Heart 2 Heart MINISTRIES

A Wellspring for Women in Ministry

OCTOBER 2026

Do You Need a Praise Break?

Have you ever needed a praise break? One of those moments when the presence of the Lord fills the room and reminds you, “The LORD will fight for you; you need only to be still” (Exodus 14:14).

God spoke those words to the children of Israel as they stood before the Red Sea. They could not make a way through it on their own. Stillness, in that moment, meant trusting God to do what they could not do. Sometimes we need that same reminder. We can pray, make wise decisions, and seek help without carrying a burden God never asked us to carry alone. Praise is one way we remember who is fighting for us.

When fear or discouragement tells us we have been forgotten, praise helps us speak what we know to be true: God is with us. We may still be waiting. We may still be weeping. But even there, we can lift our voices and trust Him.

Psalm 34:1 calls us to bless the Lord at all times. That includes the moments when we face the unknown, the days when the battle feels long, and the joyful times when we can look back and see how God brought us through.

After the children of Israel crossed the Red Sea, Miriam took a tambourine, and the women followed her with tambourines and dancing. She sang:

“Sing to the LORD, for he has triumphed gloriously;
the horse and his rider he has thrown into the sea.”
—Exodus 15:21

Miriam’s praise came *after* God made a way. At Jericho, the people’s shout came *before* the walls fell.

It’s Time for a War Cry

God told Joshua that He had given Jericho into Israel’s hands (Joshua 6:2). Then He gave the people instructions: march around the city once a day for six days, and seven times on the seventh day. They walked in silence until Joshua told them to shout. They obeyed, even while the walls were still standing.

Our war cry is not against people. It is a declaration of trust in God. We praise Him for the seas He has already brought us through, and we trust Him with the walls we face today.

Perhaps you are waiting for healing, carrying grief, or standing beside a woman facing depression, abuse, addiction, fear, or anxiety. Praise does not mean pretending the pain is gone. We can lift our voices to God while also reaching for prayer, care, treatment, and safety. He has not forgotten us, even when we cannot yet see how He will make a way.

So, take a praise break. Clap your hands if you can. Lift your voice, even if it trembles. Remember what God has done and entrust to Him what still lies ahead.

Reflection: Where do you need to pause today and remember that God is fighting for you?

Èske Ou Bezwen Yon Poz Pou Fè Lwanj?

Èske w te janm bezwen pran yon poz pou fè lwanj Bondye? Yon ti tan nan jounen ki plen bagay pou fe. Youn nan moman sa yo kote prezans Senyè a ranpli chanm nan epi li fè w sonje: “Senyè a ap goumen pou nou; nou menm, rete trankil.” (Egzòd 14:14)

Se pawòl sa yo Bondye te pale ak pitit Izrayèl yo lè yo te kanpe devan Lanmè Wouj la. Yo pat kapab jwenn yon chemen pou travèse l pou kont yo. Nan moman sa a, rete trankil te vle di fè Bondye konfyans pou Li fè sa yo menm yo pat kapab fè. Pafwa, nou menm tou, nou bezwen menm rapèl sa a. Nou kapab priye, pran desizyon ki saj, epi chèche èd san nou pa pote yon chay Bondye pa t janm mande nou pote poukont nou. Fè lwanj se youn nan fason nou sonje kiyès kap goumen pou nou.

Lè laperèz oswa dekourajman ap di nou Bondye bliye nou, lwanj ede nou deklare sa nou konnen ki vre: Bondye avèk nou. Nou ka toujou ap tann. Nou ka toujou ap kriye. Men menm nan moman sa yo, nou kapab leve vwa nou, fè lwanj, epi mete konfyans nou nan Li.

Sòm 34:1 rele nou pou nou beni Senyè a tout tan. Sa gen ladan moman kote nou pa konnen sa k ap rive, jou kote batay la sanble ap dire lontan, ansanm ak moman lajwa kote nou kapab gade dèyè epi wè kijan Bondye te fè nou soti ladan l.

Apre pitit Izrayèl yo te fin travèse Lanmè Wouj la, Miryam te pran yon tanbouren, epi medam yo te swiv li ak tanbouren yo, yo tap danse. Li te chante:

“Chante pou Senyè a, paske Li ranpòte yon viktwa ki gen anpil glwa;
Li jete chwal la ak kavalye a nan lanmè a.”
— Egzòd 15:21

Lwanj Miryam nan te vini apre Bondye te fin fè yon chemen. Men nan Jeriko, rèl pèp la te vini avan miray yo te tonbe.

Li Lè Pou Nou Rele tankou nou nan Lagè

Bondye te di Jozye Li te deja bay Jeriko nan men pèp Izrayèl la (Jozye 6:2). Apre sa, Li te bay pèp la enstriksyon: yo te dwe mache toutotou vil la yon fwa pa jou pandan sis jou, epi sèt fwa nan setyèm jou a. Yo te mache an silans jouk Jozye te di yo rele byen fò. Yo te obeyi, menm pandan miray yo te toujou kanpe.

Rèl lagè nou an se pa yon rel kont moun. Se yon deklarasyon ki montre nou fè Bondye konfyans. Nou fè lwanj Li pou lanmè Li deja fè nou travèse, epi nou mete konfyans nou nan Li pou miray nou ap fè fas avèk yo jodi a.

Petèt w ap tann gerizon. Petèt w ap pote lapenn. Oswa petèt w ap kanpe bò kote yon fanm k ap fè fas ak depresyon, abi, depandans, laperèz oswa enkyetid. Fè lwanj pa vle di pretann doulè a disparèt. Nou kapab leve vwa nou pou Bondye pandan n ap chèche lapriyè, swen, tretman ak sekirite tou. Li pa bliye nou, menm lè nou poko kapab wè kijan Li pral fè yon chemen pou nou.

Se konsa, **pran yon poz pou fè lwanj pou Bondye.** Bat bravo siw kapab. Leve vwa w, menm si vwa w ap tranble. Sonje sa Bondye deja fè pou ou, epi mete nan men Li tout sa ou poko oue ki fet deja.

Refleksyon: Ki kote nan lavi \ou ou bezwen fè yon poz jodi a epi sonje ke se Bondye k ap goumen pou ou?

MY FAVORITE PRAISE BREAK SCRIPTURES

Psalm 27

"1 The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?
2 When evildoers assail me to eat up my flesh,
my adversaries and foes, it is they who stumble and fall.
3 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.
4 One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple.
5 For he will hide me in his shelter in the
day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.
6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.
7 Hear, O Lord, when I cry aloud; be gracious to me and answer me!
8 You have said, "Seek my face." My heart says to you, "Your face, Lord, do I seek."
9 Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!
10 For my father and my mother have forsaken me, but the Lord will take me in.
11 Teach me your way, O Lord, and lead me on a level path because of my enemies.
12 Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.
13 I believe that I shall look upon the goodness of the Lord in the land of the living!
14 Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"

VÈSÈ BIB MWEN PI RENMEN POU YON POZ LWANJ

Sòm 27

"1 Senyè a se limyè mwen ak delivrans mwen; kilès mwen ta pè? Senyè a se fòs ki pwoteje lavi mwen; kilès mwen ta gen krentif pou li?
2 Lè mechan yo vin atake m pou detwi m, se advèsè ak ènmi mwen yo ki pral bite epi tonbe.
3 Menm si yon lame ta kanpe kont mwen, kè mwen pap pè. Menm si lagè ta leve kont mwen, mwen ap toujou gen konfyans.
4 Gen yon sèl bagay mwen mande Senyè a, se li menm mwen chèche: pou m rete nan kay Senyè a pandan tout lavi mwen, pou m admire bote Senyè a epi chèche prezans Li nan tanp Li.
5 Paske nan jou pwoblèm nan, Li pral kache m nan abri Li; Li pral pwoteje m anba tant Li; Li pral leve m mete byen wo sou yon wòch.
6 Kounye a, tèt mwen pral leve anlè tout ènmi ki antoure m yo. Mwen pral ofri sakrifis ak rèl lajwa nan tant Li; mwen pral chante, mwen pral fè mizik pou Senyè a.
7 Tande m, Senyè, lè m rele byen fò! Fè gras pou mwen epi reponn mwen!
8 Ou di m: "Chèche figi mwen." Kè mwen reponn Ou: "Senyè, se figi Ou mwen vle chèche."
9 Pa kache figi Ou pou mwen. Pa vire do bay sèvitè Ou avèk kòlè. Ou menm ki te toujou ede m, pa voye m ale. Pa abandonem, Bondye delivrans mwen!
10 Menm si papa m ak manman m ta abandone m, Senyè a ap toujou resevwa m.
11 Montre m chemen Ou, Senyè, epi mennen m sou yon chemen ki dwat, paske mwen gen ènmi k ap leve kont mwen.
12 Pa lage m nan men advèsè mwen yo, paske gen fo temwen ki leve kont mwen, epi yo pale ak vyolans.
13 Mwen kwè mwen pral wè bonte Senyè a nan peyi moun vivan yo!
14 Tann Senyè a. Pran kouraj! Fè kè ou fèm. Wi, tann Senyè a!"

Remember what God has done and entrust to Him what still lies ahead.

MY FAVORITE PRAISE BREAK SCRIPTURES

Psalm 34:1-8

"1 I will bless the Lord at all times: his praise shall continually be in my mouth.
2 My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad.
3 O magnify the Lord with me, and let us exalt his name together.
4 I sought the Lord, and he heard me, and delivered me from all my fears.
5 They looked unto him, and were lightened: and their faces were not ashamed.
6 This poor man cried, and the Lord heard him, and saved him out of all his troubles.
7 The angel of the Lord encampeth round about them that fear him, and delivereth them.
8 O taste and see that the Lord is good: blessed is the man that trusteth in him."

Psalm 121

"1 I lift up my eyes to the hills. From where does my help come?
2 My help comes from the Lord, who made heaven and earth.
3 He will not let your foot be moved; he who keeps you will not slumber.
4 Behold, he who keeps Israel will neither slumber nor sleep.
5 The Lord is your keeper; the Lord is your shade on your right hand.
6 The sun shall not strike you by day, nor the moon by night.
7 The Lord will keep you from all evil; he will keep your life.
8 The Lord will keep your going out and your coming in from this time forth and forevermore.

VÈSÈ BIB MWEN PI RENMEN POU YON POZ LWANJ

Sòm 34:1-8

"1 M ap beni Senyè a tout tan; lwanj pou Li ap toujou nan bouch mwen.
2 Nanm mwen ap fè grandizè nan Senyè a; moun ki enb yo ap tande sa epi y ap kontan.
3 Vini, annou fè Senyè a vin pi gran ansanm avè m; annou leve non Li ansanm!
4 Mwen te chèche Senyè a, Li te tandem, epi Li delivrem anba tout laperèz mwen yo.
5 Moun ki gade nan direksyon Li yo vin klere; figi yo pap janm wont.
6 Moun sa a te pòv e li te rele; Senyè a te tande l, epi Li sove l anba tout pwoblèm li yo.
7 Zanj Senyè a ap fè kan toutotou moun ki gen krentif pou Li, epi Li delivre yo.
8 Goute epi wè jan Senyè a bon! Benediksyon pou moun ki mete konfyans yo nan Li."

Sòm 121

"1 Mwen leve je m gade mòn yo.
Ki kote sekou mwen ap soti?
2 Sekou mwen soti nan men Senyè a,
Li menm ki fè syèl la ak tè a.
3 Li pap kite pye ou glise; Li menm k ap pwoteje ou a pap janm dòmi.
4 Gade! Moun ki pwoteje pèp Izrayèl la pap janm dòmi ni pran dòmi.
5 Senyè a se moun k ap pwoteje ou; Senyè a se lonbraj ou sou bò dwat ou.
6 Solèy la pap frape ou lajounen, ni lalin lan pap fè ou mal lannuit.
7 Senyè a ap pwoteje ou kont tout sa ki mal; Li ap pwoteje lavi ou.
8 Senyè a ap pwoteje ou lè w ap soti ak lè w ap antre, depi kounye a jouk pou tout tan."

Sonje sa Bondye deja fè pou ou, epi mete nan men Li tout sa ou poko oue ki fet deja.

MY FAVORITE PRAISE BREAK SCRIPTURES

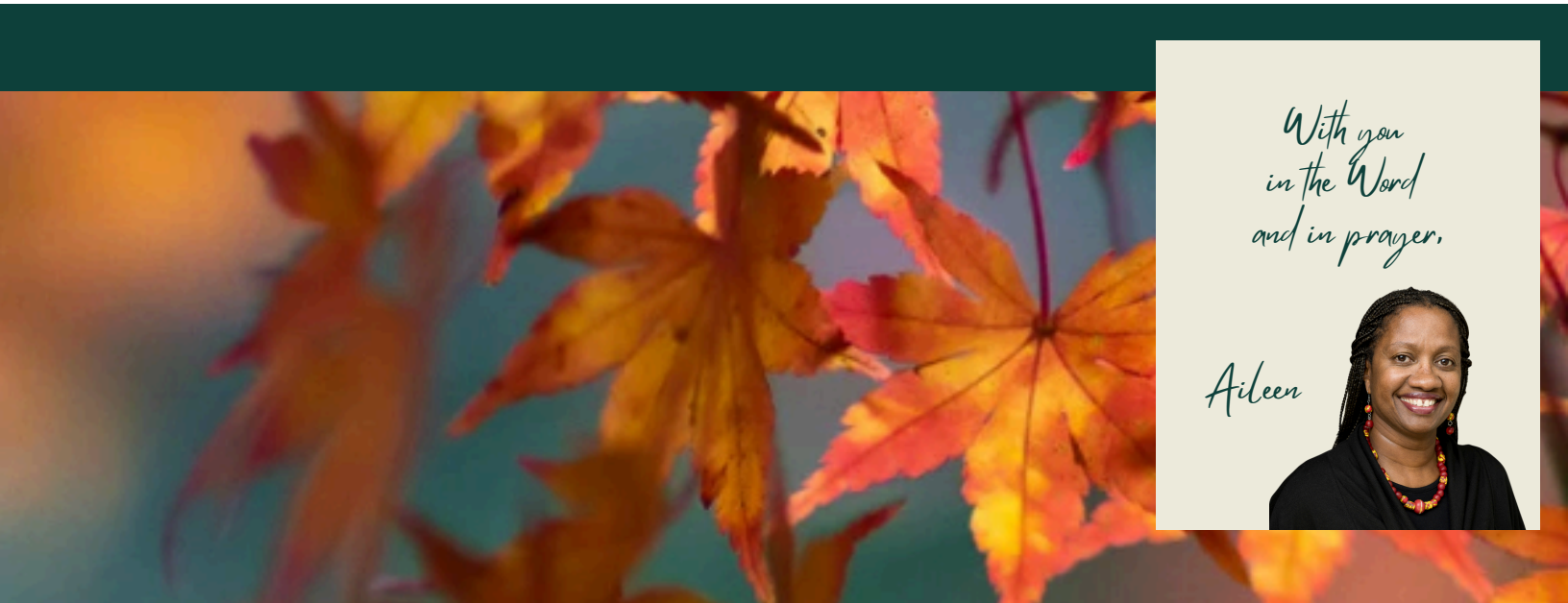
Psalm 103

“ 1 Bless the Lord, O my soul, and all that is within me, bless his holy name!
2 Bless the Lord, O my soul, and forget not all his benefits,
3 who forgives all your iniquity, who heals all your diseases,
4 who redeems your life from the pit, who crowns you with steadfast love and mercy,
5 who satisfies you with good so that your youth is renewed like the eagle's.
6 The Lord works righteousness and justice for all who are oppressed.
7 He made known his ways to Moses, his acts to the people of Israel.
8 The Lord is merciful and gracious, slow to anger and abounding in steadfast love.
9 He will not always chide, nor will he keep his anger forever.
10 He does not deal with us according to our sins, nor repay us according to our iniquities.
11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;
12 as far as the east is from the west, so far does he remove our transgressions from us.
13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him.
14 For he knows our frame; he remembers that we are dust.
15 As for man, his days are like grass; he flourishes like a flower of the field;
16 for the wind passes over it, and it is gone, and its place knows it no more.
17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,
18 to those who keep his covenant and remember to do his commandments.
19 The Lord has established his throne in the heavens, and his kingdom rules over all.
20 Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!
21 Bless the Lord, all his hosts, his ministers, who do his will!
22 Bless the Lord, all his works, in all places of his dominion.
Bless the Lord, O my soul!”

VÈSÈ BIB MWEN PI RENMEN POU YON POZ LWANJ

Sòm 103

“1 Beni Senyè a, o nanm mwen! Tout sa ki nan mwen, beni non Li ki sen an!
2 Beni Senyè a, o nanm mwen, epi pa bliye okenn nan byenfè Li yo!
3 Se Li menm ki padonnen tout peche ou yo, epi ki geri tout maladi ou yo.
4 Se Li menm ki delivre lavi ou anba twou lanmò a, ki kouwone ou ak lanmou fidèl ak mizèrikòd.
5 Se Li menm ki plen lavi ou ak bon bagay, pou fòs ou renouvle tankou fòs yon malfini.
6 Senyè a fè sa ki dwat, epi Li fè jistis pou tout moun kap sibi opresyon.
7 Li te fè Moyiz konnen chemen Li yo; Li te montre pèp Izrayèl la gwo zèv Li yo.
8 Senyè a gen mizèrikòd, Li gen gras, Li pa prese fache, epi Li chaje ak lanmou fidèl.
9 Li pap toujou reprimande nou, ni Li pap kenbe kòlè Li pou tout tan.
10 Li pa aji avèk nou selon peche nou yo, ni Li pa pini nou dapre fot nou yo.
11 Menm jan syèl la byen lwen anlè tè a, se konsa lanmou fidèl Li gran pou moun ki gen krentif pou Li.
12 Menm jan lès lwen ak lwès, se konsa Li retire peche nou yo lwen nou.
13 Menm jan yon papa gen konpasyon pou pitit li yo, se konsa Senyè a gen konpasyon pou moun ki gen krentif pou Li.
14 Paske Li konnen kijan nou fèt; Li sonje nou se pousyè.
15 Lavi moun tankou zèb; jou li yo tankou yon flè nan jaden ki fleri.
16 Van an pase sou li, epi li disparèt; plas kote li te ye a pa konnen li ankò.
17 Men lanmou fidèl Senyè a la depi tout tan pou tout tan sou moun ki gen krentif pou Li, epi jistis Li rete pou pitit pitit yo.
18 Li rete pou moun ki kenbe alyans Li epi ki sonje pou yo obeyi kòmandman Li yo.
19 Senyè a etabli twòn Li nan syèl la, epi wayòm Li ap gouvène sou tout bagay.
20 Beni Senyè a, nou menm zanj Li yo, nou menm ki gen anpil fòs, ki fè sa Li di epi ki obeyi vwa pawòl Li!
21 Beni Senyè a, tout lame Li yo, nou menm sèvitè Li yo ki fè volonte Li!
22 Beni Senyè a, tout sa Li kreye, nan tout kote Li ap gouvène. Beni Senyè a, o nanm mwen!”



CONGRATULATIONS / FELISITASYON

Congratulations Jo'nette & Mark Gailey on your appointment as Lead Pastor of the Ocoee Church of God of Prophecy.

Felisitasyon Jo'nette ak Mark Gailey pou nominasyon nou kòm Pastè Prensipal Legliz de Dieu de la Prophecy nan Ocoee

PRAYER CORNER

As you read the names below, take a moment to lift each person before the Lord. Some needs may be known to us; others may not. God knows every situation. Let's stand together in prayer for one another, trusting Him to provide strength, comfort, healing, and peace.

Jacqueline Davis (Ormond Beach)
Linnette Christian (Labelle & Pahokee)
Forbes Family (Tallahassee & Tampa)
Sylvia Foskey (New Bayview)
Tiffany Hughes (Miami – Ridgeway)
Joann Mullings (Tallahassee – Miccosukee)
Linda Mullings (Tallahassee – Westway)
Vierge Simon (Ft. Myers – Glorious COGOP)
Paula Wilson (Miami – Sure Foundation)
Rosalie Wilson (Sunrise)
Wilma Whitten (Mascotte)

KWEN LAPRIYÈ

Pandan n ap li non moun ki ekri anba yo, pran yon ti moman pou leve chak moun devan Senyè a nan lapriyè. Gen kèk moun nou konn bezwen yo; gen lòt nou ka pa konnen. Men Bondye konnen chak sitiyasyon. An nou kanpe ansanm nan lapriyè youn pou lòt, pandan n ap fè Bondye konfyans pou Li bay fòs, rekonfò, gerizon ak lapè.

Jacqueline Davis (Ormond Beach)
Linnette Christian (Labelle & Pahokee)
Forbes Family (Tallahassee & Tampa)
Sylvia Foskey (New Bayview)
Tiffany Hughes (Miami – Ridgeway)
Joann Mullings (Tallahassee – Miccosukee)
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Vierge Simon (Ft. Myers – Glorious COGOP)
Paula Wilson (Miami – Sure Foundation)
Rosalie Wilson (Sunrise)
Wilma Whitten (Mascotte)

October *Birthdays* Anivèsè nesans pou mwa *oktob*

2 Hazel Williams
5 Sylvia Bates
8 Margaret Register
11 Toni Martinez
11 Loretta Milwood
18 Nedline Germain
20 Rebecca Ross
26 Amiel Miller
27 Rosie Anderson
27 Pamela Grundy
28 Angela Dominguez
28 Joan Smith
31 Ruth Mobley

Birthday Prayer

Heavenly Father,
Today we celebrate the gift of Your servant. Thank You for her faithful heart, her commitment to Your calling, and the many lives she has touched through her ministry. As she begins another year, fill her with renewed strength, wisdom, joy, and peace.
May Your favor surround her, Your presence sustain her, and Your grace empower her for every assignment You have prepared. Bless her family, her health, her leadership, and her walk with You. Let this new year be marked by spiritual growth, divine opportunities, and abundant blessings.
May she continue to shine as a reflection of Your love and faithfulness.
In Jesus' name, Amen.

Lapriyè pou Anivèsè Nesans

Papa nou ki nan Syèl la,
Jodi a, nou selebre kado lavi sèvitè Ou yo. Mèsi pou kè yo ki fidèl, pou angajman yo genyen anvè apèl Ou, ak pou tout lavi yo touche atravè ministè yo. Pandan y ap antre nan yon lòt ane nan lavi yo, ranpli yo ak fòs ki renouvle, sajès, lajwa ak lapè.
Se pou favè Ou antoure yo, se pou prezans Ou soutni yo, epi se pou gras Ou ba yo fòs pou chak misyon ak chak travay Ou prepare pou yo. Beni fanmi yo, ba yo sante, mache avek yo pandan yap kondwi lot moun ba Ou. Se pou nouvo ane sa pote kwasans espirityèl, opòtinite ki sot nan syel, ak anpil benediksyon.
Se pou li kontinye klere tankou yon refleksyon lanmou ak fidelite Ou.
Nan non Jezi, Amèn.

"The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you."
Numbers 6:24–25 (ESV)

“Se pou Senyè a beni ou epi pwoteje ou; Se pou Senyè a fè fas Li klere sou ou, epi se pou Li fè gras pou ou.”
Nonb 6:24–25 (ESV)