

Issue 1

November 2, 2025



WELLNESS MINISTRY

VOICES OF HOPE NEWS

My Body: God's Temple

Declaration: I Am the Righteousness of God through Jesus 2 Corinthians 5:21

Welcome to the first issue of My Body: God's Temple, brought to you by the Center of Hope Deliverance Ministries Wellness Ministry!

Our inspiration comes from the Apostle John's loving prayer: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 1:2). This scripture is a profound blessing and a blueprint for a balanced life. God desires our wellness in every area: spirit, soul, and body.

This newsletter is our monthly guide to honoring God with our whole selves. Join us as we explore practical ways to strengthen our faith, nourish our minds, and care for the physical body that the Holy Spirit calls home. May this journey inspire you to seek the abundant health that God has promised.

A Word of Thanksgiving & Trust Above the Noise: Our Sovereign Reason to be Thankful

This season, as we count our blessings, let our thankfulness rise above the noise of the world. Despite the challenges we see—from global conflicts to the uncertainties of governance, or even a potential government shutdown here in the USA—we have an infinitely greater and more stable reason for gratitude: **God is Sovereign**. He is bigger than every decision made by earthly leaders and every unfolding situation. Our call is to **"be faithful over a few things, and He will make us ruler over many"** (Matthew 25:21). Be thankful for where you are right now; be faithful with the little you have. It is in this place of trust and gratitude that God will stabilize your heart and elevate you for something truly greater. He remains our Center of Hope.

P s a l m s C h a p t e r 6 7

⁵ **Let the people praise thee, O God; let all the people praise thee.**

⁶ **Then shall the earth yield her increase; and God, even our own God, shall bless us.**

⁷ **God shall bless us; and all the ends of the earth shall fear him.**

Mind & Spirit Nourishment - The Gift of Rest & Mental Peace



Stress and hurriedness are often the enemy of peace. We are called to be vigilant, but we are also invited to rest. Taking intentional breaks isn't a luxury; it is a vital act of self-care and spiritual discipline that strengthens both our mind and our faith.

A healthy mind and spirit often rely on pausing and breathing simple, mindful acts that recent studies confirm can heal the body, reverse infirmities, and, most importantly, provide mental and spiritual clarity.

Practical Ways to Weave Intentional Rest Into Your Daily Routine

- The Power of the Daily Pause:** Schedule three to five short mental breaks throughout your day. Put down your phone, step away from your routine, and just **breathe**. This simple act resets your nervous system and helps you refocus.
- Move Slow at Mealtime:** Don't just eat; truly **nourish** yourself. Slow down, put the fork down between bites, and give thanks. Use this time as a moment to be present and grateful for God's provision.
- Embrace the Power Nap:** If possible, take a **20-minute nap** after work. This short period of rest can significantly increase your alertness and mood for the remainder of the evening, protecting you from mental burnout.
- Pray Before You Drive Thank God When You Arrive:** Before starting your car, give yourself a few dedicated minutes to pause. **Bless God** for your day and consciously cover yourself and your loved ones in prayer. This acts as a powerful shield against road stress and distraction. When you arrive to your destination, Praise God you made it to your destination.

Monthly Challenge

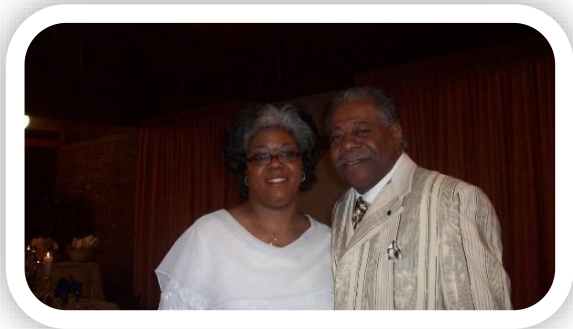


Choose one time each day to put down the phone (Do Not Disturb), no social media, and engage in an intentional rest. Watch how this simple discipline restores your mental peace, brings focus, clarity, energy, initiate natural healing and weight loss.

Follow the routines above.

Chief Apostle Dr. Robert L. Smith

A Legacy of Excellence



Chief Apostle, Robert. L. Smith and First Lady Cassandra

The Center of Hope Deliverance Ministries, Wellness Ministry, is proud and overjoyed to celebrate our esteemed leader, Chief Apostle Robert L. Smith, who will be receiving his Doctor of Philosophy in Divinity on November 30, 2025!

This Elevation is a testament to a lifetime dedicated to spiritual leadership, tireless service, and profound scholarly commitment, perfectly embodying our newsletter's focus on Mind, Body, Soul, and Spirit prosperity.

Ecclesiastical Leadership

Chief Apostle Smith is a pillar of faith and a foundational leader, ensuring the apostolic succession and spiritual guidance for countless ministries.

Founder and Pastor: Center of Hope Deliverance Ministries, Inc.

Founder and Presiding Prelate: Apostolic and Prophetic International Fellowship (A Fellowship of the Five-Fold Ministries, focused on the Apostolic Succession).

Education and Scholarly Pursuit

A leader committed to lifelong learning; the Chief Apostle's educational journey has equipped him to serve with knowledge and wisdom:

Doctor of Philosophy (Ph.D.) in Divinity
(Expected November 30, 2025)

Master of Science Degree in Social Psychology
(Cambridge University)

Bachelor of Science Degree in Counseling Psychology
(Ashwood University)



Publications

Chief Apostle Smith has captured his wisdom and experience in several significant publications that continue to bless the body of Christ:

- ◆ *How to Survive Your New Membership* (1978)
- ◆ *It Will Be Alright After the Visitation* (2004)
- ◆ *Gathering of Eagles* (2005)

Civic and Community Service

His commitment extends beyond the pulpit, demonstrating a passion for social justice and community development:

Vice President: Champaign/Urbana and Vicinity Ministerial Alliance

Former Auxiliary Chaplain: State of Illinois Department of Corrections

Board of Directors: Urban League of Champaign County

Board Member: National African American Media Broadcasters of America

Member: NAACP

Join us as we give thanks to God for His calling on Chief Apostle Smith's life and celebrate this monumental achievement! We are praying for him as he accepts this honor on November 30, 2025.

Celebrating Our November Blessings!

We want to send warm wishes and prayers to everyone celebrating a birthday this month!

We pray that the Lord grants you another year filled with health, joy, and prosperity of soul. May your mind be blessed, and may you walk in faith every day.

Happy Birthday

to

Charles Butts & Jamall Roy

"This is the day the Lord has made; we will rejoice and be glad in it."

Psalm 118:24



Body: Temple Tips for Better Health

4 Simple: High-Impact Steps to Wellness Challenge.

Great health is truly the beginning of wealth! This month, commit to these four foundational steps to immediately boost your energy, manage your weight, and strengthen your immune system as we move into the colder season.

Start with the Basics: Take a Daily Multivitamin. If you are consistently tired and know your diet is not perfect, a daily multivitamin can help fill essential nutrient gaps. This small step ensures your body has the raw materials needed for energy production and immune defense.

Move to Manage Your Health. Make time for a daily walk! Consistent movement helps you burn visceral fat, significantly decreases blood pressure, and improves appetite control. You will quickly notice a difference in your energy levels.

Cut the Enemy: Refined Sugars and Processed Foods. Refined sugars and processed foods are major drivers of inflammation and chronic fatigue. Commit to cutting these out this month. Focus instead on whole, natural foods that empower your body.



Eat Olives to Lose Weight: Olive Oil & Olive Nutrition Explored

Olive oil is one of the most popular cooking oils around the globe. It is a staple in recipes, dressings, and sauces, and is beloved for its rich flavor and texture. Beyond its culinary appeal, did you know that olive oil, along with the whole olive fruit, offers profound health benefits, especially when focusing on weight management and heart health? This heart-healthy oil and its fruit are essential parts of a balanced diet.

Here are the key nutritional facts and tips for incorporating olives and olive oil into your healthy eating plan.

The Secret of the Mediterranean Diet

Look to the Mediterranean! Olive oil is native to this region, with countries like Greece serving as prime examples of its health benefits. When researchers examine the overall health and longevity of populations where high-quality olive oil and olives are main dietary staples, the findings are consistently astounding. The message is clear: regular consumption of high-quality olives and olive oil is strongly correlated with improved health outcomes.

Good Fats: Key to Satiety and Heart Health

Contrary to old dietary myths, not all fat is bad. Olive oil is full of fat, but it's the right kind! It is loaded with monounsaturated fats (MUFAs) and polyunsaturated fats (PUFAs). These are the "good fats" that actually increase heart health and contain essential nutrients and vitamins.

When it comes to weight loss, these healthy fats are crucial:

- They promote satiety (a feeling of fullness), which helps you manage appetite and reduce overall calorie intake from other less healthy sources.
- The fats stabilize blood sugar levels, helping to prevent the spikes and crashes that often lead to cravings.

Eliminate Free Radicals with Antioxidants

Olive oil and olives are both packed with powerful antioxidants. This often-used buzzword refers to compounds that fight the natural oxidation process in the human body. Oxidation creates free radicals—unstable molecules that can damage cells, leading to deterioration and, over the long run, increased risk of chronic diseases like cancer. Foods rich in antioxidants help your body maintain a strong defense against cellular damage and premature aging.



Eat Olives to Lose Weight: Olive Oil & Olive Nutrition Explored

To maximize the benefits of olive oil and olives, use them in simple, fresh preparations. Remember, when cooking, try to choose **Extra Virgin Olive Oil (EVOO)** for cold dishes and use high-quality olive oil for cooking.

Simple Olive & Feta Salad Topping

This recipe uses whole olives and EVOO to create a flavorful, nutritious topping perfect for salads, grilled chicken, or fish.

Ingredients:

1/2 cup pitted **Kalamata olives** (or your favorite type), sliced

1/4 cup crumbled **Feta cheese**

1 tablespoon **Extra Virgin Olive Oil**

1 teaspoon fresh oregano (or 1/2 tsp dried)

A pinch of black pepper

Instructions:

Combine the sliced olives, Feta, oregano, and pepper in a small bowl.

Drizzle with the EVOO and gently toss to coat.

Spoon this mixture over your main dish or use it as a filling in a whole-wheat pita.

Quick Olive Oil Dipping Sauce

A fantastic, healthy alternative to butter or heavy dressings.

Ingredients:

1/4 cup **Extra Virgin Olive Oil (EVOO)**

1 teaspoon Balsamic Vinegar (optional)

1/2 teaspoon Italian seasoning blend

1 clove garlic, minced (optional)

A pinch of sea salt and red pepper flakes

Instructions:

Pour the EVOO into a small, shallow dish.

Stir in the remaining ingredients.

Serve with crusty whole-grain bread for dipping, or drizzle over roasted vegetables.

Declaration of Faith Calling In Healing & Provision

The principle is foundational to our faith: there is creative power in our speech. As Proverbs 18:21 declares, "Death and life are in the power of the tongue." This profound truth is reinforced in James 3:1-12, which illustrates the immense influence of our words. Created in God's image, one of our greatest resemblances to the Creator is the authority granted to our speech. Therefore, affirming, decreeing, and declaring the promises of God is not merely speaking empty words; it is an act of seizing spiritual and legal authority over the circumstances of your life. We follow the example of our Creator: He spoke, and the world came into being. When you speak the Word of God—which is "sharper than any two-edged sword" (Hebrews 4:12) and guaranteed to succeed and "not return to [Him] empty" (Isaiah 55:11)—you are creating and establishing your reality. Commit to these declarations for health and provision for the next 30 days and actively journal your outcome. As you speak, the Holy Spirit and your ministering angels will take charge, leading to divine ideas and transformation.

On the next page you will find scripture based declarations and following a Journal Template, They cover a wide spectrum of health and provision, rooted in faith and authority. They are ready to be used daily. You have to study to show thyself approved, please feel free to look up the scriptures for your own wisdom, knowledge and understand. The goal of this journal is to record shifts in your thoughts, note specific "Holy Spirit ideas" (divine guidance), and document external results or provision that align with your declarations.

A Closed Mouth Does Not Get Anything

2 Corinthians 4:13 (NIV)

Since we have the same spirit of faith according to what has been written,
"I **believed**, and so I **spoke**," we also **believe**, and so we also **speak**.

Philippians 4:8 (ESV)

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Mark 11:22-23 (ESV)

And Jesus answered them, "Have faith in God. Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him.

Romans 4:17 (ESV)

As it is written, "I have made you the father of many nations" in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Speak These Declarations Over Your Life Daily, Aligning Your Voice With the Victorious Promises of God's Word

Declarations for Health and Healing

I am whole and healed. By the stripes of Jesus, my body, mind, and spirit are restored. I reject sickness, infirmity, and fatigue, for I am the temple of the Holy Spirit.

My immune system is supernaturally empowered. My body is strong, my joints are healthy, and my vitality is renewed like the eagle's. I receive strength for my body and healing for my cells.

I walk in perfect peace and clarity. My mind is stayed on the Lord, and I receive divine wisdom to make sound choices for my health and my finances.

Declarations for Provision and Finances

God is my unlimited Source. I trust Him alone to provide for all my needs according to His riches in glory.

I am a faithful steward of my temple and my wealth. Everything I put my hand to prospers and succeeds, because I honor the Lord with my tithe and my first fruits.

I am a lender and not a borrower. I am delivered from the bondage of debt and reject the spirit of lack.

The Blessing of the Lord overtakes me. Wealth and riches are in my house because I walk in humility, obedience, and wise stewardship.

Declarations for Favor and Increase

I have favor everywhere I go. Doors of divine opportunity are opening for me, and I attract supernatural provision, promotions, and contracts in the marketplace.

I am blessed to be a blessing. I give cheerfully, and God multiplies my seed sown, ensuring I always have more than enough to share with others and fund His Kingdom.

Declaration of Faith Over Fear (Mindset)

I cast all my care upon Jesus. I refuse to worry about my health or my finances, for God cares for me. I live by faith and not by fear.



Announcements



Prayer: If you have a prayer request, you may do one of the following.

You may email your prayer request to **COHDM@outlook.com**; Scan the QR code below, complete, and submit a prayer request online.



One of our intercessors, or ministers will be assigned to pray over your prayer request.

If you like to join us on assignment to pray, You can come on Wednesday and Friday of every week. We meet for prayer at 5 AM at the church,

For a private prayer request:

One of our intercessors will be assigned to pray over your prayer request.

If you have been called to intercede, You can come on Wednesday and Friday of every week.

We meet for prayer at 5 AM at the church.

1 Thessalonians 5:16 - 18

Rejoice evermore.

Pray without ceasing.

In every thing give thanks, for this is the will of God in Christ Jesus concerning you.