Hebrews 12:1-3

Let's be fit and have a healthy body to run the race to win the prize. I Corinthians 9:24

## FUTURE

What shall it profit a Man if he shall gain the whole and loose his own soul. What can a Man give in exchange for his soul? Mark 8:36-37

This present life will end someday. But the humans that ever visited it will never end. If they die before this world ends, they will continue it either in hell or in heaven.

What we do on earth now is what will ultimately determine where we would spend eternity. Is important for us to be conscious of how we are living our lives now. You have a colourful futere. You will need the word of God to get there. Matthew 19:29, Mark 10:29

# Satellite Centres & Manger Addresses

S/N	Satellite Centre	Host's Address/Tel. No.	Minister-in-Charge
1	ADENIYI-JONES	Recore Limited, 10B, James Oluleye Street, Off Adeniyi-Jones Avenue, Ikeja. Host: Pstr. Olu Awogbemila: 08030624941	Pstr. Olu Awogbemila
2	ALAGBADO	No 6, Shorunke Street, Area-1 Estate, Adura Bus Stop, along Old Lagos-Abeokuta Express Way. Agbado – Lagos. Host: Min. Seun Oke: 08090287998	Min. Seun Oke
3	ALAGBOLE	12 Akinlabi Street, Off Adam's Block Bus Stop or Oyeyemi Bus Stop, opposite Chicago Hotel, Alagbole, Akute Road, Akute, Ogun State. Host: Bro. Taiwo Oyatayo: 08127725601	Min. Tosin Akiode
4	AGEGE/ OKO-OBA	Rev. Zacheaus Alaba Otusanya Housing Estate, Suco Road along old Abeokuta Express Way, Idi-Oparun Bus Stop, Agege.	
5	FAGBA	v	
6	IKEJA-1	No. 18, Sogunle Street, Off Mobolaji Bank-An- thony Way, AbuleOnigbagbo Bus Stop, Ikeja, Lagos. Host: Sis. Bukola Ayo-Ajayi: 08032300823	Pstr. Tony Bigila
7	IKEJA-2	No. 19B, Sogunle Street, Off Mobolaji Bank-Anthony Way, AbuleOnigbagbo Bus Stop, Ikeja, Lagos. Host: Sis. Precious Usman Yusuff: 08081503605	Bro. Dikko Usman Yusuff
8	IKEJA-3	The Odumade's Residence, GRA, Ikeja Host: Sis. Joke Odumade: 09096018241	Bro. Bolaji Odumade
9	IKORODU	10, Sanusi Olalekan Street, by Grammar School, Ikorodu Host: Min. Damilola Adefemi: 08038618772	Min. Femi Adewumi
10	IPAJA-MOSAN	Block D4, Rose Garden Estate, CF Street, Shagari, Mosan Bus Stop, Ipaja Host: Pstr. (Mrs.) Love Adeleke:07031888086	Pstr. Lekan Adeleke
11	ISHERI-NORTH	Plot 2, Block 3, Doregos Folarin Drive, Isheri North GRA, By OPIC Bus Stop, after Kara Bridge, Lagos. Host: Mrs. Wunmi Oginni: 08023729801	Pstr. Peter Ajakaiye
12	IYANA-IPAJA	Flat C4 ,Dorcas Estate, off Arigbanla Street, Abekoko Bus Stop, off Old Ipaja Road, Orile-Agege. Host: Dcns. Sarah Olaiya: 07059370113	Dcns. Sarah Olaiya



# Satellite Centres & Manger Addresses

S/N	Satellite Centre	Host's Address/Tel. No.	Minister-in-Charge
13	LEKKI	Square College, Alhaji Yekini Olawale Bakare street, off Dreamworld Africana Way, after Orchid Hotel, Lekki. Host: Morounke Somorin: 0817 695 0397	Min. Charles Somorin
14	MAGBORO/ IBAFO	3, Jasmine Street, Light house, Banky Peace Height Estate, Magboro, Ogun State. Host: Sis. Folake Koleoluwa: 08037017563	Min. Muyiwa Koleoluwa
15	MAGODO	3A, Idowu Adewakun Street, Magodo. Host: Pstr. (Mrs.) Dupe Ajala: 08023636116	Pstr. Alaga Remi Ajala
16	MARYLAND	No. 9, Wilson Mba Street, Arowojobe Estate Mende, Maryland. Host: Sis. Justina Bigila: 0803 200 6466	Pstr. Tony Bigila
17	MOWE	3, Cannan Avenue Zion Estate, Pakuro, Mowe, Ogun State Host: Dcns. Yinka Oludare: 08125776544	Bro. Wale Oludare
18	OGBA	Blk 163 Flt 2, Eagle Avenue, LSDPC Phase IV Medium Estate, Ogba-Ijaiye, Lagos. Host: Elder (Mrs.) Babalola: 08051884699	Elder Elizabeth Babalola
19	OGUDU/ GBAGADA	No 24 Ibrahim Onashukun Street, Ifako, Gbagada. Host: Sis. Glory Ogamba: 08034545059	Min. Ayodeji Ajayi
20	OJODU BERGER	130, Ojodu Abiodun Road, 3 Storey Building directly Opposite High Scope School/Baba Oloye Bus Stop, Ojodu Berger. Host: Bro. Ife Oginni: 08030437071	Pstr. Bimbo Oludara
21	OMOLE-1	No 34, Olumuyiwa Street, Omole Phase 1, Ojodu Host: Seun Gay-Shuaibu 08096586366	Dcns. Toun Osikoya
22	OMOLE-2	No. 8, Adebens Close, River Valley Estate, Ojodu. Host: Sis. Chioma Ayorinde: Tel. 08064600743	Bro. Tosin Ayorinde
23	OREGUN	No 2, Olayiwola Street, Oregun. Host: Elder (Mrs.) Omolara Bankole	Elder Omolara Bankole
24	OTTA	Plot 8, Cecilia Oluwasanmi Street, Dada Asala, off Obasanjo Farms, Sango Ota, Ogun State. Host: Sis. Gbemi Awolaru: 08038094812	Min. (Capt.) Daniel Tope Awolaru
25	YABA	Apt. E2, PHD Estate, Marda Barracks, Connal Rd, off Herbert-Macaulay Rd, Yaba—Lagos. Host: Dcn. Shola Awoleye: 08034415527	Dcn. Shola Awoleye

## **TSF MISSION STATEMENT**

**Raising HOLY, HEALTHY &  
HIGHLY SUCCESSFUL  
people.**

## **TSF VISION STATEMENT**

**To raise God-fearing men  
and women for Christ's kingdom  
who will radically influence  
and transform their  
world for God's glory.**

## **TSF CHURCH BANK ACCOUNTS**

<b>S/No</b>	<b>Account Title</b>	<b>Account No.</b>
<b>1</b>	<b>TSF Ikeja Main Account</b>	<b>GTB 0005032128</b>
<b>2</b>	<b>TSF Ikeja Dollar Account</b>	<b>GTB 0005032166</b>
<b>3</b>	<b>rTSF (Rev. Tony Akinyemi Scholarship Foundation)</b>	<b>GTB 0116371187</b>



# SEPTEMBER 2021:

# FIT FOR THE MASTER

– 1Tim 4:8; 2Tim 2:21

SUNDAY	MON DAY	TUES DAY	WEDNESDAY	THURS DAY	FRIDAY	SATURDAY
<b>30min Praying In Tongues Daily for 30DAYS</b>  <b>SEPT 1-30,2021</b> <b>@8:00 - 8:30PM</b> <b>DAILY ON ZOOM</b>			<b>1</b> 6:30pm - 7:00pm <b>PRAYER MEETNG &amp;</b> 7:00pm - 8:00pm <b>WISDOM FOR LIVING</b>	<b>2</b>	<b>3</b>	<b>4</b> <b>IN-CHURCH HOUR OF MERCY</b> 7AM  <b>AEROBICS</b> 9AM
PRAYING IN THE HOLYGHOST MEETING 8:00pm - 8:30pm DAILY ON ZOOM						
8:00am: Ministers PRAY 8:30am: Workers PRAY 9:00am: 3 in 1 Service - Health & Healing Service - Holy Communion - WORSHIP  Project offering  Arms Meeting <b>2pm: Bible Society Of Nigeria @TSF</b>	<b>5</b>	<b>6</b>	<b>7</b> 6:30pm - 7:00pm <b>PRAYER MEETNG &amp;</b> 7:00pm - 8:00pm <b>WISDOM FOR LIVING</b>	<b>8</b>	<b>9</b> <b>ENSIGNS VIGIL</b>	<b>10</b> <b>FASTING &amp; PRAYER 4 - 6PM (IN-CHURCH)</b> <b>-Rev. Gbenga Olowosoy</b>
PRAYING IN THE HOLYGHOST MEETING 8:00pm - 8:30pm DAILY ON ZOOM						
8:00am: Ministers PRAY 8:30am: Workers PRAY 9:00am: <b>Testimony Sunday &amp; Prayer Service</b> <b>-Rev. Gbenga Olowosoy</b> -Water Baptism - LCC MEETING	<b>12</b>	<b>13</b>	<b>14</b> 6:30pm - 7:00pm <b>PRAYER MEETNG &amp;</b> 7:00pm - 8:00pm <b>WISDOM FOR LIVING</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>18</b>
PRAYING IN THE HOLYGHOST MEETING 8:00pm - 8:30pm DAILY ON ZOOM						
8:00am: Ministers PRAY 8:30am: Workers PRAY 9:00am: CHURCH UNUSUAL	<b>19</b>	<b>20</b>	<b>21</b> 6:30pm - 7:00pm <b>PRAYER MEETNG &amp;</b> 7:00pm - 8:00pm <b>WISDOM FOR LIVING</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>25</b>
PRAYING IN THE HOLYGHOST MEETING 8:00pm - 8:30pm DAILY ON ZOOM						
8:00am: Ministers PRAY 8:30am: Workers PRAY 9:00am: Worship Service -Birthday & Wedding Anniversary Thanksgiving -RTSF Offering (50% of today's offering) <b>-TSE Graduation</b>	<b>26</b>	<b>27</b>	<b>28</b> 6:30pm - 7:00pm <b>PRAYER MEETNG &amp;</b> 7:00pm - 8:00pm <b>WISDOM FOR LIVING</b>	<b>29</b>	<b>30</b>	<b>Ensigns Trade Fair &amp; Business Networking</b>
PRAYING IN THE HOLYGHOST MEETING 8:00pm - 8:30pm DAILY ON ZOOM						

## TSF CHURCHES & ADDRESSES

1	<b>Aba</b>	93C, Okigwe Road, off Nkoro Str., opposite: De Stars Int'l Academy, Aba, Abia State.
2	<b>Abeokuta</b>	KM 9, Abeokuta-Ibadan Road, opposite: Stephen Center, Obantoko, Abeokuta, Ogun State.
3	<b>Abuja</b>	Big H Quarters, Beside Customs Quarters, Dan Suleiman Str., Utako, Abuja, FCT.
4	<b>Ajah</b>	Bankole Komolafe Close, Owode, off Ajah-Adoh Road, Ajah, Lagos.
5	<b>Akowonjo</b>	Gracious Plaza, 165 Akowonjo Road, Cele Bus Stop, Akowonjo, Lagos.
6	<b>Ikeja (HQ)</b>	18 Sogunle Close, off Mobolaji Bank-Anthony Way, behind Etiebet's Place/EKO Hospital, Ikeja, Lagos.
7	<b>Ikorodu</b>	29, Ijale Street, beside The Brainy School, off Snooze Str., Isawo Road, Ikorodu, Lagos.
8	<b>Ikotun</b>	48/50, DFFRRI Road, Church Bus-Stop, Abaranje, Ikotun, Lagos.
9	<b>Ilorin</b>	TSF Street, Near F-Division, Tanke, Ilorin, Kwara State.
10	<b>Isheri-North</b>	2, Farouk Aboaba Drive, off Channels TV Road, Isheri-North GRA Estate, Isheri, Lagos.
11	<b>Magboro</b>	Christ Nursery & Primary School, beside Miracle Avenue, Magboro, Ogun State.
12	<b>Mowe</b>	Bethel Hall, 1, Atobatele Close, off Simawa-Lotto Road, NNPC/Lotto Bus-Stop, Mowe, Ogun State.
13	<b>Ojokoro</b>	4 Fayemi Str., off Americana Crescent, Ijaiye Bus Stop, Ojokoro, Lagos.
14	<b>Oshogbo</b>	87, Old Ede-Offa Road, Prime Area, Egbedore LGA, Oshogbo, Osun State.
15	<b>United Kingdom</b>	2, Tonglet Close, Lincolnshire PE25 3PE, United Kingdom.

# OCTOBER 2021: *BALANCED LIVING*

- ECCL. 9:8-10 ; ROM 12:11

SUNDAY	MON DAY	TUES DAY	WEDNESDAY	THURS DAY	FRIDAY	SATURDAY
<b>31</b> 8:00am: Ministers PRAY 8:30am: Workers PRAY 9:00am: LOVE-SEED DAY - Wedding Anniversary & Birthday Thanksgiving -TSE Graduation					<b>1</b> Independence Day	<b>2</b>
5F CONFERENCE: 2-6pm DAILY						
<b>3</b> 8:00am: Ministers PRAY 8:30am: Workers PRAY 9:00am: <b>5F Conference Grand Finale</b> - Holy Communion -Project Offering -Arms Meeting	<b>4</b>	<b>5</b>	<b>6</b> 6:30pm - 7:00pm PRAYER MEETNG & 7:00pm - 8:00pm WISDOM FOR LIVING	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> 8:00am: Ministers PRAY 8:30am: Workers' Fresh Oil Prayers 9:00am: Worship Service -TESTI MONIES	<b>11</b>	<b>12</b>	<b>13</b> 6:30pm - 7:00pm PRAYER MEETNG & 7:00pm - 8:00pm WISDOM FOR LIVING	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> 8:00am: Ministers PRAY 8:30am: Workers' Fresh Oil Prayers 9:00am: <b>Church Unusual</b>	<b>18</b>	<b>19</b>	<b>20</b> 6:30pm - 7:00pm PRAYER MEETNG & 7:00pm - 8:00pm WISDOM FOR LIVING	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> 8:00am: Ministers PRAY 8:30am: Workers PRAY 9:00am: <b>Prophetic Praise &amp; Prayer Service</b>	<b>25</b>	<b>26</b>	<b>27</b> 6:30pm - 7:00pm PRAYER MEETNG & 7:00pm - 8:00pm WISDOM FOR LIVING	<b>28</b>	<b>29</b>	<b>30</b> Ensigns TRADE FAIR & BUSINESS NETWORKING

## HOW TO BE BORN AGAIN

- Acknowledge that you are a sinner needing salvation (Romans 3:23)
- Repent of your sins and forsake them (Luke 13:3; Proverbs 28:13)
- Receive Jesus Christ as your Saviour and Lord (John 1:12)
- Believe in your heart & confess with your mouth that Jesus is Lord (Rom. 10:8-10)
- Pray this simple prayer by faith:

Lord Jesus, I repent of my sins and open my heart today to receive you as my Saviour and Lord. Forgive me and save my soul. Make me a child of God. I thank you for answering my prayers. I believe I am born again. I am now a child of God. Amen.

Next, look for a Bible-believing church and worship God there with fellow believers in Christ. There you will be nurtured to grow in grace and in the knowledge of God. If you do not know where to go, we welcome you to join us at THE SHEPHERD'S FLOCK International Church. Your life will never remain the same again.