

The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) First Encouragement Journal:
“Strength In a Recession: 31 Days of Reflection and Inspiration”
Edited by Mandie Gossage

“I can do ALL things through Christ who STRENGTHENS me.” –Philippians
4:13

13-Step Life Word, Living for God to M.A.N. (Meet A Need) in 2009 and Beyond:

- 1) I
- 2) CAN
- 3) DO
- 4) ALL
- 5) THINGS
- 6) THROUGH
- 7) CHRIST
- 8) WHICH
- 9) STRENGTHENS
- 10) ME
- 11) THANK
- 12) YOU
- 13) JESUS

What it means:

Walking by Faith up and down this 13-step Life Word ladder. Speaking this Word with every step I take. Having ONE GOAL ONLY, to please God, the Father of the Lord Jesus Christ, by always maintaining my Faith In God (FIG).

U-CAN!

Day 0

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Read, type, meditate upon, think about, and dwell in these foundational verses from the 2nd chapter of 1st Corinthians:

9: But as it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.

10: But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

These verses were given to you by God through Minister Carol Lewis on Wednesday, the day before Thanksgiving, in 1999. They were then and are now a PRESENT TENSE WORD for the U-Can! Man. ONLY BELIEVE.

9:45 a.m.

Hardees in Valdosta, GA, by Interstate 75

"U-Can! Man, U ain't seen NOTHING yet."

- 1: Thanksgiving weekend '99
- 2: Thanksgiving weekend '00
- 3: Thanksgiving weekend '01
- 4: Thanksgiving weekend '02
- 5: Thanksgiving weekend '03
- 6: Thanksgiving weekend '04
- 7: Thanksgiving weekend '05
- 8: Thanksgiving weekend '06
- 9: Thanksgiving weekend '07
- 10: Thanksgiving weekend '08

"U-Can! Man, U STILL ain't seen NOTHING yet."

11: Thanksgiving weekend 09

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Theme:

1: U-Can! Man, U ain't seen NOTHING yet.

2: U-Can! Man, U know by faith that there is NOTHING too hard for God.

3: U-Can! Man, U know NOTHING but JESUS CHRIST and His crucifixion.

4: U-Can! Man, be concerned about NOTHING, but in everything by prayer and supplication WITH THANKSGIVING let your request be made known unto God.

5: U-Can! Man, worry about NOTHING, but in everything GIVE THANKS, for this is the WILL of God in Christ Jesus concerning U.

Now, dive off into

1: 1st Corinthians 2. Help me, Holy Spirit.

2: Isaiah 40:9-11

3: Ezekiel 34:20-31

4: Isaiah 40:29-31

5: Luke 6:31

6: Deuteronomy 28:1-14

7: Zephaniah 3:17-20

8: Ephesians 3:20

9: Philippians 4:13

10: Acts 4:13

11: Psalm 25

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IN DECEMBER 2008, U WILL SEE GOD SHOW UP AND SHOW OUT LIKE NEVER BEFORE. GO TO CHURCH NOW, AND OVER THE NEXT 31 DAYS, 1ST CORINTHIANS 2:9-10 WILL BE MANIFESTED IN THE U-CAN! MAN'S WHOLE LIFE. WHEN I AM THAT I AM REVEALS THIS BLESSING, YOU ARE TO SAY BY FAITH IN GOD,

"U STILL ain't Seen NOTHING yet."

BECAUSE:

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10: But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

THEN FOCUS ON YOUR 71 DAY WALKING CLOSER WITH I AM THAT I AM. Help me, Holy Spirit, I pray in the name of Jesus Christ, amen.

Day 1

"Strength in a Recession: 31 Days of Reflection and Inspiration"

December 1, 2008

Day 1 of the U-Can! Man's Month of God Manifesting Himself in My WHOLE LIFE

December 2008 is also the last month of a 9-month blessing attitude given by God to me, John Wallace Isom Jr, his chosen and anointed, approved and appointed U-Can! Man.

When I turned on my car radio, the song playing on 950 AM was saying,

"You ain't seen nothing yet."

Then, the next song was "Jesus, Sweet Jesus" by Shekinah Glory Ministry:

Jesus Jesus Jesus Jesus Jesus Jesus

I can't help but worship Jesus Jesus Jesus Jesus

How I love Him, I love Him, how I love Him, Jesus Jesus Jesus
When I think of His goodness and what He has done
I got to give Him glory, Jesus Jesus Jesus Jesus Jesus
Give Him glory, John, give Him glory, hallelujah, glory
Jesus Jesus Jesus Jesus Jesus Jesus.

While this song was playing, the Holy Spirit revealed this to me:

C.L.U.B.

C-Comfort

L-Love

U-Understanding

B-Being

Like most people, John, you looked for all these things in the CLUB of human fellowship. But now you know that you can find them all in Me, Jesus, for I AM.

C-Comfort:

2nd Corinthians 1:3-4

3:Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort, who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

L- Love

John 3:16

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.

U- Understanding

Philippians 4:4-7

Rejoice in the Lord always: and again I say rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your request be made known unto God. And the peace of God, which passeth all understanding, shall keep your Hearts and Minds through Christ Jesus.

B-Being

Acts 17:28a

For in Him we live, and move, and have our being.

Then, God had me find this prayer request that I prayed to Him on August 19th, 2008, at 8:52 p.m., at Harvey's grocery store.

Lord Jesus Christ, I come here as my wife gets salads for Aunt Martha and family, ASKING You to bless me with my own real estate in 2008. Lord Jesus, I also ask you to let me praise You now. I love You, Jesus, I adore You, I magnify Your Name. Lord Jesus, I have not seen the U-Can! Man monthly newsletter, but I am convinced that it is a true blessing. I am ASKING You to

help me decide what goes into it. Lord Jesus, my main goal is to save the lost and strengthen the saved. Lord, the U-Can! Big Five are powered by God, the Creator and Maker. For this is the Lord's doing, and it is marvelous in our eyes. Thank You, Lord Jesus.

The U-Can! Man Big Five:

- 1: Website
- 2: Brochure
- 3: Newsletter
- 4: U-Can! Hour of Flour TV show
- 5: Book

Lord Jesus, I offer them to You, and I remember Psalm 78:41: "Yea, they turned back and tempted God, and limited the Holy One of Israel." Lord Jesus Christ, help me not to limit God as You, Lord God, fly the U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES).

Then I said, Jesus Christ, into Thy hands I commit these 7 things:

- 1: The U-Can! Man
- 2: The U-Can! Man LLC
- 3: Hour of Flour
- 4: Website
- 5: Brochure
- 6: Newsletter
- 7: Book

Help me, Holy Spirit, help me, Holy Spirit.

I was then led to read Psalm 20:4:

Grant thee according to thine own heart, and fulfill all thy counsel.

Today at 1:52 p.m., the owner of a local business, a member of the Chamber of Commerce, asked me a question:

"How does God speak to you?"

I said God told me how to answer that question a few weeks ago; He said I would get asked this exact question.

The answer I gave was:

"RELATIONSHIP."

He said, "WOW! That's a good answer. Can you hold on, if you are not in a rush?" I said that I could.

Then I got back in the car, and Marvin Sapp was singing, "I never would have made it without

You, Lord Jesus. I never could have made it without You.”

Then God had me read to Bro Jimmy Sherman what he had shared with me on October 24, 2008. God had Jimmy say to me, “What God has for you is for you alone, and in the next 31 days it is coming—the LUMPSUM is coming. Don’t worry or be afraid, John, it is coming!”

I went to the VA Office to go over my Disability Rating, and Ms. Joyce said I was blessed with what the VA had granted me so far. She said that I can add more to the case by end of next year, after I spend time in the doctor’s office. She said that with my high rating, one of the major benefits is that I have free VA medical for life. Whatever health issues I have or will have, I can go to VA for any and all of them. Free medical for life—thank You, Jesus! WOW!

Around 10 p.m., God had me send to President Ballard the God-revealed Each One-Reach One Project Enlist (EO-ROPE) and also CC Betty Morgan and all my family. God then had me call Ethel, TUM-ETES God-chosen Intercessory Prayer Warrior, to pray for the plan and its adoption by the Valdosta-Lowndes Chamber of Commerce. Lord, this was day one. Joy, Christian, and I danced and praised You through song before they went to bed. Praise God from Whom all blessings flow!

Day 2

"Strength in a Recession: 31 Days of Reflection and Inspiration"

I woke up at 6 a.m. with these lyrics playing over and over again in my mind: "He will work it out, I tell that He will work it out." I went and woke Joshua and Caleb, and then God immediately started speaking to me. I wrote this down in my 9-Month Blessing Attitude KJV Wide Margin Bible:

December 2, 2008, 6 a.m.

Four years from now, Barack Obama will be known as one of the greatest presidents the USA has ever had. The Valdosta Chamber of Commerce will be a force to be reckoned with GLOBALLY. These next 4 years will end our famine and draw us closer to I AM THAT I AM. John, I AM THAT I AM has set you up. I AM THAT I AM has made you and placed you in this crucial time. The past 44 years have been like this for you: 40 years of hard-knocks experience, and then 4 years of B.A.A.M:

Blessing

Above

All

Measure.

Now, the next 3 years will be tremendously challenging, but your assignment is to obey My command to you, to "TELL THE PEOPLE U-CAN!"

Over the next hour, go type 1st Kings 18:41 and then type out the note from TUM-ETES Spiritual Advisor Bishop Wade S. McCrae, "It will Rain," then OB-Only Believe. Help me Holy Spirit, help me Holy Spirit. Today, read the entire 22nd chapter of 1st Kings. And remember, I AM will be blessing you GALORE. Remember Deuteronomy 28:1-14

During these next 4 years, Only Believe God, John:

Live in the 4th Year

Talk in the 4th Year

Speak about the 4th Year

The Father, I AM THAT I AM, has told you Only Believe. After you finish typing these notes, go and type 1st Kings 18:41. You will be hearing the rain, John. Let it come down in your life.

Help me, Holy Spirit, to Only Believe.

1st Kings 18:41

And Elijah said unto Ahab, Get thee up, eat and drink: for there is a SOUND OF ABUNDANCE OF RAIN.

Bishop Wade S. McCrae

May 25, 2008

"It Will Rain Again"

We are in a drought in America. During the past year, over 600,000 people lost their jobs. People's retirement plans were ruined. However, our pain has a purpose. U-Can! make it in enemy territory. When you can't figure God out, trace God, track God, keep following Him. God, Bishop Wade S. McCrae said to write down, "There is power in waiting on God. Our faith in God keeps our eyes on God, trapped between fear and faith. The widow needed to learn a lesson about having faith in God. Life sometimes leads us through difficult paths. But I still trust and obey God. In 1st Kings 17:9, God tells Elijah to dwell in the enemy camp. Don't be self-reliant; God is calling the shots. In front of people who don't want you to make it, God can help you to make it through. God knows where you are, He has not forgotten you, John. God has something else in mind. There is power in waiting; God is getting ready to bless you."

This very day, my faith needs to be surrendered to the Word, Will, and Way of God. John, you must obey God, no matter how bad it is looking. Keep your eyes and ears open. Bishop Wade S. McCrae said, "I SMELL RAIN." God wants us to get to the place where we trust Him without questioning Him. I will make it until it RAINS again. God will keep me in my right mind until it RAINS AGAIN! IT WILL RAIN AGAIN! God will sustain me until it RAINS AGAIN! Get ready for provision; the God I serve is able and He will provide.

John, keep in mind the wages of sin is death. God will bless unlikely people that they may bless you, so be careful how you treat everyone, because you never know who God will use to bless you. You did not choose the 12 people appointed to TUM-ETES Staff; I AM THAT I AM chose them. God will even use your enemies to get you where He wants you. It is getting ready to RAIN AGAIN!

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Day 3

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Read at 6:30 a.m.

MSG Anthony Pamplin's Thought of the Day for December 3, 2008

Heavenly Father, I praise and magnify your holy name. I feel so weak and powerless. You are my rock and my fortress. Give me the strength to face whatever today brings my way, in Jesus' name! Amen.

Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. -Psalm 100:1-2

MSG Anthony Pamplin
Installation Chaplain NCOIC
5240 New Jersey Ave.
Fort Dix, NJ 08640

"In the end, it is the person you become, not the things you have achieved."

December 3, 2008

8:00 a.m.

I went to the Chamber of Commerce 101 New Members meeting, and God had me present to Chamber President Myrna Ballard Each One-Reach One Project Enlist (EO-ROPE). President Ballard read through it and immediately gave it to Evan Sand Butler, the Valdosta-Lowndes Chamber of Commerce Marketing Director, so that he could read it as well. President Ballard told me that she had instructed Evan to meet with me after the Business 101 meeting. I met with Evan, and he was excited about EO-ROPE. After asking me a few questions, he said he was going to use his skills to make EO-ROPE happen.

I then left the Chamber, telling President Ballard and her staff U-Can! And she said, "Yes we can!"

I then got in my car and was praising and thanking Jesus for what He had done. I turned on the radio and one of my favorite songs, "Fix it, Jesus," was playing. The singer said, "I am on my way home, come Jesus, fix it just like You said You would. I have to cry sometimes, but, Jesus, You fix it just like You said You would." I praised God and danced in the car as the song played.

10:20 a.m.

I went to get my hair cut, but the shop was closed. I turned on my Blackberry and read a Word from my Add-To Covenant (ATC) in partnership with Minister Anthony Pamplin:

John, God has taken you from adversity to greatness... being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus (Philippians 1:6).

Brother, you know the story. When Joseph was seventeen, he had a dream prophesying that he would someday rule over his brothers. This peek into his destiny filled him with self-confidence; he was a young man who was riding high. But the fact is, he wasn't ready to rule over his brothers yet. He needed to go through some character-shaping times. And, indeed, he did just that, spending thirteen years facing setbacks, challenges, and even prison. Although Joseph was forgotten by man during those times, he was never forgotten by God. Through adversity, God molded his character so that when Pharaoh appointed him the Prime Minister of Egypt, he was ready to fulfill his God-chosen destiny.

Think about Joseph when you go through tough times in your own life. Sometimes God breaks us and allows us to hit rock bottom so that He can shape us into the person that He is calling us to be. Maybe the adversity you went through in USAREC is God's way to toughen you, teach you, and prepare you for the great plans He has for you. Love you, my brother. Stay encouraged and remember, U-CAN!!!!

MSG Anthony Pamplin
Installation Chaplain NCOIC
5240 New Jersey Ave.
Fort Dix, NJ 08640

"In the end, it is the person you become, not the things you have achieved."

Around 12:15, I called Minister Pamplin to share with him what God had done. As we were talking, I went to check the mail and WOW! There was a check for over \$12,000! This was the LUMPSUM God had had Jimmy tell me about from his bed in intensive care room 524. He gave me this message on October 24 and then again on December 1: "What God has for you is for you alone, and in the next 31 days it is coming—the LUMPSUM is coming. Don't worry or be afraid, John, it is coming!"

WOW! I praised God and shouted for joy, because this was only day 3 of my special 31-day blessing, and already the RAIN was pouring down! I then went inside and told Karen. She exclaimed, "Thank You, Jesus!" God had blessed us with a LUMPSUM and it was all tax-free—

WOW! I then took God His tithes for the month of December, which reminded me of the \$111 sacrificial offering we'd blessed God with at Union Cathedral.

We had given the \$111 back in October when God had Bishop Wade S. McCrae ask us for a special free will offering. Elder Diana Williams had asked the church to sow a \$111 seed, based on Deuteronomy 1:11, "The Lord God of your fathers make you a THOUSAND times so many more as ye are, and bless you, as He hath promised you!" She'd just been laid off work, but she said she would sow from her last check.

As she went to the car to get her checkbook, I asked for the microphone and addressed the church, "Union Cathedral members, God has touched my heart to sow the seed of \$111. I will bring it in next week, even though I do not have it, because God can provide it. If you join me in this, you will see that 'eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.' Because now unto Him who is able to do exceedingly abundantly above all that we ask or think according to the power that worketh in us, God will do what He says."

The next week, Karen and I sowed the \$111 sacrificial offering with about 20 others. Bishop Wade S. McCrae laid hands on all of us and blessed us, asking God to give back to us abundantly. I then wrote in my Bible, "Lord, I offer You \$111 as a sacrificial offering at 1:08 p.m. on October 26, 2008. At 5 p.m., I wrote by Deuteronomy 1:11 in the same Bible, "Lord, I count the \$111 all joy."

Well, after receiving our blessing on December 3, Karen and I went and paid off her credit card, paid off J.C. Penney, paid off my Army credit card, paid off my computer from Best Buy, paid on the TV show, and paid on the book Lorraine is writing. And God had us enjoy Him, for this was RAIN and we both had a feeling that God was just getting started. On Sunday, I had told Brother Washington I did not have the \$400 for the TV ministry. I said I was \$40,000 in debt because of The U-Can! Man LLC and other items. I said I would have to pay him around mid-month, and that Bank of America and many other credit card companies would not loan me any more money. I was at the END! All I had was a Word from the Lord on May 10, 2008: "Isom, do not let money interfere with what God is telling you to do." I obeyed God, and now I was at my END! I told him all of this on November 30, around 10 p.m. I said, "Brother Washington, I desire to pay you \$800 this month to get a month ahead, but it is all in God's hands!" He agreed to let me do 3 shows on Thursday. We praised God and hung up.

NOW on Day 3 of The U-Can! Man's 31 Days Of God Showing Up and Showing Out in my WHOLE LIFE

God had STARTED to TURN IT AROUND!

After praising God, I said what God told me to say at the end of this amazing DAY! I'm looking forward to Day 4. WOW! God is good.

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Day 4

"Strength in a Recession: 31 Days of Reflection and Inspiration"

At 6 a.m., God woke me up and said, "John, do a 3-part series on ONLY BELIEVE GOD." God told me to dwell in chapter 27 of Acts. He said, "You have to Only Believe God that it shall be even as I AM THAT I AM has told you." God then told me to share the NOW-PRAY prayer and also share my 71-Day 71-Point Walking Closer With God, and also to tell the people U-Can!

I got up and departed for Tifton, GA around 8:00, looking for God in everything. I stopped and got my free cup of coffee at the BP gas station and thanked the Lord Jesus Christ. On my way to Tifton, I called The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) Iron Sharpens Iron Buddy Darryl Smith to pray with me. He and I talked about believing that over the next 31 days, God would prove Himself in our lives. I then arrived at Brother Billy Ray Washington's home and we started the three U-Can! Hour of Flour TV shows. I did all three on ONLY BELIEVE GOD. While I was doing the shows, this email came in from the Valdosta-Lowndes Chamber of Commerce:

From: Diana McAlroy, Workforce Development and Education Director

Hi John! Thank you for your interest in presenting CHOICES. I think you would be a great addition to our team of presenters and would truly enjoy the program. I would love to get together with you to train you on the program. As I said yesterday, the majority of our presentations are done in April and May, but we can definitely get you trained now so that you are ready to go. Thank you again for your enthusiasm and interest in this program! I'll look forward to hearing back from you. Let me know a few good dates and times for you and I can meet you somewhere or you can come by the Chamber.

Thanks, Diana
Valdosta-Lowndes County Chamber of Commerce

I said, WOW! I emailed Diana back, saying:

Diana, Please let me know a day next week, and also where it would be best for you to meet.

Around noon, I called Karen to let her know I was heading back to Valdosta. She was very excited and said, "John, ANOTHER check came in the mail for over \$1200!" WOW! God is good. She said, "We have to carry God \$120 for tithes, bringing our total tithes for December to \$2120 and counting." WOW! God has the RAIN coming down and we still have 27 more days of blessings. I told the people out in U-Can! Hour of Flour TV Land that in January 2009, I would tell them the results of ONLY BELIEVING GOD these 31 days. I said, "I have my faith in God and am going for the gold. I am expecting 31 days of God rewarding me for trusting Him and not letting money dictate how I obey His commands. Now, in 2008, God is showing out."

I believe God will let the RAIN come down in my life so that:

- 1) He will make me a millionaire in one day this month
- 2) He will allow me to pay off all our debt, including the house (a total of \$230,000) this month
- 3) He will allow me to take care of all TUM-ETES staff debts
- 4) Karen and I will be able to follow our hearts' desire, blessing people as God directs us
- 5) He will guide us as we bless others and we will leave them in His hands to do what only He can do
- 6) He will grant health, happiness, and hopefulness to all of His chosen TUM-ETES staff
- 7) He will connect me with President-elect Barack Obama
- 8) He will grant me more of Him and less of me
- 9) I will pay for Karen Black Ephesians 3:20 and give Him the glory
- 10) He will resolve our PCs move items situation

Lord, I place this and much more on the blessing plate this month. I now end Day 4 by offering Psalm 27:4 as a request for You to help me live out. I pray in the name of Jesus Christ, knowing that there are still 27 days left. WOW, GOD IS GOOD!

Lord Jesus, Psalm 27:4 says,

" One thing have I (Your U-Can! Man) DESIRED of the Lord, that will I (Your U-Can! Man) seek after; that I (Your U-Can! Man) may dwell in the house of the Lord all the days of my (Your U-Can! Man) life, to behold the beauty of the Lord, and to inquire in His temple."

I love You, Jesus, worship and adore You. You are awesome and amazing. Lord Jesus, thank You for our relationship. Now I go and do some work with my mind stayed on Thee. After today, I say to myself:

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THEN FOCUS ON YOUR 71 DAY WALKING CLOSER WITH I AM THAT I AM. Help me, Holy Spirit, I pray in the name of Jesus Christ, amen.

And always remember, John Wallace Isom Jr, U-CAN!

Day 5

"Strength in a Recession: 31 Days of Reflection and Inspiration"

God woke me up with Him on my mind, along with what Karen, my bride of almost 18 years, had said to me the previous day. She sent me a text message that said, "Baby, I love you." Then at midnight, as we lay in bed, she said, "Thank You, Lord Jesus, for these blessings You have given us." So, this morning at 6 a.m., I told her, "Karen, thank you for giving God the glory for us last night. We had both been praising Him separately and over the phone, but you did it for us as we were together, trying to catch our breath as we reflected on all these blessings from the Lord—not just money but God Himself." The song "He Will Work it Out" came on, and the Holy Spirit had it playing over and over again.

Then, early this morning, God had me go back and review five of His promises in preparation for the next 27 days, all part of the 31 days of blessings galore from God.

THE FIVE PROMISES:

- 1) Operation Believe God (Received October 29, 2008, 12:15 p.m.)
- 2) Operation It's Better Opportunity (Received April 1, 2007, 10:00 a.m.)
- 3) "Suddenly!" Word
- 4) "ACCORDING" Word of Faith in God for the U-Can! Man
- 5) "Out of Debt by December 31, 2008" (Foretold in January 2008, manifested on December 31, 2008)

Around 9:30, God had James call me about the Chaplaincy, and we were both encouraged and blessed by the Lord. (The time is now 11:30 a.m., and on TBN, Andrea Crouch is singing, "I will bless the Lord all the time, I will bless the Lord through sickness and pain, through all things just

bless the Lord, bless the Lord o my soul and forget not all His benefits.”) Back to my phone call with James—I asked him to email me his anchor Scripture, and here it is:

Nehemiah 4:6:

So built we the wall; and all the wall was joined together unto the half thereof: for the people had a mind to work.

James said God showed him that Nehemiah had

Firmly

Focused

Faith

Because the job was

Thoughtless,

Tedious, and

Tiring,

But Nehemiah remained

Focused,

Faithful, and

Firm.

God’s grace had been operating from the beginning. Also, Nehemiah had been declared by the King to be powerful. He had the King’s approval on paper to get whatever he needed. God, through the King, had provided all that was needed for the wall to be built.

God had James say to me:

- Before you can see the results of your faith, you must take action.
- Obedience is the best way to show that you believe God.
- Right won’t come from wrong, no matter what you or anyone else says, thinks, or does.
- When God tells you something, just do it. Your obedience will prove your faith to Him and to you.
- Obedience to God is the key to success.
- Go and do what God tells you to do by being focused, faithful, and firm, even if the job may be thoughtless, tedious, and tiring.
- Remember Nehemiah 1:4-11. Nehemiah fasted and prayed before going to the King. Always fast and pray to God before, during, and after the vision/desire/goal that God places in you.
- It’s not just about
 - 1) Confession
 - 2) Profession
 - 3) Possession
 - 4) Concession
 - 5) Recession

But they all have a role to play.

Lord, I ask You now, here on Day 5 of The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) blessed to be a blessing ,to show me how these things

work together. I ask in the mighty matchless name of Jesus Christ, amen and amen.

After I typed this, God had me choose my Original African Heritage Study Bible. Written at the top of the page I turned to was:

December 8, 2002, 8:00 a.m. When God lays the vision on our heart, He will bring it to pass. No matter what other people say, God will bring it to pass. Thank You, Lord, because when a man's ways please God, even his enemies will be at peace with him.

God had me read Nehemiah 1:4-11 to James on the phone. Here are the verses:

4: And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted and prayed before God of heaven.

5: And said, I beseech Thee, O Lord God of heaven, the great and terrible God, that keepeth covenant and mercy for them that love him and observe his commandments.

6: Let thine ear now be attentive, and thine eyes open, that thou mayest hear the prayer of thy servant, which I pray before thee now, day and night for the children of Israel, thy servants, and confess the sins of the children of Israel, which we have sinned against thee: both I and my father's house have sinned.

7: We have dealt very corruptly against thee, and have not kept the commandments, nor the statutes, nor the judgments, which thou commandest thy servant Moses.

8: Remember, I beseech thee, the word that thou commandest thy servant Moses, saying, if ye transgress, I will scatter you abroad among the nations:

9: But if ye turn unto me, and keep my commandments, and do them; though there were of you cast out unto the uttermost part of heaven, yet will I gather them from thence, and will bring them unto the place that I have chosen to set my name there.

10: Now these are thy servants and thy people, whom thou hast redeemed by thy great power, and by thy strong hand.

11: O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, who desires to fear thy name; and prosper, I pray thee, thy servant this day, and grant him mercy in the sight of this man. For I was the King's cupbearer.

At 1:23 p.m., God had me notice verse 3. It describes the Decapolis, my assignment area, NOW!

"And they said unto me, the remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire."

John, your assignment is to tell the People U-Can! Remember your territory, those 10 cities I

assigned to you. Do not get off track. I AM THAT I AM will achieve a GREAT revival, but it will begin in YOU and then in your assignment area. Remember what James said: obedience is how you show yourself and me that you believe God. Help me, Holy Spirit, to obey God, I ask and pray in Jesus' Name, amen.

God says to me that this is how the anchor verse reads for The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES):

Nehemiah 4:6 (U-Can! Man Version)

"So built WE (TUM-ETES Staff Chosen and United by God) the wall (TUM-ETES) and all the wall(TUM-ETES) was joined together unto the half thereof: for the people (TUM-ETES Staff Chosen and United by God) had(and still have) a mind to work."

John, on this 5th day of your The U-Can! Man 31 Days of God Showing Up and Showing Out in my WHOLE LIFE,

I AM THAT I AM spent today showing you a

[View](#)
[Preview](#)
[Review](#)

of the past year from December 2007 to December 2008. As you can see, I have been busy being God. John, as I manifest Myself to you more and more, remember that to whom much is given, much is required. I am giving you much glory, and I desire, demand, and expect all glory due Me. John, as you know, all glory belongs to I AM THAT I AM. Now, John, send Mandie this day and spend the rest of the day with your family. The time is now 5:47 p.m. Remember that I AM THAT I AM owns all the glory. All you have to do is let the people know, when asked, that "To God be the glory, great things He has done."

Tell them that God said to tell the people U-Can! When they try to make you the author of this never-before-seen method of obeying God, say to them all, and to yourself,

"To God be the glory, great things He has done."

Lord, as I go to obey Your command, I acknowledge You right now in all my ways and lean not to my own understanding. I trust in You, Lord, I need You, Lord, for You are worthy to be praised. Thank You for blessing me with a team that has a mind to work. I pray in the name of Jesus Christ, amen!

Day 6

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Day 6 of the U-Can! Man's 31 Days Of God Showing Up and Showing Out in my WHOLE LIFE

December 6, 2008, 1:50 a.m.

God had me notice a Word He gave me back on November 29, 1999, that has since come to pass:



November 29, 1999, 3:45 p.m.

"IT IS FINISHED"

The Walk to the End: Your Will, God, Be Done in My Situation

From my prayer partner, another Christian in the Army of the Lord.

Philippians 1:27-29 contains a call to STAND FIRM:

27: Now the important thing is that YOUR MANNER OF LIFE be as the Gospel of Christ requires so that whether or not I am able to go see you, I will hear that you are STANDING FIRM with only one wish, for the FAITH of the Gospel.

28: Don't be afraid of your enemies; always be courageous, and this will prove to them that they will lose, and that you will win, because it is God who gives you the victory.

29: For you have been given the privilege of serving Christ, not only by believing in Him, but also by SUFFERING FOR HIM.

In the Garden of Gethsemane, Jesus cried out to God, "My Father, if it is possible, let this cup pass from me. Nevertheless, not my will but thine be done."

Father God, I pray this prayer from my heart. You are moving like You always have been, whether I knew it or not. I want to be in Your will, wherever that is. I thank You now, November 29, 1999, at 3:45pm. For I know Your will is the best place for me and for the family You gave me. Father God, thank You for this 10-month period of CALMNESS in my life (March-December 1999). I know now more than ever that I needed it. I pray this prayer of thanks in the Name of Jesus, amen.

I say, as Joseph said to his brothers, "As for you: ye thought evil against me. But God meant it unto good, to help many people out in this command" (United States Army Recruiting Command)

For that, God, I personally thank You.

Times that God reminded me of this Word later:

- 1) September 26, 2003, 4:45 p.m.
- 2) March 25, 2004, 4:20 a.m.
- 3) May 15, 2004, 7:46 a.m.
- 4) November 29, 2006, 11:15 a.m.
- 5) December 1, 2006, 8:07 p.m.
- 6) June 29, 2007, 1:33 a.m.

- 7) September 9, 2007, 10:11 p.m.
- 8) December 6, 2008, 1:30 a.m.

Prayer and Praise Proclamation from March 25, 2004, 12:36 a.m.

Lord, You are so awesome and amazing. I love You, Lord. Your mercy endureth forever. I love You, Lord. Your mercy endureth forever.

The same is true of our life. Your foundation may not be evident to all today. Yet eventually the RESULTS of TRUSTING God will be EVIDENT to others, a powerful testimony of the blessing of BELIEVING what He says. Help me, Holy Spirit, to do what God says.

If a man die, shall he live again? All the days of my APPOINTED TIME (AT) will I WAIT till my CHANGE come.

AT Word

- 1: AT midnight Paul and Silas prayed and sang praises to the Lord.
- 2: AT the Cross, AT the Cross, where I first saw the light.
- 3: AT the gate, I know someone will be waiting, AT the gate.



God reminded me of this Word on September 9, 2007, my last Sunday in the Army before I started my Permissive TDY, and had me circle the following:

- 1: RESULTS
- 2: TRUSTING GOD
- 3: WILL BE EVIDENT TO OTHERS

12 Words from 7 Years (1999-2006)

- 1: Genesis 50:20
- 2: Jeremiah 29:11
- 3: Philippians 4:13
- 4: Isaiah 55:5
- 5: Romans 8:28
- 6: Psalms 27
- 7: Psalms 126
- 8: Psalm 43-Yet
- 9: Psalm 34-Bless
- 10: Psalm 105
- 11: Ezekiel 34:26
- 12: Isaiah 50:4

GOD IS GOOD!

Deuteronomy 1:11

“The Lord God of our fathers make you a thousand times so many more as ye are, and bless you, as he hath promised”

The U-Can! Man Testimony **Brother John Wallace Isom Jr**

Bishop Wade S. McCrae, God is good! Thanks for your Bible study on having faith in God on November 5, 2008. Here's an update on the Deuteronomy 1:11 Special Offering God is having Union do for the month of November. Karen and I agreed on November 2 that our family would sow the Deuteronomy 1:11 seed by faith in God. Here's what God has done since we made our offering:

On November 2, the very same day, God touched a Maine woman's heart to sow a \$110 seed into the U-Can! Man's life. She said God told her to tell me that He is also performing **Deuteronomy 15:10** in my life. It says, "**Give generously to Him and do so without a grudging heart; then because of this the Lord your God will bless you in all your work and in everything you put your hands to**" (NIV)

We sowed our \$111 special sacrificial offering in addition to our tithes. Bishop McCrae laid hands on all those who acted by faith on the request that God had had him make. He prayed at the altar for all of us, that God would richly bless those who gave.

These are the blessings we've received so far:

November 6: God had a person sow **\$110** into our life

November 6: God had a person sow **\$80** into our life

Mid-November: God blessed us to bring **\$800** in tithes to the church

November 28: God blessed us with over **\$12,000** tax-free money

November 4: God blessed us to bring **\$2000** in tithes into the store house

December 1: God blessed us with over **\$1200** tax-free money

On December 7, we have to bring God **\$120** more in tithes.

This is what TUM-ETES Intercessory Prayer Warrior Ethel had to say about special offerings to God:

"John, I just had a wake-up call. It isn't the tithes that bring the abundance into our lives, but it is the special offerings. God expects the tithe. That belongs to Him. But it is the extra gift that pleases Him. I have heard sermons about that a long time ago, but not in the church that I am going to now.

"I'm going to be praying about what God considers my tithe, and what he considers gifts. I want to come into the blessing mode so that I will have more to give."

In 30 days, God blessed us back with a **total of \$13,190 all tax-free extra income**. God had Bishop Wade S. McCrae ask for a special offering, and Bishop McCrae believed and obeyed. On the afternoon of November 2, he preached on James 1:2: Count it All Joy. He then approved the

\$111 Deuteronomy 1:11 offering, and this is my testimony of all that God has done since then. My faith in God is stronger now, and I am counting it all JOY!

Day 7

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Day 7 of the U-Can! Man's 31 Days of God Showing Up and Showing Out in my WHOLE LIFE

God woke me up at 1:45 a.m. and He had my attention 100%. I went into the bathroom and opened my 9-month blessing attitude Bible to Number 18:20:

“And the Lord spake unto Aaron, Thou shalt have no inheritance in their land, neither shalt thou have any part among them: I AM thy part and thine inheritance among the children of Israel.”

On this page, on April 6, 2008, at 7:40 a.m., I'd written, “John, go back to 2nd Chronicles 31:4. (It says, ‘Moreover he commanded the people that dwell in Jerusalem to give the portion of the priest and the Levites, that they might be encouraged in the law of the Lord.’) John, I am your PART and your INHERITANCE among the children of Israel/the Decapolis. ONLY BELIEVE I AM.”

John, 8 months later, you still must remember that I AM THY PART AND THINE INHERITANCE, I AM THAT I AM. ONLY BELIEVE I AM.

Next, I turned back to 2nd Chronicles 31:4. On that page, I'd written notes after the following verses:

2nd Chronicles 31:20-21

20: And thus did Hezekiah throughout all Judah, and wrought that which was good and right and truth before the Lord his God.

21: And in every work that he began in the service of the house of God, and in the law, and in the commandments, to seek his God, he did it with all his heart, and prospered.

Lord, I pray to You to bless Pastor Floyd and his family. I pray in the name of Jesus Christ, amen and amen. April 6, 2008, 7:40 a.m., St. Paul Primitive Baptist Church.

2nd Chronicles 32:7-8

7: Be strong and courageous, be not afraid nor dismayed for the King of Assyria, nor all the multitude that is with him: for there be more with us than with them.

8: With him is an arm of flesh; but with us is the Lord our God to help us, and to fight our battles. And the people rested themselves upon the words of Hezekiah King of Judah.

John, you must know that there be more with us than with them. Thank You, Jesus. April 6, 2008, 7:40 a.m. Reminded by God May 4, 2008, 10:45 a.m.

2nd Chronicles 32:31-33

31: Howbeit in the business of ambassadors of the princes of Babylon, who sent unto him to inquire of the wonder that was done in the land, God left him, to try him, that he might know all that was in his heart.

(The Test Revealed 2nd Kings 20:12-21- He failed the test)

32: Now the rest of the acts of Hezekiah, and his goodness, behold, they are written in vision of Isaiah the Prophet, the son of Amoz, and in the book of Kings of Judah and Israel.

33: And Hezekiah slept with his fathers, and they buried him in the chiefest of the sepulchers of the sons of David: and all Judah and the inhabitants of Jerusalem did him honor at his death, and Manasseh his son reigned in his stead.

John, in March 2008, I AM left you to try you that I AM would reveal to you that which is in your heart.

2nd Kings 20:12-21 is headed "Hezekiah's Foolishness" in my King James Bible. On April 6, 2008, at 6 a.m., God said to me, "John, don't be a fool, seek Me. I AM is the One who has alone:

Redeemed U,

Restored U,

Rewarded U,

Remembered U,

Remade U,

Rejoiced over U,

Resent U,

So that in this very moment you may hear Me and do what I say. You will know when I am speaking to you. You are the one that I AM THAT I AM gave the U-Can! mission. Now go and do." Help me, Holy Spirit.

Warner Sallman painted the "Head of Christ," two statements from my mom's Bible, which my dad presented to her on November 20, 1998, as a Thanksgiving gift:

1: I believe everyone who has committed himself to Christ our Lord desires to serve Him with whatever gifts or talents he may possess. With this premise and Jesus Christ as my Guide, it has been my goal to yield whatever abilities God has given me to His honor and glory.

2: I give God the glory for whatever has been accomplished by my efforts to bring joy and happiness to people throughout the world.

December 7, 2008, 1:45-2:20 a.m.

Lord Jesus Christ, I shaved at 2:20 a.m. As I was shaving, a leap of the Holy Spirit brought me to Genesis 41:1 and 14-17:

1: And it came to pass at the end of two full years, that Pharaoh dreamed: and behold, he stood by the river.

14: Then Pharaoh sent and called Joseph, and they brought him hastily out of the dungeon: and he shaved himself, and changed his raiment, and came in unto Pharaoh.

15: And Pharaoh said unto Joseph, I have dreamed a dream, and there is none that can interpret it: and I have heard say of thee, that thou canst understand a dream to interpret it.

16: And Joseph answered Pharaoh saying, It is not in me: God shall give Pharaoh an answer of peace.

17: And Pharaoh said unto Joseph, In my dream, behold, I stood upon the bank of the river.

I noticed for the first time ever that Joseph shaved himself. Help me, Holy Spirit.

God also had me notice Genesis 41:42: And Pharaoh took off his RING from his hand, and put it upon JOSEPH's/JOHN's hand, and arrayed him in vestures of linen, and put a gold chain about his neck.

Now, I AM THAT I AM says to me, "John, this will be manifested any moment now. Remember, Joseph could not hide his blessing; the entire world saw it. Your job is to be an example of obedience to God's command. I AM THAT I AM told you to tell the people U-Can!"

Lord, the time is now 2:25 a.m. on December 7, 2008. I go lay down expecting to hear from You who alone is worthy, You who alone are my God.

At 7:34 a.m., my wife woke me up and God directed me to Psalm 34:7: "The angel of the Lord encampeth round about them that fear him, and delivereth them."

Always remember and live in this verse. John, delight yourself also in the Lord, and He shall give thee the desires of thine heart.

God, after I left church today, I saw a car tag with this on it:

"Get in, shut up, sit down, and hold on."

Lord Jesus Christ, You who are the pilot of The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) are telling the copilot to "get in, shut up, sit down, and hold on" and believe you receive your blessing, by which I mean coming closer to achieving your life's goal: "That I may know him."

GIVE I AM THAT I AM ALL THE GLORY!

U-Can!

Day 8

"Strength in a Recession: 31 Days of Reflection and Inspiration"

U-Can! Man key verses:

- U-Can! Man, “The Lord God of your fathers make you a thousand times so many more as ye are, and bless you, as he hath promised” (Deuteronomy 1:11)
- U-Can! Man, “Give generously to Him and do so without a grudging heart; then because of this the Lord your God will bless you in all your work and in everything you put your hands to.” (Deuteronomy 15:10)
- U-Can! Man, “Thou shalt remember the Lord thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he swore unto thy fathers, as it is this day.” (Deuteronomy 8:18)
- U-Can! Man, “The Lord shall make thee plenteous in goods, in the fruit of thy body, and in the fruit of thy cattle, and in the fruit of thy ground, in the land (the Decapolis, your 10-city assignment area) which the Lord swore unto thy fathers to give thee.” (Deuteronomy 28:11)
- U-Can! Man, “The Lord shall open unto thee his good treasure, the heaven to give the RAIN unto thy land in his season, and to bless all the work of thine hand: and thou shalt len unto many nations, and thou shalt not borrow.” (Deuteronomy 28:12)
- And always, John, keep your mind on Proverbs 21:1, especially concerning TUM-ETES staff: “The king’s heart is in the hand of the Lord, as the RIVERS of water: he turneth it whithersoever he will.”

Prayer/Praise to God

December 8, 2008 (Day 8)

4:17-5:21 a.m.

Father God, I come here at 4:17 a.m. to ask you to do what God does. Lord, Your child Julie has taken a bold stand for you. Her father and mother, her sister and grandmother have all taken a stand behind her, and many around the world are seeking You because of them. Lord, Ethel and the rest of TUM-ETES team have been praying for and with this family from the start. Now, Lord, Your U-Can! Man, John Wallace Isom Jr, who has his own baby girl, Joy Marie Isom, comes to You on behalf of the family’s chosen leader, Brother Larry. Lord, the leader has sent out the prayer request for a blessing of healing and restored health for Julie and the baby. Valerie, her mother, is by her side in the hospital, doing what mothers do, holding her child in her heart and hands.

I ask You for Godly help, Lord. Your Word says to ASK, SEEK, KNOCK, and I am doing all three together. This morning You woke me up with this song playing over and over again in my heart: “MARVELOUS, HE IS MARVELOUS, WHAT A WONDERFUL THING HE HAS DONE!” God, I am asking that this song would be Larry’s testimony, that You, our marvelous God, would do a wonderful thing and help Julie and the precious baby inside of her. Lord, You have plans for this baby’s future. We have heard Julie’s testimony and her vow to follow God’s will and carry the baby to term. Now, Lord, I go lie down with Jesus Christ on my mind, Julie in my heart, Larry and Valerie in my mind, and, of course, God on my side. He said to me that if you have faith the size of a mustard seed, you can say to this mountain, “be thee removed and cast into the sea” and doubt not in your heart it shall be done. Lord, You also said in John 15:7, “John, if you abide in Me and My words abide in you, you shall ask what you will and it shall be done unto you.” Lord, You also said, “John, in everything give thanks, for this is the will of God in Christ Jesus concerning you.”

Psalm 107:

1: O Give thanks unto the Lord, for he is good: for his mercy endureth for ever.

I do for Julie and baby

2: Let the redeemed of the Lord say so, whom he hath redeemed from the hand of the enemy

I say for Julie and baby

8: Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

I praise You for Julie and baby

15: Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

I praise You for Larry and Valerie

20: He sent his word, and healed them, and delivered them from their destruction.

I Request Your word Jesus for this entire situation, that God be glorified and the Body of Christ be edified by the testimony of Julie and her family

21: Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

I do so for Julie's church family

22: And let them sacrifice the sacrifices of thanksgiving, and declare his works with rejoicing.

I do so myself for Larry

29: He maketh the storm calm, so that the waves thereof are still.

Thank You, God, because You are able WOW! to do it

31: Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!

I do so for Valerie's job/ministry

32: Let them exalt Him also in the congregation of the people, and praise Him in the assembly of the elders.

Lord I feel a praise God from whom all blessings flow coming on—WOW!

33: He turneth rivers into a wilderness, and the waterspring into dry ground.

Wow, Lord, You are MARVELOUS!

35: He turneth the wilderness into a standing water, and dry ground into waterspring. 36:

And there He maketh the hungry to dwell, that they may prepare a city for habitation. 37:

And sow the fields, and plant vineyards, which may yield fruits of increase. 38: He blesseth

them also, so that they are multiplied greatly; and suffereth not their cattle to decrease.
God, You are so AMAZING!

41: Yet setteth he poor on high from affliction, and maketh him families like a flock. 42: The righteous shall see it, and rejoice: and all iniquity shall stop her mouth. 43: Whoso is wise, and will observe these things, even they shall understand the loving kindness of the Lord.

I praise You, Lord, for Your grace and mercy endureth forever. Now, Lord, I offer this word to You on behalf of the Depice Family. Lord, strengthen Larry and Valerie, and keep Julie and the special blessing from God inside of her safe. Lord, provide that comfort and healing that only You can provide. I pray in the Name of Jesus Christ, amen and amen.

OB= ONLY BELIEVE

SERVE=

S- Savior. Titus 2:13

E- Eternal. Deuteronomy 33:27

R- Redeemer. Job 19:25

V- Victory. 1st John 5:4

E- Excellency. Philippians 3:8

Lord, I offer this prayer to You in Jesus Christ's name for Julie, amen.

Brother Webb's Testimony

Brother Webb, who's 74 years young, showed me some filing cabinets in the Valdosta, GA office supply store where he works. After I gave him some U-Can! Man business cards, he started talking about God. He said, "You need to trust God, and have faith in Him. Americans need to change their ways, and get back to doing things God's way." He then shared a little bit of his life's story:

Back in the '70s, Brother Webb had been married for 29 years, with 4 children. He came home from work one day and his wife informed him that she wanted a divorce because she didn't love him anymore. Shocked, he asked, "What?" She repeated, "I want a divorce, I do not love you anymore." Furthermore, she planned to marry another man (who was also currently married) who she'd fallen in love with.

After the divorce, he had to pay child support, and his ex-wife had him buy \$5000 worth of new furniture that he had to struggle to pay off. He was angry and spiteful, his heart filled with malice toward her. He had to work two, sometimes even three jobs. To top it all off, after only six weeks of her new marriage, his ex-wife asked him to come back to her. He said not "no" but "hell, no."

He said They got divorce and He had to pay child Support and She had him buy \$5000 worth of new furtinure that he had to struggle to pay off. He was mad and Hateful with Malice in his heart for and Toward her. He had to work 2 and sometimes 3 Jobs. He also was asked to come back to his wife by here after only being married for 6 weeks He said not no but Hell no.

For years, he hated her guts, and it was hard enough on him that he almost wanted to stop

following God. A lot of the time he had no idea how he was even going to get by. He often had no money for himself. He stayed with his dad and stepmom. Then, it happened. While lying on the couch, he looked up and saw Jesus Christ in a vision. Jesus said to him, "You are still young. Get up and get out there and make something of yourself. Forgive your wife and forget the past. I am with you."

Mr. Webb got up, and from that moment, all his malice and hatred were gone. He started loving not only his ex-wife, but everyone, and loves them all to this day. His advice is to love everyone, both friends and enemies. Treat everyone the way you want to be treated.

Brother Webb prays every morning and thanks the Lord for every day. He asked the Lord to help him be prosperous for his boss. He loves the Lord and told all four of his children to love their mom. They are all married now and he loves them all. The last thing he said to me was, "Let me tell you, son, God kept me around these 74 years for a reason." I replied, "Sir, one reason was to share your powerful testimony of forgiveness with the U-Can! Man." We shook hands and parted ways, praising God for showing up and showing out, letting both of us reflect on Him who is King of kings and Lord of lords. WOW! God is good!

Thank You, Jesus, for this day! I thank You in the Name of Jesus Christ, amen and amen.

Day 9

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Jesus/Jakes/John Connected by Fountain

Date: Tuesday, December 9, 2008, 7:29 p.m.

Sir, please let Bishop T. D. Jakes know that we are united by God's Providence. On the front cover of the attached "Return to Glory" document, you will see Minister Anthony Pamplin. He spent five years attending Bishop T. D. Jakes' church (faithfully making the drive of over an hour) before departing in June 2005 for Fort Meade, MD.

In July 2005, Minister Pamplin became my last boss/supervisor in the Army. He shared with me many valuable aspects of Bishop Jakes' church, including:

- 1) The sermon "Let Your Gift Make Room for You"
- 2) The sermon "Lost in the House"
- 3) The sermon "In the House but Not Saved"
- 4) The sermon on the story of Ruth: how she was in the right place and Boaz happened to come by
- 5) Minister Pamplin was part of the Ministry School of Kings, presented by the Amen Ministry at the Potters' house
- 6) Talks about business owners and offered training on dealing with money
- 7) Minister Pamplin's daughters Angie and Anita and his son Anthony Pamplin Jr were in Youth Choir with TY Trippit before he became a megastar

- 8) Minister Pamplin started a Thought of the Day ministry in 2005 and is still doing the work of the Ministry today- below is today's Thought of the Day:

The difference between an obstacle and an opportunity is our attitude toward it. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

As always, remember U-CAN!
SFC (Retired) John Isom
The U-CAN! Man

Lord Jesus Christ, I come here in Your name to acknowledge You in all my ways. Lord, I lean not unto my own understanding, but I trust in You to see me through. Lord Jesus Christ, it was You who gave me my assignment and it is You who I am asking to see me through. I ask and pray in Your Name, amen and amen.

Day 10

"Strength in a Recession: 31 Days of Reflection and Inspiration"

December 10, 2008, at 1 p.m., at the VA office, God said through Chaplain Pickney:

"You are walking in the blessing of God. God has a window open, and the downpour of blessing is flowing down in my life. I must keep walking in the blessing that is the Lord Jesus Himself. I am being flooded with an OVERFLOW of Jesus Christ, my Lord and my God."

God, on December 1, 2005, You had me read the 6th chapter of Joshua. Through the Holy Spirit I have searched the depths of Your Word. You have cemented Joshua 6:27 into my spirit. Help me, Holy Spirit, to walk in the blessing of God. I pray in Jesus' Name, amen.

Joshua 6:27: So the Lord was with Joshua (JOHN), and his FAME was NOISED throughout all the country (WORLD).

God, today at 12:20 p.m., You reminded me that on December 11, 2004, I was led to write the following: "Today's Word of God directly to me: Ezekiel 34:26: And I will make them and the places round my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing. Help me, Holy Spirit."

On November 17, 2008, God gave me Zephaniah 3:17-20. 14 days later, God gave me Deuteronomy 28:1-14 and said, "John, you shall live in these 14 verses."

God, I love You who first loved me and who sent me to tell the people U-Can! WOW! All glory goes to God!

John, type the Word that you spent time in on day 9, using the Message Bible. ONLY BELIEVE what you type. I am speaking to you to remind you this day to live in My Word. Help me, Holy Spirit.

1st Kings 18:41-46
Elijah Prays for Rain

41: And Elijah said unto Ahab, get thee up, eat and drink: for there is a sound of the abundance of rain.

42: So Ahab went up to eat and to drink. And Elijah went up to the top of Carmel: and he cast himself down upon the earth, and put his face between his knees.

43: And said to his servant: Go up now, look toward the sea, and he went up, and looked and said, There is NOTHING, and he said, Go again, seven times.

44: And it came to pass at the seventh time, that he said, Behold, there ariseth a little cloud out of the sea, like a man's hand. And he said, Go up, say unto Ahab, prepare thy chariot, and get thee down, that the rain stop thee not.

45: And it came to pass in the meanwhile that heaven was black with clouds and wind and there was A GREAT RAIN. And Ahab rode and went to Jezreel.

46: And the Hand of the Lord was on Elijah/John.

John, it's going to RAIN, it's going to RAIN. You'd better get ready, because God is telling you He has a GREAT RAIN on the way. –March 2008

The little cloud in verse 44 proved to be a towering cumulonimbus cloud heralding the coming rainstorm.

In verse 42, Elijah put his face between his knees in humble reverence. The significance of this posture is well attended in the literature of the ancient Near East.

Luke 18:13-14

And the publican (John) standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God, be merciful to me, a sinner.

14: I tell you, this man went down to his house justified, rather than the other. For everyone that exalts himself shall be abased, and he that humbleth himself shall be exalted.

February 18, 2008, 10:40 a.m.

Go to James 5:17-18:

17: Elijah was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years.

18: And he prayed again, and the heaven gave rain, and the earth brought forth her fruit.

Now, go to Isaiah 45:1:

Thus saith the Lord to his anointed, to Cyrus(John) whose right hand I have holden to subdue nations before him: and I will loose the lions of kings to open before him the two leaved gates and the gates shall not be shut. Thank You, Jesus.

On March 11, 1999, I was thrown into a pit called "fired." I was out the Army with \$57,000 and

no benefits. But God told me to read the Joseph story. That was the Lord's way of letting me know what I was going through. Now, 8 years later, I praise You for all I have been blessed with since that day. I praise You only, Lord Jesus. God gave me 8 more years. Now, Isaiah 45:1 will begin to manifest itself in my life. God, You told me to retire in 2007, and I obeyed You. Now, in 2008, God comes to me through a still, small voice, saying, "John, 1st Kings 18:41-46 are about to happen to you, in your eighth month living in the dream house you named REHOBOTH. Remember, it was Jesus who made you, is Jesus who sustains you, shall be Jesus that continues to remake you. Thank You, Jesus.

February 20, 2008, 8:45 p.m.

God's Word to me: a method to help spread the U-Can! message

PHV-PHW-PHS

Paul Harvey Verse-Paul Harvey Word-Paul Harvey Story

John, I want you to remind my people about the rest of the verse/word/story. I AM will lead, guide, and direct your path. ONLY BELIEVE and go and do Jeremiah 1:17.

John, when you are faithful in times of waiting, there is no need to exalt yourself in times of abundance. "Humble yourself therefore under the mighty hand of God that HE may exalt you (John) at the proper time."

Joyce Meyers said on TV at 8:56 a.m. on December 10, 2008, that we need to be calm, cool, and collected. She said that we need to love God first, then ourselves, and then others. She said that judging ourselves is different from examining ourselves. We are not "HOLY SPIRIT JR."

What I will do when I become a millionaire:

- 1) Slice off the tithes first for the Kingdom
- 2) Give God an offering for the Kingdom
- 3) Pay off the debt of The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) God-chosen staff
- 4) Seek God for guidance on how to obey God's charge in Mark 5:19-20 as I do my assignment
- 5) Be blessed to be a blessing as God continues to bless and guide me

Each time God adds more money, I will follow these five steps. Help me, Holy Spirit. I pray in the Name of Jesus Christ, amen.

2nd Chronicles 6:14

Make the Kingdom of God the center of my heart, and God will make covenant with you and keep it.

Deuteronomy 8:2 (replace 40 years with 44 years, John)

And thou shalt remember all the way which the Lord thy God led thee these forty years in the wilderness, to humble thee, and to prove thee, to know what was in thine heart, whether thou wouldest keep his commandments, or no.

Sometimes, pressure can show what you are made of. The lives of Christians are often filled with pressure that does not quickly subside. What do you do when the squeeze is on? The years bring many changes, but God is faithful. Do you give so that you will receive from God, or do you give to be a blessing?

John, you showed me your true heart from May-November 2008. You kept bringing your tithes into the storehouse and you kept abiding in the Word of God, and you were faithful. Your heart is in the right place. Now, John, the five things listed above are what I AM THAT I AM wants you to do. Always remember that your assignment came from God.

When you don't know what to do, pray. When you do know what to do, the U-Can! Man says pray.

Around noon, God said to go see Jimmy and let him know that God had sent the lump sum in, and also to call Rev. James Jamison and share with him the Deuteronomy 1:11 testimony. God is good and His grace and mercy endureth forever. Jimmy continues to get better. WOW! God is good. Jimmy and I had prayer together, and as I departed, he said, "Praise the Lord, John!" God, I pause now to praise You, and to ask You to heal Jimmy.

"If God is with you, then you can ride in the chariot. God's favor will do powerful things." - Pastor John Hagee, December 10, 2008, 9:45 a.m.

AMEN- and AMEN

AMAN -Named Jesus, King of Kings

A ME – Yes, me, God has blessed me

ME- and the Lord abiding

E- Eternal God Our Father

MA- May the Lord bless you abundantly

A- A mighty God we serve

Brother, I love Jesus who first loved me, and it is all in AMEN and AMAN. That is why He said, "John, go tell the people U-Can!" God sent the U-Can! Man to tell all men that U-Can! WOW! All glory goes to God!

U-Can!

Day 11

"Strength in a Recession: 31 Days of Reflection and Inspiration"

December 11, 2008

6:09 a.m.

I woke up with Marvin Sapp's song "Never Would Have Made It" playing. God, You revealed to me on day 10 that on December 11, 2004, You blessed me with a verse to live by: John 15:7. You had my spiritual mom, Sister Bryant from Madison, FL, share this verse with me while I was going through my dark night period in Charleston, SC. It says, "If ye abide in me and my words abide in you, ye shall ask what you will and it shall be done unto you."

Sister Bryant has shared a lot of wisdom with me since 1991, such as:

- 1) Isom, stay in the Word of God.
- 2) Isom, keep yourself clean through the Word. It's like taking a shower—the water refreshes you all over again.
- 3) Isom, you have to trust God and leave it all in His hands.
- 4) Isom, pray to God for balance between your church, home, and job. All three are important, but only God can give you true balance, because He is able.
- 5) Isom, thank Him, praise Him, and give Him all the glory for your story.
- 6) Isom, take care of your beautiful wife. She is your blessing from God.
- 7) Isom, be faithful to your wife. Trust is very important. You need no other woman. You asked for a wife and God granted your request so that you would love only her.
- 8) Isom, a woman really loves a man who treats her right. Integrity is very important. Karen has given her life to you and had your children. Be faithful to her. Any woman who tries to come between the two of you is doing the devil's work and must be resisted.
- 9) Isom, stop trying to take over God's work. He knows exactly what He is doing. If you try to reassess His will, you will only get in the way.
- 10) Isom, wait on the Lord. His timing is perfect. You must trust Him with everything.
- 11) Isom, go home and take a SHOWER so the hot water can refresh you. God will encourage you and strengthen you, but you have to put all your trust in Him and have faith that His word will prevail.
- 12) Isom, now that God is manifesting His word in your life, go back and do those things that He had you and me share with each other, because now you see that God is true to His word.
- 13) Isom, OBEY GOD'S WORD.
- 14) Isom, BELIEVE GOD'S WORD.
- 15) Isom, praise God.
- 16) Isom, give God all the glory.
- 17) Isom, love everyone.
- 18) Isom, read the Word yourself.
- 19) Isom, don't do God's job or play his part.
- 20) Isom, ENJOY JESUS, for He is able!

Lord, five years ago today, You directly gave me Ezekiel 34:26 to praise You for all the blessings flowing through Your U-Can! Man's life. Help me to continue to do what you had my spiritual mom share with me during the past 18 years. I ask that You would help me do all 20 of these things, all to the GLORY OF GOD!

On December 11, 2004, God directly gave me Ezekiel 34:26: "And I will make them and the places about my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing." Help me, Holy Spirit.

Now, five years later, God says:

04,05,06,07,08

1. 2. 3. 4. 5.

F. A. I. T. H

J. E. S. U. S.

G. R. A. C. E

On December 11, 2008, for the second time, God directly gave me Ezekiel 34:26: “And I will make them and the places round my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing.” Help me, Holy Spirit.

ONLY BELIEVE God, John, because Psalm 18:43 has come to pass.

Psalm 18:43-50

43: Thou hast delivered me from the strivings of the people; and thou hast made me the head of the heathen: a people whom I have not known shall serve me.

44: As soon as they hear of me, they shall obey me: the strangers shall submit themselves unto me.

45: The strangers shall fade away, and be afraid out of their close places.

46: The Lord liveth; blessed be my Rock; and let the God of my salvation be exalted.

47: It is God that avengeth me, and subdueth the people under me.

48: He delivereth me from mine enemies: yea, thou liftest me up above those that rise up against me: Thou hast delivered me from the violent man.

49: Therefore will I give thanks unto thee, O LORD, among the heathen, and sing praises unto thy name.

50: Great deliverance giveth he to his king: and showeth mercy to his anointed, to David, and to his seed forevermore.

John, these 8 verses came to pass in 2008. 2009 will see the birth of what I AM has inside of you. ONLY BELIEVE.

Matthew 9:35: And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the Kingdom, and healing every sickness and every disease among the people.

John, as you go about your assigned 10 cities, I AM will be working Matthew 9:35 through you. You tell them U-Can! I AM will bring about Matthew 9:35. When asked, tell them it was the work of Jesus.

Chaplain John Fischer 2006-07 Timeframe

How do you get a king or person in power to listen to you?

- 1) Use a story involving that powerful person
- 2) Be honest and forthright
- 3) Don't attack or criticize
- 4) Introduce a new point of view
- 5) Provide a chance to change the course of action
- 6) Present different courses of action (A, B, and C)
- 7) Allow the person of power to make a change
- 8) Always remember that the king's heart is in the hand of the Lord (Proverbs 21:1)
- 9) Always remember who leads you (Psalm 23)
- 10) Practice practice practice these 10 rules until they become second nature

Day 11, 7 a.m.

John, ONLY BELIEVE that I AM THAT I AM is bringing about the Master Plan you requested. Obey Me, your God, by taking the measure of faith I AM gave you and doing your assignment, to tell the people U-Can! John, do not get sidetracked like the man of God in 1st Kings 13:1-32. Keep verses 20-22 in mind especially. The man of God had a simple and direct assignment from Me, but he was tricked.

Request for a Master Plan for My Life

August 29, 2007, 7:22 a.m.

Lord, I come before you in the midst of my 50-Day Focus on Christ to Focus on and Fully Rely on God Covenant. As I drop off my Buick LeSabre to have tires and a windshield wiper replaced, I ask You, Father God, what Your master plan for me is. I praise, adore, magnify, and patiently wait for You. Help me, Holy Spirit, to listen to Your voice and carry out my part in the plan. I ask and pray this in Jesus' Name, amen.

9:11 a.m.

God says to go to Zephaniah 3:17-20 for the answer.

God's Master Plan for Me

Revealed August 29, 2007, 7:22-9:32 a.m.

John, the master plan I have for you is one that I am preparing you to do. Live your life in such a way that you will achieve Genesis 50:20b: "TO SAVE MUCH PEOPLE ALIVE."

Not by trickery,

Not by power,

Not by might,

Not by you, John,

Not by any person,

But by My spirit.

Thus saith the Lord to me on August 29, 2007.

Reminded by God on September 23, 2007, at 12:39 a.m.

I AM accomplishing this, John. I AM true to the Word that I had Judy give to you in November 2004.

Lord, help me to believe God. Lord, I can do nothing without You. I need You. As my wife feeds our son Christian, I pray a special prayer of healing for her mom, who is resting tonight. Lord, strengthen her and strengthen us. I pray in the Name of Jesus Christ, amen.

Zephaniah 3:17-20

17: U-Can! Man, the Lord thy God in midst of thee is mighty;

He will save,

He will REJOICE over thee with JOY;

He will rest in his love,

He will JOY over thee with singing.

18: U-Can! Man, I will gather them that are sorrowful for the solemn assembly, who are of thee, to whom the reproach of it was a burden.

19; Behold,

at that time I will undo all that afflict thee:

and I will save her that halteth, and gather her that was driven out;

and I will get them praise and fame in every land where they have been put to shame.

20: At that time will I bring you again,

even in the time that I gather you:

For I will make you a name and a praise among all people of the earth,

when I turn back your captivity before your eyes, saith the Lord.

Day 12

"Strength in a Recession: 31 Days of Reflection and Inspiration"

John, remember what you asked Me on your last day of active duty in the Army. Also remember Robin's wisdom and only believe!

Thanks for all You have done! I made it! WOW!!!

December 1, 2007, at midnight:

Thanks to all my team members, family, and friends. I'm sitting here looking back over a span of 25 years, 5 months, and 1 day: June 29, 1982-November 30, 2007. I'm on my last hour of active duty in the United States Army. In about 50 minutes I will officially be SFC (Retired) John Wallace Isom Jr. As I look back on my life, I see many, many reasons to be thankful. I'm glad to

be alive, and most of all I thank God for allowing me to retire nine years after I was, by law, out of the Army.

Major events during this time:

June 1982: Started out as 11B/Infantry soldier

May 1983: Gunshot wound to the midsection (major surgeries twice in 1983, also in 1995 and 1997)

June 1988: Became an Army recruiter (went full time in 1991)

April 1990: Survived a car accident that killed a team member

December 1990: Married Karen Yvette Wilson (17 years later, we have 4 children: Joshua (14), Caleb (11), Joy (5), and Christian (8 months))

March 1993: Promoted to rank of E-7- was passed up for promotion 16 times

February 1994: Did first public sermon, was licensed as a Baptist minister in Tifton, GA

March 1999: Unjustly relieved from job in Charleston, SC- by law I was out of the Army with \$57,000 and no retirement

October 2003: U.S. Army restored my career and offered 3 opportunities for promotion

May 2004: Hand-picked to become a Chaplain recruiter at Fort Meade, MD

May 2007: Offered job as a Chaplain Recruiting Consultant to follow my military job- started in October

November 30, 2007: Last day on active duty

December 1, 2007: First day as a retired Army Strong soldier

Father God, I come before You as midnight quickly approaches to publicly thank You. Lord, if it weren't for You being on my side, I would not be celebrating my career tonight. Many tried to ruin my career, but I can testify that God was and is my refuge and my strength. Lord Jesus, as I go forward and begin the next chapter of my life, I will trust You with all my heart, acknowledge You in everything I do, and allow You to guide my path. Lord, my last request on active duty is for You to create in me a clean heart and mind and renew day by day a right spirit in me. Lord, please do not remove me from Your presence. I desire You for You alone are worthy. Now, Lord, I pray that You help me to live U-CAN! with all my heart and mind. Lord Jesus Christ, this is what You took 25 years to prepare me for. I ask You to direct U-CAN! and use all of me for Your glory. I love You and praise You, for You alone are worthy. Thank You, Lord, for all of the following:

- 1) Saving me from being lost
- 2) Saving me from being six feet under (I've had numerous close calls—four bleeding ulcers, for example)
- 3) Saving me from many attacks, personal and professional
- 4) Saving me from pride and conceitedness
- 5) Saving me from the striving of others

Thank You again and again. The time is now 11:43 p.m. Lord Jesus Christ, I believe that my retirement word is REHOBOTH (Genesis 26:22). I receive from You, accept from You, desire from You that this word be the foundation for my life, ministry, job, and calling. Lord Jesus, thank You again and again for this, our family word from now until You call me home.

Genesis 26:22: And he removed from thence, and digged another well; and for that they strove

not: and he called the name of it, REHOBOTH, and said, For now the Lord hath made ROOM FOR US, and we SHALL be fruitful in the land.

Lord Jesus Christ, the time is now 11:52 p.m. I offer You this prayer of praise and thanks. I end my 25-year reflection by reflecting upon You, Lord Jesus. I will go forward knowing that I can do all things through You. Because You did, over 2000 years ago, I-CAN! I ask You to help me share this message with all that I meet. I pray in Your name, Jesus, amen and amen.

-SFC (Retired) John Isom
U-CAN!

Then he said unto his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." Matthew 9:37-38, NIV

March 3, 2007, 10:30 a.m.
Wisdom for Living Life from Robin
Lessons Learned from 1975-2007
32 Years after High School Graduation

James 1:5: If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

Embrace, learn from, and lean on God first, then family, and then friends. Don't be too stupid, stubborn, or prideful to ask them for help.

Robin stated that the key word was ASK. Robin also stated, "Through it all, God never left me alone. He allowed me to make choices and, whether my choices were good or bad, I always felt like God was there."

Day 13

"Strength in a Recession: 31 Days of Reflection and Inspiration"

God, today You are reminding me about Jean's wisdom. I was going to look for other peace verses in the Bible, but You had me notice that on June 23, 2007, Jean, the head maid, told me, "Sometimes when things happen to you, you have to COUNT IT ALL JOY!" Lord, I am being led to recall everything that was said to me on that day. You had me write all of it down in my super print KJV Bible.

Lord Jesus Christ, through my bride Karen Isom, you gave a name to the gift You blessed us with. She said to me, "John, let's call the house on 1987 Seminole Drive 'Our Dream House' (ODH)."

Lord, You gave us Psalm 126 in February 2001, at the guest house in Fort Knox, KY, while we were staying in room 126. Now, at the Quality Inn in Savannah, GA, I come before You to say

thanks and acknowledge all that You have done by giving an offering of Your Word. I pray You will keep 126 in my heart and mind as we go through this transition from June 24-July 30, 2007. Thank You, Jesus. I pray in Your name, amen. Help me, Holy Spirit. Peace, Lord Jesus Christ, peace.

Psalm 126:1-6

1: When the Lord turned again the captivity of Zion, we were like them that DREAM.
2: Then was our mouth filled with laughter, and our tongue with singing. Then said they among the heathen the Lord hath done great things for THEM.
3: The Lord hath done great things for us; whereof we are GLAD.
4: Turn again our captivity, O Lord, as the streams in the SOUTH.
5: They that sow in tears shall reap in JOY.
6: He that goeth forth and weepeth, bearing precious seed, shall doubtless COME again with rejoicing Bringing his sheaves with him.

Lord, I thank You for all You are doing. I am in awe of You, God. I love You, I praise You, I magnify Your name. Your grace and mercy endureth forever.

-Our Dream House Word, given to me by God June 23, 2007, 8:15 a.m.

(THE LORD)

1: Psalm 87:2

The Lord loveth the gates of Zion more than all the dwellings of Jacob.

2: Isaiah 45:1

Thus saith the Lord to his anointed, to Cyrus(JOHN), whose right hand I have holden, to subdue nations before Him; and I will loose the lions of Kings, to open before him two leaved gates; and the gates shall not be shut.

3: Jeremiah 33:2

Thus saith the Lord the maker thereof, the Lord that formed it, to establish it; the Lord is His name.

4: Jeremiah 29:11

For I know the thoughts that I think toward You, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

5: Deuteronomy 28:11

And the Lord shall make thee plenteous in goods, in fruit of thy cattle, and in the fruit of thy ground, in the land which the Lord swore unto thy fathers to give thee.

6: Daniel 2:28

But there is a God in heaven that revealeth secrets, and maketh known to the king Nebuchadnezzar what shall be in the latter days. The dream, and the vision of thy head upon thy bed, are these.

7: Psalm 126:1

When the Lord turned again the captivity of Zion, we were like them that dream.

By faith in God, I say the Palace, Our Dream House, will be paid off in 5 years. Lord, as I go to read Psalm 126, the Psalm you gave me in February 2001, I pause to thank You. Lord, I am also calling on You to help us pay off the dream house that You gave us in 5 years. This is my request to You in Jesus' name, amen.

December 12, 2008, 6:09 a.m.
Day 13 Word in advance

John, always remember I AM THAT I AM peace!

Great peace have they which love Thy law: and nothing shall offend them. (Psalm 119:165)

Open ye the gates, that the righteous nation which keepeth thy truth may enter in. Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the Lord for ever: for in the Lord JE-HO-VAH is everlasting strength. (Isaiah 26:2-4)

Lord, Thou wilt ordain PEACE for us: for thou also wrought all our works in us. (Isaiah 26:12)

God, You also reminded me about what You told me on September 1, 2008:

September 1, 2008

Get Some Rest!

Command from TUM-ETES Pilot, the Lord Jesus Christ, to TUM-ETES copilot John Isom

Lord, around 5 this morning, I prayed in Jesus' name that I might get some rest.

While I was resting, You gave me a Word: Genesis 12:2-3a, which was added to Ezekiel 34:26. You let me know the results TUM-ETES will bring:

- 1: I will make you (John) into a great nation/TUM-ETES and;
- 2 I will bless those who bless You, John:
- 3: I will bless them and the places surrounding my hill.
- 4: I will send down showers in his season
- 5 There shall be showers of blessing.

Only Believe Jesus, John!

Help me, Holy Spirit.

WOW! December 12, 2008 Thought of the Day
From: MSG Anthony Pamplin
Installation Chaplain NCOIC
5240 New Jersey Ave.
Fort Dix, NJ 08640

If you are peaceful, you will be powerful. Remember to stay calm, cool, and collected.

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness. (James 3:17-18)

In the end, it is the person you become, not the things you have achieved.

December 12, 2008, 3 p.m.

Praise for baby MaKenzie Elizabeth

Larry, praise God from whom all blessings flow! Know that God's awesome power was at work in this blessing. Seeing this picture of baby MaKenzie Elizabeth made my day and my Christmas season. This blessing in Julie's life and yours is a true example of God hearing our prayers and doing a great work.

P.S. Baby MaKenzie Elizabeth is truly blessed because she shares part of her name with my mom, Mary Elizabeth Isom. You know that Elizabeth was the mother of John, which is my father's name (John Wallace Isom Sr). My soul does what Mary's did in Luke 1:46-47: "And Mary said, My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior." I am magnifying and rejoicing in the Lord, for the joy of the Lord is my strength. Now, Father God, I ask You to bless MaKenzie Elizabeth, her parents, and her grandparents. This blessing is only because of Your grace and mercy combined with Julie's faith in Your word and Larry and Valerie standing by their child throughout. I offer this prayer of rejoicing, thanksgiving, and praise in the mighty matchless name of Jesus Christ, amen and amen. Larry, tell Julie and Baby MaKenzie Elizabeth that the U-Can! Man said "U-Can!"

September 23, 2007, 12:58 a.m.

Lord, help me to believe God. Lord, I can do nothing without You. I need You now, as my wife feeds our son Christian a little after midnight. I pray a special prayer of healing for her as she rests tonight. Lord, strengthen her and strengthen us. I pray in the name of Jesus Christ, amen.

Now, on December 12, 2008, at 5:15 p.m., I email this to Mandie. John, only believe that I AM THAT I AM has released an armload of treasure, a blessing from heaven. All I AM THAT I AM requires is that you believe! This is the month that will show the world what the results of believing in God can yield. Remember to tell the people U-Can! Now, go and do your APC Solutions job.

Help me, Holy Spirit, not to deny God. I ask and pray in the name of Jesus Christ, amen.

Day 14

"Strength in a Recession: 31 Days of Reflection and Inspiration"

"Let it Snow"

Article sent December 12, 2008, 3:30 p.m.

Received as Lowndes Middle School chorus had just sung "Let it Snow," around 8:30 p.m.

"Let It Snow..."

It's a harsh world. Braving the cold and snow just to scrape off your car is for the birds, who were smart enough to migrate out of this miserable weather. You have to cover even the smallest patches of skin, tucking sleeves into gloves, pants into boots. Ignore those details, and you end up with wet socks. There's nothing worse than wet socks. And trust us that cold air will try to

break more than just the clothing seal. All those teeny little gaps, cracks, or openings around your windows and doors let cold air in and expensive heat out. Not only are you still cold, but you're also losing money. Take an afternoon to caulk your windows inside and out, and weatherstrip around exterior door frames or windows that don't seal tightly. This needs to be done every year to keep your home running efficiently. Do these simple things and you can use the savings on an overhang for your car. Or see if you can get on that migration scheme with the birds. Either way.

December 13, 2008, 9:07 a.m.

I'm sitting in my home in Monticello, Florida, where God blessed me to grow up for 18 years, from May 9, 1964-June 28, 1982.

Lord, I believe that You have done what You said, so, based on my faith and on my experience of You, I restate what You have said:

“John, only believe that I AM THAT I AM has released an armload of treasure, a blessing from heaven. All I AM THAT I AM requires is that you believe! This is the month that will show the world what the results of believing in God can yield. Remember to tell the people U-Can!”

Lord, I love You and I praise You, from whom all blessings flow. On this day, December 13, 2008, as I write day 14, You stop me in my tracks and bring me to notice 2nd Kings 5:15-27:

John, type all these verses down. Remember I AM said to you to only believe. Do not commit the Gehazi sin.

I want to say:

The Gehazi mistake

The Gehazi misstep

The Gehazi misspoke

The Gehazi mishap

The Gehazi misunderstanding

The Gehazi mismatch

The Gehazi misfortune

The Gehazi misuse

But God calls it “the Gehazi SIN.” When asked by his master, Gehazi lied and said that he went nowhere. The bottom line is, John, that Gehazi SINNED. What I told You was clear as day, even before Mandie edited it. You understand what I AM THAT I AM told you:

John, only believe that I AM THAT I AM has released an armload of treasure, a blessing from heaven. All I AM THAT I AM requires is that you believe! This is the month that will show the world what the results of believing in God can yield. Remember to tell the people U-Can!

John, it is very important that you only believe God. No matter what you hear or see, no matter what the supposed facts or experts say, you, the U-Can! Man, must only believe God.

That is it for this day. I say to you one more time:

John, only believe that I AM THAT I AM has released an armload of treasure, a blessing from heaven. All I AM THAT I AM requires is that you believe! This is the month that will show the world what the results of believing in God can yield. Remember to tell the people U-Can!

Day 15

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Dear John,

In a week when unemployment numbers soared to near-record highs, President-elect Barack Obama's weekly address focused on crafting solutions that will help hard-working American families and struggling homeowners during this economic crisis.

To put our country and our economy back on track, it will take every part of the Obama-Biden Administration working together to bring about the change Americans need.

The Department of Housing and Urban Development is crucial to that effort. That's why President-elect Obama has selected Shaun Donovan, a widely respected Housing Commissioner from New York City, to lead this vital agency.

Watch the President-elect's Weekly Address and learn more about his selection:

<<http://change.gov/HUDannouncement>>

The Housing and Urban Development Secretary must bring a bold, innovative, and efficient approach to the position.

Mr. Donovan will reinvigorate HUD with the fresh thinking necessary to protect thousands of American homes threatened by the current financial crisis.

Thank you,

John

John D. Podesta
Co-chair
The Obama-Biden Transition Project

Working Together to bring about the change Americans need.

W-Working
T- Together W. T. T.
T- To

B-Bring
A-About B. A. T.
T-The

C-Change
A-Americans C. A. N.

N-Need

Must bring a bold, innovative, and efficient approach to the position.

U-Can! Reinvigorate

B-Bring

A-A B. A. B.

B-Brave

I-Innovative

A-And. I. A. E.

E-Efficient

A- Approach

TT-To The A. TT. P

P- Position

Email sent December 13, 2008, 11:54 a.m.

From: Minister Reginald Isom

To: The U-Can! Man and his Family (9 siblings altogether)

Reference: Mannafest Destiny Ministries Launched

Hello Warriors!

I trust you are all well!

It is now official!

This is more important than any other endeavor I have been entrusted to steward or partake in. It is with great joy & a sense of urgency that I announce the launching of a ministry that was conceived in me by the Holy Spirit over four years ago while I was walking in the woods in Germany praying.

That ministry has since been birthed and is now officially launched.

I present to you: Mannafest Destiny Ministries!!!

GLORY TO GOD!!!

Ironically...Mannafest Destiny Ministries will be officially launched this Sunday from the home church that I was raised in. I will be ministering in dance this Sunday under the official banner of Mannafest Destiny Ministries

You can visit our website at <http://www.mannafestdestiny.org/> www.mannafestdestiny.org

I ask that you also feel free to forward this website to friends and family!

Please pray for me as I step into what God has called and ordained for me to do. In the words of a man of God that I have heard on many occasions...It's All About Him!

More than anything else...I want to preach the truth of the Word of God in season and out of season.

And keep it...ALL ABOUT HIM...JESUS CHRIST!

I'll leave you with the two foundational scriptures for Mannafest Destiny Ministries:

And this is life eternal...that they may KNOW You...the One True God and Jesus Christ whom You have sent! -John 17:3

Now thanks be unto God, which always causes us to triumph in Christ, and MAKES MANIFEST the savor of HIS KNOWLEDGE...BY US...IN EVERY PLACE! -II Corinthians 2:14

Let's Mannafest Destiny FAM...until He comes!!!

Minister Reginald Isom,

Founder,

Mannafest Destiny Ministries

Ethel, praise God from whom all blessings flow! This is the email from Brother Reginald Isom that we all received today. WOW! God is good. God has launched him out there to do GLOBAL ministry. Ethel, as I told you, Reginald is one of six Isom brothers and has been ministering in the U-Can! Man's life for the past 7 or 8 years. From early on, God used him to help me manifest what He had spoken to me. I have copies of emails from Minister Reginald Isom going way back. He would tell me over and over again, "John, do what the Lord Jesus Christ has told you to do, no matter what you hear from other people." This very strong and sound advice has more

than helped me to be brave for God.

Ethel, as The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) Intercessory Prayer Warrior, you are asked to offer prayers for all my siblings and my parents. Let the Lord use you and know that I believe God will continue to answer your prayers for TUM-ETES as He has in the past. Thanks again, and, as always, remember U-Can!

December 14, 2008, 12:46 a.m.

From: Ethel

To: John

Subject: Praying

John,

I will be praying for all the needs that you shared with me.

For Anthony Williams I have a verse. Psalm 95:1: "O come, let us sing unto the Lord; let us make a joyful noise to the Rock of our salvation."

Blessings, Ethel

Lord, thank You for this email that You had TUM-ETES Intercessory Prayer Warrior Ethel send to me, Your chosen U-Can! Man. Now, Lord, as You perform a new song and a new work through Anthony Williams, I ask You to bless him and his wife, Netta Williams. I request that Your presence, power, and purpose, Your will, word, and way, be done in their lives. Now, Lord, this is what I say by faith in God referencing the song that You have already written in the heavens but are now manifesting in our lives. I say that this song, to be put together by Your child and my childhood friend, will be:

- 1) Blessed by You to be a blessing
- 2) Able to help save the lost
- 3) Able to strengthen the saved
- 4) A song for here and now
- 5) A song for future times
- 6) A song that glorifies God
- 7) A song for the God of the U-Can! Man
- 8) A song for the God of the people
- 9) A song used by many ministries
- 10) A way to bring glory to Jesus Christ
- 11) A revelation of God's power in the lives of those who hear it
- 12) A Word of healing based on the Word God directly gave me for the second time on December 11, 2008:

Ezekiel 34:26: "And I will make them and the places round my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing."

Help me, Holy Spirit, to ONLY BELIEVE God.

I request and praise God for all of this in the mighty matchless name of Jesus Christ, amen and amen.

-December 14, 2008, 8:07 a.m.

9:11 a.m.

John, always remember the 9-1-1 Factor of Faith.

Psalm 9:11

Sing praises to the Lord, which dwelleth in Zion: declare among the people his doings.

Psalm 91:1

He that dwelleth in the secret place of the most high shall abide under the shadow of the almighty.

Psalm 91:11

For he shall give his angels charges over thee, to keep thee in all thy ways.

John, these three verses are central in the U-Can! Man's life. ONLY BELIEVE GOD.

U-Can! Man, I AM THAT I AM commands you to:

Live out Psalm 9:11

Believe Psalm 91:1

And know that Psalm 91:11 is the assignment given to My angels concerning you and all those who are mine.

Now, get ready to go to St. Paul Primitive Baptist Church to look for Jesus Christ, learn from Jesus Christ, lean on Jesus Christ, and listen to Jesus Christ. I AM THAT I AM has a special blessing for you today, December 14, 2008. Come back here at the end of the day and reflect on what I AM THAT I AM has revealed to you.

Help me, Holy Spirit, I pray in Jesus' Name.

9:02 p.m.

God says, U-Can! Man, ONLY BELIEVE the ART concept that I have placed in your heart and mind. The U-Can! Man is introducing a new way of thinking that will inspire America with hope the next four years and beyond. We will see ourselves as Americans Riding Together!

Day 16

"Strength in a Recession: 31 Days of Reflection and Inspiration"

John, remember this message from October 28, 2008, and only believe that the RAIN is already pouring down in the U-Can! Man's WHOLE LIFE.

First Email: sent October 28, 2008, 1:46 p.m.

From: MSG Anthony Pamplin

Brother, here is a Word from God for you. I am not sure what it means, but I was led by the Holy Spirit to share this Scripture with you:

“Then shall we know, if we follow on to know the Lord: his going forth is prepared as the morning; and he shall come unto us as the rain, as the latter and former rain unto the earth.”
(Hosea 6:3)

Second Email: forwarded October 29, 2008, 7:03 p.m.

Ethel, here is a Word sent to the U-Can! Man. Please let me know what God is telling me through this verse. I know that it has some powerful meaning for our team.

Thanks
U-Can!

Third Email
Ethel's Response

John,

This is how that verse reads in the Amplified Version. Hosea 6:3 "Yes, let us know (recognize, be acquainted with, and understand) Him; let us be zealous to know the Lord (to appreciate, give heed to and cherish Him). His going forth is prepared and certain as the dawn, and He will come to us as the (heavy) rain, as the latter rain that waters the earth."

There are a couple of things in that verse that we have already discussed. In the first part we need to focus on the Lord...to cherish Him and to love Him. Everything else in our lives will fall into place if we put the Lord first.

The second part is about the former rain and the latter rain. Those are important for the harvest. First comes the former rain (the Holy Spirit), then you plant the seeds and wait. The Holy Spirit comes with the latter rain and this time the seed begins to grow. Then, it is harvest time.

Remember how we talked about this being a circle of events that is coming closer so that your planting and harvesting were being done at the same time for recruiting Chaplains.

This time, Tony gave you this verse because the Lord is using this method for the U-CAN MAN and the U-CAN Ministry. The query letter and the testimonies are the seed that you are using. Let the Holy Spirit do His work in His time and the harvest will come. I believe that it will be a short time and give us another "WOW" moment.

I feel that this is the word that God wants me to give you.

Ethel

PS. I think that Christian is going to be a talker, like his dad. I love to listen to him chatter in the

background.

Fourth Email
My Response to Ethel

Ethel, I 100% receive and believe by faith in God. Thanks for letting God use you to interpret what He is saying to us. God is in control, and that's the way I love it.

U-Can!

Fifth Email
My Response to MSG Pamplin

Thanks, brother, for hearing what the Lord is saying to us. Thanks for being obedient. I told Ethel how God had you give me Psalm 1:3 in 2005, and it has and still is coming to pass. Thanks for adding to my faith, brother. I still have your card in my wallet with 2nd Peter 1:5-7.

U-Can!

On October 28, 2008, God appeared to the U-Can! Man through His Word, and He sent His word to heal. John, tell the people that I AM THAT I AM sent you to tell the people U-Can!

Day 17 **"Strength in a Recession: 31 Days of Reflection and Inspiration"**

December 16, 2008, 9:18 a.m.
God has spoken to me since 6:18 a.m.—3 hours! WOW!

6:11 a.m.

I woke up and then woke my sons, Joshua and Caleb, saying, as usual, "Caleb, Joshua, wake up and say your prayers and brush your teeth!" As I was sitting down, God had me notice an email from Ruth. She was the leader of the Change is Coming meeting held in response to President-elect Barack Obama's win on November 4, 2008. I started the morning off with my mind on You, Lord Jesus Christ. I prayed and enjoyed the PEACE that God promises to those who trust in Him. Lord, here is what else happened:

- 1) You, Lord Jesus Christ, had me write an email to send to Ruth. After I finished, I forwarded it to Mandie, The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) editor and to Ethel for editing and prayer.
- 2) You, Lord Jesus Christ, placed in me a desire to read the book of Ruth today, and I agreed.
- 3) Lord Jesus, Your still small voice touched my heart to carry Ethel's Deuteronomy 1:11 \$111 seed offering to Bishop Wade S. McCrae. Ethel let him know that she is praying

Psalm 1 over him that God's favor would be upon him as he serves as TUM-ETES pastor/spiritual advisor. Lord, please grant Ethel's request.

- 4) Bishop Wade S. McCrae said, "Isom, get this to Ethel and let her know that God will fulfill her request." This is what he gave me to share with Ethel, TUM-ETES intercessory prayer warrior:

"When God Provides Abundance Out of the Abstract"

-John 6:1-13 (KJV & Message Bible)

Abundance: great quantity, plenty, prosperity, means, resources, loads, wealth

Abstract: conceptual, intangible, insubstantial, theoretical, hypothetical

- I. The SITUATION was overwhelming (v. 1-7)
 - A. A recognition of the situation (v. 5)
 - B. A request for faith (v. 6)
 - C. A response of the flesh (v. 7)
 - 1. Let's get rid of the problem
 - 2. Let's raise more money
 - 3. We have a little, but it will never be enough
 - 4. Let Jesus have it
- II. The SUPPLIES were insufficient (v. 8-9)
 - A. The size of the gift (v. 9)
 - B. The sacrifice of the giver (v. 9)
 - C. The stain of doubt (v. 9)
- III. The SURPLUS was abundant (v. 10-13)
 - A. The faltering were sanctified
 - B. The famished were satisfied
 - C. The faithless were stupefied

Lord, now, at 11 a.m., I go to read the entire book of Ruth, a day in advance of day 17. Speak to my heart, Lord Jesus Christ.

Before I read, here is a testimony from Ethel upon God blessing her:

Email sent from Ethel, December 16, 2008, 11:01 a.m.

That was a good Word, John. Thanks for sending it. God blesses us, doesn't He? Yesterday I got \$400 and also \$15 in unexpected checks.

Email sent from Ethel

Dec 16, 2008 11:01 AM

That was good Word, John. Thanks for sending it. God blesses us, doesn't He. Yesterday I got \$400.00 and also \$15.00 in unexpected checks.

I'm heading out to run errands. Will be back by late afternoon. Blessings, Ethel

As I was fellowshiping with Ethel, God showed me that Malachi 3:10 combined with Philippians 3:10 (M310 + P310) will help the U-Can! Man and others be blessed galore that they may be a blessing.

Malachi 3:10: Bring ye all the tithes into the storehouse, that there may be meat in mine house and prove me now herewith, saith the Lord of host, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.

Philippians 3:10: That I may know him, and the power of his resurrection, and the fellowship of his suffering, being made conformable unto his death.

H. I. M.

H- He who is ABLE, the Lord Jesus Christ -Ephesians 3:20

I- In everything give thanks to the Lord Jesus Christ -1st Thessalonians 5:18

M- Maketh me to lie down in green pastures –Psalm 23:2

Lord, at 12:12 p.m., You had Brother Shepherd come by and speak to me. He said he heard me quoting Psalm 37 and just wanted to talk. Being somewhat in shock, I showed him that I had just typed the H.I.M. acronym and the “M” stood for “Maketh me to lie down in green pastures.” I then gave him the Deuteronomy 1:11 U-Can! Man testimony, and I asked him for prayer that God would connect the U-Can! Man and the Yes We Can Man, President-elect Barack Obama. Brother Shepherd said, “Let’s pray now!” He grabbed my hands and prayed to God on the spot, asking Him to open a divine door of opportunity for President-elect Obama and me to make this connection. He quoted Ephesians 3:20 after the prayer request. We then shook hands, both believing that God is more than able!

Now, to the book of Ruth:

Out of the gate, Lord, You showed me a connection with RUTH and ORPAH.

1:4 And they took them wives of the women of Moab; the name of the one was ORPAH, and the name of the other RUTH: and they dwelled there about ten years.

1:14 And they lifted up their voice, and wept again: and ORPAH kissed her mother-in-law; but RUTH clave unto her.

1:15 And she said, Behold, thy sister-in-law is gone back unto her people, and unto her gods: return thou after thy sister-in-law.

1:16 And RUTH said, Entreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go, and where thy lodgest, I will lodge; thy people shall be my people, and thy God my God.

1:17 Where thou diest, will I die. And there will I be buried: the Lord do so to me, and more also, if ought but death part thee and me.

1:18 When she saw that she was STEADFASTLY MINDED to go with her, then she left speaking unto her.

2:2 And RUTH the Moabitess said unto Naomi, Let me now go to the field, and glean ears of corn after him in whose sight I shall find grace. And she said unto her, GO, my daughter.

2:3 And she went, and came, and gleaned in the field after the reapers: and her HAP was to light on a part of the field belonging unto Boaz, who was kindred of Elimelech.

3:5 And she said unto her, All that thou sayest unto me I will do.

3:6 And she went down unto the floor, and did according to all that her mother-in-law bade her.

3:18 Then said she, Sit still, my daughter, until thou know how the matter will fall: for the man will not rest, until he have finished the thing this day. (Psalm 37- verse 3 and verse 5)
-December 16, 2008, 1 p.m., the Lord Jesus Christ says to me, "John, sit still. Verse 18 will happen. Only believe. I AM your Boaz type. Only believe."

4:7 Now this was the manner in former time in Israel concerning redeeming and concerning changing, for to confirm all things; a man plucked off his shoe, and gave it to his neighbor: and this was testimony in Israel.

4:8 Therefore the kinsman said unto Boaz, Buy it for thee. So he drew off his shoe.

U-Can!

Day 18

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Lord, I pause to thank You for all You have done, all You are doing, and all You will do. Lord, I will write what appears in the Trademark Gazette. I thank You and I believe that You have a major blessing in store for Your servants in The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES).

The U-Can! Man trademark was published in the U. S. Trademark Gazette on December 16, 2008, and is pictured on page 871.

SN 77-534,193 Isom, John, Valdosta, GA, Filed 7-29-2008

The U-Can! Man Logo pictured

www.theucanman.com

The mark consists of a stylized oval with a silhouette of a man and the stylized text "The U-CAN! Man" inside. The man is standing, with both hands held out above his head, on a little mound of dirt. For educational and entertainment services, namely, providing motivational speaking services in the field of encouragement and inspiration (U.S. CLS. 100, 101 and 107) First used 6-17-2008; in commerce 6-17-2008. Ronald Delgizzi, Examining Attorney.

Email received from TUM-ETES Intercessory Prayer Warrior re: her take on the book of Ruth December 16, 2008, 10:38 p.m.

There was a famine in the land. God blessed. Ruth gleaned what others had planted. Boaz gave her reaped grain from what his workers had planted. That sounds like a double blessing to me. Then God blessed her even more with a wealthy, loving husband.....and she became a mother to a baby who was an ancestor of the baby Jesus. This was a prelude to the Christmas story.

There is a economic famine in our land, and yet God is blessing TUM-ETES. He's blessing us with things that we work to get and things that others give to us. We have seen these things. There will be more blessings that we can't even imagine!

I was reminded by God on December 17, 2008, at 9:58 a.m., of what He revealed to me on April 1, 2007, at 10:00 a.m.

The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) Word April 1, 2007, 10:00 a.m.

John, it is better to be prepared and not have an opportunity than to have an opportunity and not be prepared.

Thus saith the Lord to his anointed, to Cyrus/John whose right hand I have holden to subdue nations before him, and I will loose the lions of kings to open before him the two leaved gates: and the gates shall not be shut. –Isaiah 45:1

April 1, 2007, 10:13 a.m.

Luke 22:31-32

The Lord, Satan, the Believer

Dr. Earl Johnson, Grace Bible Baptist Church, Catonsville, MD

31: And The Lord said, Simon/John, Simon/John, behold, Satan hath desired to have you, that he may sift you as wheat.

32: But I have prayed for thee that thy faith fail not: and when thou ART converted strengthen the brethren.

-
- 1) The Lord has full knowledge of my past, present, and future (Job 23:10)
 - 2) The Lord has personal concern for me
 - 3) Only God knows our potential
 - 4) Peter was assured of the Lord's intervention by the Lord Jesus Himself
 - 5) The world has never seen a man who surrenders absolutely everything to God.

God knows- the Lord knows- the Holy Spirit knows
We have in these verses the Lord's intercessory prayer for Peter's ASSURANCE!

December 17, 2008, 11:20 a.m.
Krystal's, Valdosta, GA
God speaks to me through three men who are regulars at breakfast

Still Word

Lord Jesus, You told me to SIT STILL on December 16, 2008

Ruth 3:18: Then said she, Sit still, my daughter, until thou know how the matter will fall: for the man will not rest, until he have finished the thing this day.

Now, on December 17, You expanded this Word in 6 different parts. Lord Jesus Christ, I receive this Word by faith and believe God that it shall be even as He has told me. Help me, Holy Spirit, to have faith in God. I ask and pray in Jesus Christ's Name, amen.

1: SIT STILL

Ruth 3:18

Then said she, SIT STILL, my daughter, until thou know how the matter will fall: for the man will not rest, until he have finished the thing this day.

2: STAND STILL

Exodus 14:13-14

13: And Moses said unto the people, Fear ye not, STAND STILL, and see the salvation of the Lord, which he will show to you today: For the Egyptians whom ye have seen today, ye shall see them again no more forever. 14: The Lord shall fight for you, and ye shall hold your peace

3: BE STILL

Psalm 46:10

BE STILL, and know that I AM GOD: I will be exalted among the heathen, I will be exalted in the earth.

4: Caleb STILLED

Numbers 13:30

And Caleb STILLED the people before Moses, and said, Let us go up at once, and possess it; for we are able to Overcome it.

5: SUN, STAND THOU STILL

Joshua 10:12

Then spake Joshua to the Lord in the day when the Lord delivered up the Amorites before the children of Israel, and he said in the sight of Israel, SUN, STAND THOU STILL upon Gibeon; and thou moon, in the Valley of Ajalon

6: SUN STOOD STILL

Joshua 10:13-14

13: And the SUN STOOD STILL, and the moon STAYED, until the people had avenged themselves upon their enemies. Is not this written in the book of Jasher? So the sun STOOD STILL in the midst of heaven, and hasted not to go down about a whole day. 14: And there was no day like that before it or after it, that the Lord hearkened unto the voice of a man: For the Lord FOUGHT for Israel.

While I was writing this down, God had Pastor Jesse Young call and impressed upon my heart to share with him the Deuteronomy 1:11 testimony and ask him to consider it as a possibility.

12:05 p.m.

John, now obey me, I AM THAT I AM. SIT STILL like I instructed you on December 16. Help me, Holy Spirit, I ask and pray in the name of Jesus, amen!

John, the next move will be Mine! ONLY BELIEVE GOD!

WOW! Testimony from Ethel

Received December 16, 2008

John, this will blow your socks off! This is the next step in the blessing. From \$415, I tithed an offering of \$50 to a man of God. Half an hour later, I got \$50. Again, that was unexpected. More tithes and offerings will go out when the Lord shows me where to plant the seed. Let's keep praising the Lord. -Ethel

Today God had me notice this email that my mom sent me back in 2003:

From: Mary Isom

To: John Isom

February 19, 2003, 10:58 p.m.

Dear Son, I just received your email, and my first word to you is to BE STILL and see the salvation of the Lord PREVAIL. God works in His own time. Always remember that what God has for you and your family is for you. Just keep the faith and don't give up no matter what. I'll tell Lynn you can't make it this time. Give Karen and the children my love. Your dad is doing fine.

I emailed Mom back and said:

I must also add that God sent a Christian to me on this past Tuesday with the exact same message: BE STILL and know that I am God. Remember to trust in God only. Check out Psalm 62:8. It is confirmation from the Holy Spirit. It says, "Trust in Him at all times, ye people, pour out your heart before him: God is a refuge for us. Selah"

I then prayed to God to help me with TEA:

Training

Execution

Accountability

I prayed this on February 20, 2003, and God has prevailed!

Day 19

"Strength in a Recession: 31 Days of Reflection and Inspiration"

God had me find the origins of U-Can! It was God manifesting Ephesians 3:20 through this email from November 1, 2003:

From: John Isom

Sent: November 1, 2003, 2:25 p.m.

To: Seven people in the Training and Development Branch in Fort Knox, KY, home of the United States Army Recruiting Command (USAREC)

Team members,

SFC Johnson, the State Farm NCO, and SFC Isom, inventor of Focus Appreciation Motivation (FAM), have undertaken a challenge for the next two weeks of SATW class. The challenge is to create a totally original (no copycat) performance. I have challenged SFC Johnson to do a TSP Class on the standardized PT program (a first), and SFC Johnson has challenged me to create a FAM TSP Class (a first).

Our goal is to inspire originality in the training development team and take full advantage of this class. We will challenge ourselves to go where very few USAREC soldiers have gone before, creating a class like nothing SATW has ever seen.

SFC Johnson, I accept your challenge, and I say to you now that the FAM class will be a groundbreaking work of art. This product will cause all who see it to say, MY, MY, MY, what a remarkable, spectacular, phenomenal, awesome, sensational, super, fantastic work of ART that will impact our Command for years to come! State Farm soldier, I will see you at 7:30 a.m. on November 4, 2003, for the start of the challenge.

John W. Isom

SFC, USA

HQN USAREC Training and Development Branch

A Soldier Is A Soldier Is A Soldier.

John, your desire since before birth has been to help people, and this desire is still strong for you. You have been in creative mode almost all of your life. I have created many things through you that are being manifested in various ways. Now, I AM THAT I AM desires 20 ONLYs from you, my appointed, anointed, and approved by God U-Can! Man.

The U-Can! Man's 20 ONLYs (TUM 20)

- 1) Only OBEY God
- 2) Only BELIEVE God
- 3) Only OBSERVE God
- 4) Only HAVE FAITH IN God
- 5) Only HOPE IN God
- 6) Only TRUST God
- 7) Only RELY ON God
- 8) Only DESIRE God
- 9) Only PRAISE God
- 10) Only WORSHIP God
- 11) Only PRAY TO God
- 12) Only FEAR God
- 13) Only WANT God
- 14) Only NEED God
- 15) Only BE CONTENT IN God
- 16) Only FOCUS ON God
- 17) Only DWELL ON God
- 18) Only ABIDE IN God
- 19) Only LIVE FOR God
- 20) Only ONLY God

And attack every problem, every situation, with ENTHUSIASM, as if your survival depended on it.

Lord, I ask You to help me in Jesus Christ's Name, amen.

Also, remember what I had you remember on November 15, 2008. You will need to do this after your time of Sitting Still is up.

Help me, Holy Spirit, I ask and pray in the name of Jesus Christ, amen.

November 15, 2008

Wisdom for the Future

Given to me by SFC Jerome Hayes out of Fort Steward, GA

- 1) Ignore/overlook minor things
 - 2) Keep smiling
 - 3) Keep a positive attitude
 - 4) Always look at the big picture
 - 5) Global vision is the ultimate goal
-

Also, John, remember the wisdom from the Oct/Nov 2005 edition of the Recruiter Journal. This is what LEAPT inside of you when you first heard it. For the U-Can! Man, this is reality. Help me, Holy Spirit, I ask and pray in the name of Jesus Christ, amen and amen.

Recruiter Journal Oct/Nov 2005

This is an extraordinary Command made up of extraordinary soldiers, family members, and civilian employees. I look forward to our service together, on one team, with one goal—provide the strength!

Coming together is the beginning.

Keeping together is progress.

Working together is success.

-Henry Ford

From Major General Thomas Bostic's first address made to USAREC as a Commanding General.

TUM 20 + LHS 20 = P 40 Success

Psalm 40:5: Many, O Lord my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered.

December 17, 2008, 9:25 p.m.

ONLY BELIEVE - goes on the back of your U-Can! Man shirt, John. 17 Dec 08/2125

Sent to the U-Can! Man from Brother Howard Williams, December 7, 2008

Lou Holtz's Speech- 20-point summary (LHS 20)

- 1) Life is largely about helping other people get what they want.
- 2) React positively to crisis, and often the best case will follow.

- 3) Focus on your strengths. Be aware of your weaknesses.
- 4) Know that you are unique and can achieve great things in life at any age.
- 5) Generally, those who tear others down have a low opinion of themselves.
- 6) Your eyes are up front to see the present, not in the back to observe the past.
- 7) No one can make you happy or unhappy without your permission.
- 8) Some people don't know what is going on. Others don't suspect anything is going on.
- 9) Do what is right. Do the best you can. Treat others as you want to be treated.
- 10) You must treat people right, showing sincere respect and concern.
- 11) Select first place and you will aim for it throughout life. The same goes for any other selection.
- 12) Lack of confidence and faith in yourself will cause you to always seek the approval of others. Then they will largely control your life, happiness, etc.
- 13) Tell people you appreciate them, especially older people. Soon it will be too late.
- 14) The universal questions people will ask about you are: Can I trust you? Are you sincere? Are you committed? Do you care about me as a person?
- 15) Leadership + Trust + Credibility + Pressure = Desired Results.
- 16) Sell unselfishness, sell within, sell total teamwork.
- 17) Don't let anyone cause you to lose your confidence or self-esteem.
- 18) Positive, sincere commitment and continuous persistence yield great achievements.
- 19) Trust, commitment, love, and success all go together to build the total team concept.
- 20) Focus on a goal, systematically plan its achievement, act upon the plan with patient persistence—and then celebrate your success.

Day 20

"Strength in a Recession: 31 Days of Reflection and Inspiration"

John, copy the message from this journal and then look back over it to see what the Lord hath done. These are just a few of the great things that I AM THAT I AM hath done.

Bishop Wade S. McCrae's Message for the Last Sunday of 2007 (December 30)

"How Bad Do You Want It?"

Numbers 13:26-33

Focus Verse: Numbers 13:30: And Caleb STILLED the people before Moses, and said, Let us go up at once, and possess it; for we are able to overcome it.

Main points:

- 1) Be prepared to go get what God has for you.
- 2) Faith without works is dead.
- 3) You must have enough faith to trust God.
- 4) When you can't trace or trail God, you have to just trust Him.
- 5) Be a "make-it-happen" type of person.
- 6) Have faith in God that you can make it.
- 7) Believe what God says to you.

- 8) It's easy to do first, then believe...
- 9) ...But you must believe God, then do.
- 10) Do what the unsuccessful don't feel like doing.
- 11) Be willing to do what failures won't do.
- 12) You have a measure of faith from God.
- 13) You must work your faithful muscles. (Help me, Holy Spirit.)
- 14) You must exercise your faith, John. (Help me, Holy Spirit.)
- 15) If you believe God, all things are possible.
- 16) Your faith in God can change your life.
- 17) The God that we serve is a great big God.
- 18) Don't let folks limit or label you.
- 19) ONLY BELIEVE GOD about the following items, John:
 - The U-Can! book
 - Your command from I AM THAT I AM in July 2002 to Pursue Overtake Recover All (PORA)
 - Your APC Solutions job
 - Your marriage
 - Your VA benefits
 - Not committing the sin mentioned in Psalm 78:41 (don't limit God)
 - Believing that Deuteronomy 28:1-14 will be done in your life
- 20) When you are faithful, hang around faithful people.
- 21) God has given you an assignment—have you begun to work on it yet?
- 22) They all saw the land filled with milk and honey, just as God had said.
- 23) We all have doubt and unbelief at some time in our lives.
- 24) Concentrate on what God told you and believe God.
- 25) If God said let's go, then let's go.
- 26) Caleb said that we are well able.
- 27) You've always got to PUSH (Pray Until Something Happens).
- 28) You have to believe that God and you are able.
- 29) God will give you what he has told you will be yours.
- 30) Remember that God will keep His word.
- 31) No matter what, it is God who has the power to do it (Ephesians 3:20).
- 32) You must walk by faith, not by sight.
- 33) Be careful who you share your vision with.
- 34) When they saw the obstacle, they forgot the promise of God.
- 35) You must stand on the promises of God.
- 36) What God said, you must believe, and that's it.
- 37) Make sure you are not handcuffed to your history.
- 38) Sometimes your past will hold you back.
- 39) Three things about the ten spies:
 - They allowed what they saw to overrule what and who they knew.
 - They were handcuffed by history.
 - They didn't have a healthy self-perspective.
- 40) Don't let your past paralyze you, John.
- 41) God forgave you, so you must forgive yourself; you have been set free.
- 42) You need to thank God for the present.

- 43) Most of the people in your life are haters.
- 44) Most of them will dog you out with their talk.
- 45) Praise God for your haters.

46) Lord, I praise you now for all my haters. In Jesus' name, amen. I will remember not only Deuteronomy 28:1-14 but also Genesis 39-50, the Joseph story. When Joseph had his dreams, his brothers became haters. Even in your own inner circle, people will sometimes want you dead.

- 47) People can't stand to see God's hand on you sometimes.
- 48) Joseph's brothers took his coat of many colors.
- 49) Joseph's brothers lied about him, saying that he had been killed by an animal.
- 50) When God put you in the pit, He was preparing you for the palace.

-“I don't feel no ways tired. I don't believe God brought me this far to leave me.” –from song that Bishop Wade S. McCrae sang on December 30, 2007.

- 51) You must cleave to that which is good.
- 52) You must forget those things that are left behind.
- 53) You cannot move forward when you're looking back and living in the past.
- 54) You are what God says you are.
- 55) You are fearfully and wonderfully made.
- 56) You must tell yourself you are a child of the King.
- 57) You are worthy because God created you.
- 58) God is your Father.
- 59) Only believe God, John.
- 60) He who has begun a good work in you is ABLE to complete it.

Lord Jesus, it is 12:38 a.m. on December 18, 2008, and I am obeying You. As I was walking around the kitchen with Christian, You impressed upon me to go to my Thanksgivings Treasure Chest. Lord Jesus Christ, You had me grab this journal. I flipped one page and came to the sermon entitled, “How Bad Do You Want It?” You instructed me to write it down, and I obeyed.

Lord, I now want to thank You for this Word. It's just after midnight on December 18, and I feel like this will be the day. My spirit is echoing the words of Ruth 3:18: “Then said she, SIT STILL, my daughter, until thou know how the matter will fall: for the man will not rest, until he have finished the thing this day.” Lord, You told me on December 16, “John, obey Me and SIT STILL.” Help me, Holy Spirit, I pray in the name of Jesus Christ, amen!

John, the next move will be Mine! You ONLY BELIEVE GOD!

Now, Lord Jesus, the time is 12:55, and I lie down with a spirit of expectancy about what You are about to do. Lord, I ask for Your divine help as I am thrust out onto the global scene. Lord, I know You are already prepared. I magnify Your name and praise God from whom all blessings flow. Now, Lord Jesus, I go to bed with You on my mind, asking You to create in me a clean heart and renew a right spirit within me. I need the Lord Jesus, for I can only do all things through You who strengthens me. Help me, Lord Jesus, to please You and live according to my life's goal: “THAT I MAY KNOW HIM.” I praise, pray to, and worship You whom I love, the Lord Jesus Christ. Amen.

Day 21

"Strength in a Recession: 31 Days of Reflection and Inspiration"

December 18, 2008

6:11 a.m.

I woke up with this song running through my mind:

Christ, You make the difference in me,
You took me by the hand and you led me through the thick and the thin,
But Jesus Christ, You made the difference in my life, oh yeah,
Jesus Christ, You are the difference in my life.

My spirit was singing this song over and over again.

Then, God had me look at the clock by our bed and notice that the time was 6:33 a.m. The Holy Spirit said, "John, you have obeyed Matthew 6:33. You have believed Psalm 35, which I had My child Sister Stallworth share with you in 1998. Then, in 2000, Pastor Holt shared Psalm 35:18 with you, and you believed God about that Word as well. You then went to your Thompson Chain Bible and turned to the book of James, the first book that you read after retiring from the U.S. Army. You noticed that you'd also read this book on February 12, 2005, while your 1st Recruiting Brigade was 3 for 11 and bottom in the Command. You'd told the Command about Operation Each One Reach One, which was launched in October 2004, and you told them that God would reveal results in the 2nd quarter, January-March 2005. I had you read the book of James then."

Lord, I offer you these Words from my past and I request that You would help me obey them in the present:

James 1:12 (February 7, 2005)

James 4:8 (February 24, 2005)

James 1:21-22 (February 24, 2005)

James 1:2 (March 3, 2005)

James 1:3-7 (December 2, 2007)

Matthew 6:33 (December 18, 2008)

Then, from 7:40-9:00, God reminded me of a command He gave me back on June 3, 2008, during Quiet Quality Time Spent with God from 8:20-9:30 a.m. God woke me up with Psalm 13 on my Heart and Mind. He gave me 5 D's as I lay in my Quality Inn bed in room 134 in Tifton, GA. I then got up, leaving my bride, Karen, in bed, read Psalm 13 in my 9-Month Blessing Attitude Bible, and wrote the 5 D's and the corresponding verses. God then had me read 2nd Samuel 11:27-16:23 and Psalm 134, saying to me, "If you follow these 5 D's in your own life and then go share them, you will be in Ezekiel 34:26 NOW!"

Psalm 13: 5 D's U-Can! Count On

- 1) DO ask God (v. 1-2)
- 2) DIRECT to God (v. 3a)

- 3) DELIVER to God (v. 3b-4)
- 4) DEPEND on God (v. 5)
- 5) DELIGHT in God (v. 6)

The 5 D's with the Verses:

1: DO ask God

1. How long wilt thou forget me, O Lord? Forever? How long wilt thou hide thy face from me?
2. How long shall I take counsel in my soul, having sorrow in my heart daily? How long shall mine enemy be exalted over me?

2: DIRECT to God

- 3a. Consider and hear, O Lord my God:

3: DELIVER to God

- 3b. Lighten mine eyes, lest I sleep the sleep of death;
4. Lest mine enemy say, I have prevailed against him; and those that trouble me rejoice when I am moved.

4: DEPEND on God

5. But I have trusted in thy mercy; my heart shall rejoice in thy salvation.

5: DELIGHT in God

6. I will sing unto the Lord, because he hath dealt bountifully with me.

Lord, I end this hour of Quiet Quality Praise Time Spent with God by singing to you, "I love You, Lord Jesus, worship and adore You, just want to tell You, Lord, I love You more than anything, and, Lord Jesus Christ, I mean anything."

John, this is your charge from God: go and do these 5 D's, and Only Believe the promise of Ezekiel 34:26, now and for the next 7 years of FEAST-FAVOR-FEST that will result from God's work in the U-Can! Man's life. Only Believe God, John!

Lord I thank You for being God. I desire more of You, God, that I may know Him, the Lord Jesus Christ.

Psalm 73:25 says it best in the Old Testament:

"Whom have I in Heaven but thee? And there is none upon earth that I desire beside Thee."

Philippians 3:8-11 says it best in the New Testament:

8: Yea doubtless, and I count all things but lost for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may WIN Christ; 9: And be found in Him, not having mine own righteousness which is of the

law, but that which is THROUGH the FAITH of Christ, the righteousness which is of God by FAITH:

10: That I may know him, and the fellowship of his suffering, being made conformable unto his death; 11: If by any means I might attain unto the resurrection of the dead.

The U-Can! Man Lifestyle Only Version Everyday (TUM-LOVE)
Created December 18, 2008

T- The

U- U-Can!

M- Man

TUM-LOVE

L- Lifestyle. (John 15:7)

O- Only

V- Version

E- Everyday

The Lord Jesus Christ said in John 15:7, "If ye abide in me, and my words abide in you, ye shall ask what you will, and it shall be done unto you."

Psalms 73:25 says it best in the Old Testament:

TUM-LOVE

"Whom have I (THE U-CAN! MAN) in Heaven but thee? And there is none upon earth that I (THE U-CAN! MAN) desire beside Thee."

Philippians 3:8-11 says it best in the New Testament:

TUM-LOVE

8: Yea doubtless, and I (THE U-CAN! MAN) count all things but lost for the excellency of the knowledge of Christ Jesus my (THE U-CAN! MAN'S) Lord: for whom I (THE U-CAN! MAN) have suffered the loss of all things, and do count them but dung, that I (THE U-CAN! MAN) may WIN Christ;

9: And be found in Him, not having mine (THE U-CAN! MAN'S) own righteousness which is of the law, but that which is THROUGH the FAITH of Christ, the righteousness which is of God by FAITH:

10: That I (THE U-CAN! MAN) may know him, and the fellowship of his suffering, being made conformable unto his death;

11: If by any means I (THE U-CAN! MAN) might attain unto the resurrection of the dead.

TUM-LOVE

Ezekiel 34:26: And I (GOD) will make them (TUM-ETES) and the places round about my (GOD'S) hill a blessing; and I (GOD) will cause the shower to come down in his (THE U-CAN! MAN'S) season; there shall be showers of blessing.

Day 22

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Willie Mays began his major league baseball career with only *one* hit in his first 26 at bats. Though he went on to hit 660 home runs (third on the all-time list) and steal more than 300 bases, his debut was so UNIMPRESSIVE it seem unlikely he would last more than a few weeks as a big leaguer, let alone become one of the GREATEST to play the game.

The TURNING POINT for Mays occurred when his manger, Leo Durocher, found him crying in the dugout after yet another miserable performance at the plate. The Coach put his arm around Mays and said, "What's the matter, son?" Mays said, "I can't hit up here. I belong in the minor leagues."

Durocher said this to Mays: "As long as I'm manger of the Giants, you'll be my center fielder."

You know how the story ends. It wasn't long before Mays began hitting the ball, and he was on his way to becoming a LEGEND of the game.

If Willie Mays had been left alone in the dugout that day, his career might have ended before it started. Fortunately for him (and for baseball), SOMEONE BELIEVED IN HIM even when he didn't believe in himself.

Durocher's speech wasn't:
You're a DISAPPOINTMENT.
Do you know how much you're costing the team?
You're on the verge of BLOWING your big chance!

He simply said:
I know that YOU CAN make it.

Over 22 million Americans are what Tom Rath calls "actively disengaged" with their work. What he means is that they are not only unhappy but also actively UNDERMINING their coworkers.

One study estimated that negative and unhappy workers cost between \$250 and \$300 BILLION in lost productivity each year.

It is amazing how negativity can overcome positive productive workers.

It is as if someone walks into our homes, offices, or cubicles and takes \$50 right out of our wallets.

How do we reclaim or create a positive, productive attitude? One of the most powerful management tools is ENCOURAGEMENT. Now, I know what you are thinking: how do I

encourage people who are not doing what is EXPECTED of them? If I stroke them, won't it only reinforce their non-productive behaviors? In some cases, it could. HOWEVER, most who are fighting those negative demons can be pulled out of the swamp with the encouraging words of a SUPERVISOR or TRUSTED FRIEND.

The art of encouragement is different from praise. Praise often comes paired with words of judgment or evaluation, such as "best" or "highest."

When given lightly, praise can become expected. Encouragement, however, is descriptive of a person's behavior. It stimulates COOPERATION and CONTRIBUTION for the good or ALL. Encouragement focuses on the amount of effort and enjoyment.

In order to implement the art of ENCOURAGEMENT in our homes or on the job, we must remember the following guidelines:

BE- BE- EMPHASIZE- EMPHASIZE

- BE specific: "You made eight appointments this week."

- BE Descriptive: "I noticed you spent two extra hours on the phone yesterday."

- EMPHASIZE and value the effort expended: "I know it was difficult missing your son's ball game."

- EMPHASIZE the feelings of coworkers: "Great, you got that young man on the floor. I bet that feels super!"

It can be difficult for many in our military culture to employ the art of ENCOURAGEMENT. They may view it as weak and coddling. However, if we are to create a positive workplace and provide meaning to the task before this Command, we must adapt to a changing environment and a new generation of soldiers. May our prayer be: Lord, let the positive ethos of ENCOURAGEMENT sweep through our Command, and let it begin with ME.

Day 23

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Prayed on December 19, 2008, at 12:07 p.m.

Lord Jesus Christ, I thank You for working in and through Mandie to give us a name for what You inspired me to do over the 2008 Thanksgiving holiday. Lord, I obeyed You and did a 31-day folder file on my Blackberry Sprint telephone. I titled each of the folders JESUS day 1-31 of The U-Can! Man Special 31 Days of God Himself Showing Up and Showing Out in my WHOLE LIFE.

Lord, I then emailed Ethel, TUM-ETES God-chosen Intercessory Prayer Warrior, and we talked on the phone. Ethel said, "John, I will be praying for you and with you these next 31 days." I then started emailing Mandie, TUM-ETES God-chosen editor. Mandie says very little in her email responses, yet her words have often been like a huge bolster of encouragement and blessing to me. Lord, she would often just say, "Here you go!" These three words have stuck to my spirit and have eventually caused me to realize that Here You Go (HYG) is a word letting Your U-Can! Man now I am not alone on this The U-Can! Man Empowerment Through Encouragement Shuttle. So when I saw "Here you go," You, Lord, would strengthen me. Now, Lord, I am really coming before You to thank You, for You touched Ethel and Your U-Can! Man's hearts to agree that Mandie, our God-gifted TUM-ETES editor, would name these 31 days of You, Lord, speaking to Your U-Can! Man in special ways. Lord Jesus Christ, You and Mandie came up with:

"Strength in a Recession: 31 Days of Reflection and Inspiration."

WOW! Like Cirena, TUM-ETES God-chosen Project Leader and graphic designer, the name You blessed Mandie with can reach all kinds of people. Lord, I pray for Your amazing grace and mercy that endureth forever to be used in and through these 31 days.

I am including this prayer in Day 23 and asking You to feed me until I want no more, all for the glory of God. I ask and pray in the name of Jesus Christ, amen.

Lord, I say that "Strength in a Recession: 31 Days of Reflection and Inspiration" will be:

- 1) Blessed to be a blessing
- 2) Blessed to encourage people
- 3) Blessed to strengthen people
- 4) Blessed to speak Your Word
- 5) Blessed to draw people to the Word of God
- 6) Blessed to encourage pastors in my 10-city assignment area
- 7) Blessed to encourage pastors globally
- 8) Blessed to give God all glory
- 9) Blessed to encourage TUM-ETES God-chosen team members
- 10) Blessed to open the Hearts and Minds of the people the Lord has chosen to bless

I pray these 10 based upon the promise in Mark 11:22-25. In Jesus Christ's name, amen and amen.

Thank You sent to Mandie and Ethel
December 19, 2008, 12:10 p.m.

Mandie, GRAND SLAM! When I saw what you and God came up with, my soul rejoiced in the Lord. Ethel, your prayers are yielding amazing results from God!

U-CAN!

Brother Pamplin's Thought of the Day for December 19, 2008

When faced with adversity, tell yourself, "I TRUST GOD."

Ephesians 6:13: Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

From 1:30-2:50 p.m. on December 19, my beautiful bride, Karen Isom, and our baby son, Christian, went to Firehouse Sub for lunch. She had just left Brother Wayne Washington's hairdressing office. Boy, Wayne Washington had her looking like Miss America, Miss Universe, and, of course, The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) God-chosen Senior Advisor. WOW! I am in awe at how, after 20 years together, 18 years of marriage, she is still just as much the treasure described in Proverbs 31:10-31 as ever. WOW! Thank You, Jesus.

Lord, I thank You for granting the request that I prayed to You on Mother's Day in 1999. Lord, while sitting in my Recruiting Company Headquarters, where I was working as a gofer after being unjustly fired, I had no idea what the next day was going to bring. You touched my spirit despite my uncertainty and had me type Karen a Mother's Day card from my heart, based on Proverbs 31:10-31. Lord Jesus, I asked You to bless my wife, thanked You for who she had become, and prayed that You would help her to become more and more like the woman in Your Word. Lord Jesus, my desire for the gift You blessed me with back in 1989 was that she would be the virtuous woman described in Proverbs 31:10-31. Now, Lord, almost 20 years later, I reflect back over our time together and see clearly that, through all the adversity, You were granting my request. Thank You, Lord Jesus.

Another blessing that I pause to thank You for is Your allowing me to get a Compaq computer and flatscreen for my office, paid in full. Lord, You granted me another desire of my heart about 5 months ago. I desired an up-to-date desktop computer for my office, and You made a way. Lord, You blessed me to pay off The U-Can! Man LLC laptop after about a year and 3 months. Now, I pause to give you thanks, for it is all coming together. I am walking in the blessing of God. Lord, I also thank You for the team aboard The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES). Lord, the One I am most grateful for, thankful and filled with praise, is You, Lord Jesus Christ, the only begotten Son of God. For You are the pilot, You assigned us our mission, and we are all following You!

Around 4:30 p.m., God had one of His children speak this statement through faith:
"I believe the U.S. economy will be better by the end of February 2009! I don't care what everybody else is saying, even on the news. I feel in my heart that by the end of February we will be experiencing a better U.S. economy." –Teresa Zorn, owner of Professional Printing, Valdosta, GA

Then God had The U-Can! Man
T-Touch
A-And
B-Believe
T. A. B.

with Teresa. After I left her business, The U-Can! Man
T-Touched

A-And

A-Agreed

T. A. A.

with the Lord Jesus Christ, who gave me Joshua 14:6-15 and Mark 11:22-26. Lord Jesus, I thank
You for this time of You speaking to me again. I have been once again sent on a

F-Faith

I-In

G-God

F. I. G.

Journey.

Now, Lord, You told me on Day 2 that 4 years from now, Barack Obama will be known as one
of the greatest presidents the USA has ever had. Now, on Day 23, You remind me of what
happened on December 19 with Teresa Zorn. Lord Jesus Christ, I heard You say in my spirit that
this would be the foundation of the Word You gave me referencing President-elect Obama. Lord,
I believe that it shall be even as You, Lord Jesus Christ, have told me!

So, I just want to bless You and thank You for revealing to Your U-Can! Man what You are
about to do in this time of famine. Lord, thank You for working in front of, through, and behind
the scenes. Lord Jesus Christ, I love You and I praise You, for You are my all in all. I thank You
for what You have done, I thank You for who You are, and I realize that there is none I desire in
heaven or earth besides You. Lord Jesus Christ, You are so awesome and amazing. You alone
are God. I thank You for Your help as I obey Your assignment, telling the people U-Can!

I love You and I praise You for "Strength in a Recession: 31 Days of Reflection and Inspiration."
Lord, I only desire that Your power and Your presence be made manifest to all who read this. I
pray in the name of Jesus Christ, amen.

Day 24

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Theme And Goal (TAG) #2

December 2008

God gives me The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES)
TAG for 2009, the year of new birth. It was revealed to my on December 20, 2008, as my
daughter Joy Marie and I danced in our dream home, Rehoboth, to a song called "All Things are
Possible to them that Believe!"

ALL THINGS ARE POSSIBLE through the 4 Gospels:

Matthew 19:26:

But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.

Mark 14:36:

And he said, Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt.

Luke 18:27:

And he said, the things which are impossible with men are possible with God

John 15:7:

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

John, it is most important to Me that You remember Acts 27:25:

Where, sirs, be of good cheer: for I believe God that it shall be even as it was told me.

This is the Theme and Goal (TAG) for TUM-ETES starting now. I AM THAT I AM has made you all pregnant with possibilities, and you must BELIEVE GOD that ALL THINGS ARE POSSIBLE.

Help me, Holy Spirit, to Only Believe God. I ask and pray in the name of Jesus, amen.

-December 20, 2008, 1:03 p.m.

TAG #2: 2009, the Year of New Birth. Revealed to me December 20, 2008.

TAG #1: Thou Art God. Revealed September 9, 2000, 10:23 p.m.

Now, John, tie TAG #1 and TAG #2 together with your faith in God, and ONLY BELIEVE both for 2009. Always remember that both were given to you by I AM THAT I AM.

TAG #1: Thou Art God.

- 1) A prayer to remember
- 2) Confirmed by Pastor Holt September 10, 2000 (no matter what)
- 3) Reminded by God April 12, 2008, 8:30 a.m., at Palmatte Lodge, Fort Jackson, SC—
Thank You, Jesus
- 4) Reminded by God again September 15, 2008, 7:20 a.m., at Motel 6

No Matter Prayer- to my Lord and Savior Jesus Christ

A Prayer to Remember

September 9, 2000, 10:55 p.m.

Help me, Jesus.

No matter what happens or fails to happen,

No matter how well or how badly things work out for me,

No matter how I feel,
No matter what I find,
No matter what I get or don't get,
No matter who, when, what, or where,
TAG—Thou Art God.
I praise You now, I love You, and ask that Your will be done. In Jesus' name, amen.

- A) Have faith in God NMW (No Matter What)
- B) Trust Jesus Christ NMW
- C) Believe Jesus Christ NMW
- D) Hope in God NMW
- E) Walk by faith NMW
- F) Walk not by sight NMW
- G) Abide in Jesus Christ NMW
- H) Let Jesus Christ abide in you NMW—Remember John 15:7: If you abide in Me, and My words abide in you, you will ask what you DESIRE, and it shall be done.

WOW! God, I feel a TAG #3 in my spirit. I offer this TAG #3 to You who alone are worthy.

T-Thou
A-Awesome and Amazing
G-God
TAG #3

Also, John, don't leave home without the 5 smooth stones I AM THAT I AM gave you on September 16, 2008, at 11:27 a.m. Lord Jesus Christ, on December 20, at 3 p.m., I asked You to help me know when and how to use these 5 smooth stones You gave to the U-Can! Man. Also, Lord Jesus, help me to always lean and depend on You and Your Word.

September 16, 2008, 11:27 a.m.
F.A.I.T.H.

F: *Father*
After this manner therefore pray ye: our *Father* which art in heaven, hallowed be thy name. –
Matthew 6:9

A: *Ask*
Ask and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. –
Matthew 7:7

I: *I*
I had fainted unless *I* had believed to see the goodness of the Lord in the land of the living. –
Psalm 27:13

T: *Today*
Jesus Christ the same yesterday, *today*, and forever. –Hebrews 13:8

H: *Help*

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to *help* in time of need. –Hebrews 4:16

Lord, I commit myself to the 5 smooth stones You placed on my heart on September 15, 2008. I pray that You would bless me to have faith in God and throw these 5 smooth stones at any attacks that GIANTS attempt on TUM-ETES. I ask that Your will, word, and way be done in my life, all that I may know Him, the Lord Jesus Christ, Your awesome Son. I pray in the name of Jesus Christ to You, Father God, amen.

John, remember Uncle Henry B. Isom's advice to you concerning hard times as you are telling the people U-Can! Live by his advice.

Uncle Henry B's Wisdom on What to Do in Hard Times
Given to the U-Can! Man in 2008

- 1) Take it like you took it when times were good.
- 2) Laugh and have fun.
- 3) Now is the time to be happy.
- 4) Happiness is the easier option; the other option is misery.
- 5) Times will get good again. It's a fact that life is made up of both hard and good times.
- 6) If you've got some money, now is the time to buy.
- 7) Make sure you don't do any of the following:
 - Don't kill yourself
 - Don't hurt yourself
 - Don't hate on yourself
 - Don't doubt yourself
 - Don't stop trying
 - Don't be negative
 - Don't stop

In these times, TRY is the key word—just like TRY was a key word in the good times. So TRY!

Lord, I ask You to help me follow these guidelines as I obey Your command to tell the people U-Can! I ask and pray in Jesus' name, amen!

Day 25

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Prayer from May 17, 2007, 10:53 p.m.

Lord, as I sleep tonight, I ask You to speak to my Heart and Mind referencing "Thy Kingdom come." I ask and pray this in the name of Jesus Christ, amen.

Hours later, at 3:06 a.m. on May 18, the Lord said to me:

John, I put Each One Reach One in your mind on May 9, 2007 for a reason. Now is your season. The 20,000-plus souls you have asked for are only a fraction of the people I have assigned for you to save and strengthen. Look at Genesis 50:20, and go forward in faith, with the assurance given to you in John 13:19. Again, you might never even know all the people you have helped until you and they arrive home—your only true home, heaven, the Kingdom of God. Now, read Genesis 50:20 and ONLY BELIEVE JESUS about Each One Reach One.
Help me, Holy Spirit.

My 20,000-plus Souls Verse:

Genesis 50:20

But as for you, ye thought evil against me: but God meant it unto good, to bring to pass, as it is this day, to save much people alive.

I went back to bed and woke up at 7:04 a.m. God instructed me to read Acts 27:25:

Where, sirs, be of good cheer: for I believe God, that it shall be even as he told me.

Lord, You are so awesome and amazing. You are worthy of praise for Your mercy endureth forever. Thank You Jesus, Thank You Jesus.

The same day, at 10:12 a.m., God had Brother Anthony Pamplin (my boss) share with me Pastor Hardee's sermon from the previous night, entitled, "Your Weeping is Over: It's Your Season."

God, I thank You for the joy promised in Psalm 30:5. My weeping season is over!

Psalm 30:5: For his anger endureth but a moment; in his favor is life: weeping may endure for a night, but joy cometh in the morning.

Help me, Holy Spirit, to have faith in God, because you are what you think.

Main points of the message shared with me:

- 1) We celebrate a glorious past and embrace a promising future.
- 2) It is time for us to take the Kingdom.
- 3) It is time to place yourself in the right position.
- 4) Expect a change from God.
- 5) Don't get comfortable where you are.
- 6) A shift is about to take place.
- 7) Are you ready?
- 8) God says, I AM God and still in control.
- 9) There is an antidote: prayer.
- 10) Every move you make is made possible by the Lord.
- 11) Enough is enough—wait for your change to come—it is coming.
- 12) This is the year of release.
- 13) The faithful will recover what is theirs:

Job 42:10: And the Lord turned the captivity of Job, when he prayed for his friends: also the Lord gave Job twice as much as he had before.

1 Samuel 30:18: And David recovered all that the Amalekites had carried away: and David rescued his two wives.

So what you must do is:

- 1) Press forward
- 2) Realize God is going to illuminate you
- 3) Realize God is taking you to a new dimension—not just a new level but a new dimension.

On October 31, 2007, at 7:10 a.m., Brother Anthony Pamplin and I agreed to a lifetime covenant called the ADD TO COVENANT (ATC).

2nd Peter 1:5-7:

And beside this, giving all diligence,

ADD TO your

Faith-Virtue

AND TO

Virtue-Knowledge

AND TO

Knowledge-Temperance

AND TO

Temperance-Patience

AND TO

Patience-Godliness

AND TO

Godliness-Brotherly Kindness

AND TO

Brotherly Kindness-Charity

For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.

One year later, the Lord told me to ADD TO this Word 1st Corinthians 15:57-58, focusing on the words BE and ABOUND.

1st Corinthians 15:57-58:

But thanks BE to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, BE ye steadfast, unmovable, always ABOUNDING in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.

Lord Jesus Christ, after You had me write the above Word from May 17-18, 2007, You had me notice in the same Bible what You'd told me at midnight on April 16, 2007:

John, I told you to read the Joseph story in March 1999. You read it and believed what you were told. Then, Sgt. White yelled to you on the phone, "Sgt. Isom, God has a master plan!"

Lord, looking back over the past 8 years, I see more than ever that Your ways are not my ways, Your thoughts are not my thoughts. Lord, I love You and I praise You, for I now feel I am approaching the climax of my own Joseph story. I hear You telling me to get ready—it will be any day now. Lord, I feel like You are doing what only You can do. I am being led to go back to the Joseph story and spend April-August of 2007 focusing on it. I ask You to help me focus on Your role in this story, and how You carried out Your plans for Joseph. I come here at midnight asking You to use me up for Your glory.

Thank You, Lord, for the past 8 years. I now graduate from believing to *knowing* that You are God. I ask You to help me with my life's goal: "That I may know Him, You, Lord Jesus Christ."

October 31, 2008, 5:45 p.m.

Lord Jesus, on this last day of the first full month that You have been piloting The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES), I just wish to offer You my gratitude, love, and praise. I hear You saying to me that our third month, November 2008, will be a significant one, just as You were resurrected on the third day. Lord, I do not come here to beg of You but to brag on You, for as the song says, "You alone are worthy, You alone are worthy of all praise." I praise You, Lord, in advance. You alone are awesome and amazing. OH Lord Jesus, I love You and I praise You, for You are MY Lord and My God. Lord Jesus Christ, I have placed all my faith in God, as You instructed me in Mark's Gospel 11:22. Lord Jesus, let the Lord be magnified. You promised me a nine-month blessing that would last from March to December 2008. Lord Jesus, I need You now. I offer You the words You told me on March 26, 2008, at 9:45 p.m.

From March Gladness Notebook written March 26, 2008, at Union Cathedral Church:

Thus saith the Lord, 2008 is a time of repayment. You will receive a nine-month blessing from the Lord. From April-December 1999, the Army took \$375 from you each month. Now, from April-December 2008, you will be blessed each and every month.

John, nine years later, I AM will make Himself known in your finances, VA, job, and all areas of your life. I AM will show up and show out. Only believe God. Thank You, Jesus.

March 27, 2008

3:44 a.m. to 4:05 a.m.

Quiet Quality Time Spent with God

John, go read Psalm 26 and write down each verse when you get up later this morning. Only believe and have a nine-month blessing attitude. You will know Me better by the end of the nine months. Now, Lord, the time is 4:05. I thank You for what You are about to do and I ask You, Lord Jesus, to help me not to deny You. I hear you saying here, at the end of this one-on-one time with You, John I AM will blow Your mind by December 31, 2008.

Lord, I still believe You now on October 31, 2008, at 8:30 p.m.

November 1, 2008, 2:30 a.m.

Praise/Prayer/Press to God

Drug-free Book Tab

Believe in yourself, Isom—believe in yourself and your dreams for a future bright as can be.

Achieve your dreams, Isom—achieve your best by making choices that help you grow strong and healthy.

Set goals and succeed, Isom—by working to reach your goals and by choosing to be drug free!

Day 26

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Philippians 1:21

"For to me to LIVE is Christ, and to DIE is gain"

November 19, 2008

8:00-10:00 a.m.

The U-Can! Man

Had die to himself

So that Jesus could live his life

In him and through him.

John, once you decided to die to yourself and live for Christ Jesus, I came in and took

The MAN, John Isom Jr, that

Did DIE to himself, for

God SO loved John Isom Jr,

His SON who is

One OF His beloved children.

And GOD our Father in heaven

Now MAY freely enter our souls

And LIVE in us to help us to

Say U-CAN! die-man to

Be JOHN the U-Can! Man

Word inspired by "MANDIE"

1: Man

2: Die

3: So
4: Son
5: Of
6: God
7: May
8: Live
9: U-Can!
10: John

John, this is what I AM THAT I AM desires of all people. You must do this for My work through you to be complete.

This was revealed to me by God as I was thanking Him for Mandie. God took Mandie's name and spoke clearly to me.

John, I AM THAT I AM chose you and your staff. You will come to see that you all have far more in common than you imagined. All of you have a special purpose in My plan. Just believe.

After I typed this revelation from God through Mandie's name, God brought to my mind another Word He gave me on June 26, 2008, at 1:22 a.m.

Philippians 1:6

“Being confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ.”

A “SUDDENLY!” WORD

John, I AM THAT I AM broke you so that you could become the ONLY "U-Can! Man" on earth. Stop trying to make others the U-Can! Man—this is a task for only you. I AM living through you. Hear what I am saying. I will direct your path. I will lead you, I AM THAT I AM. John, you have but one concern; your one and only concern is the Gospel of Jesus Christ. Only believe Jesus, John. I AM with you. God is at work. I broke you for SUCH A TIME AS THIS. Now go forward, walking by faith in God.

The God of Abraham, Isaac, and Jacob

The Lord Jesus Christ

The U-Can! Man- Molded by God, Made by God, Moved by God.

Lord, help me to pray in Jesus' Name. I pray in Jesus 's Name, Amen.

This is a “SUDDENLY!” blessing from God, Isom!

GOD IS MOVING!

June 26, 2008

November 19, 2008
Quiet Quality Time Spent with God
8:00-10:00 a.m.

God had me send the following email to Ms. Aden on the morning of November 19, 2008.

"SFC Isom, God has far more in store for you out of the Army than in the Army. You get yourself prepared for your future—it will be a blessing."

Ms Aden, as I type this email to you, my wife has decided to listen to a tape she specially ordered for us:

Marvin Sapp- one song, "Never Would Have Made It"

Also, I am looking at Hezekiah Walker's CD, "Music from Radio City."
The song we love on that CD is "WE MADE IT."

Ms Aden, I am asking you to keep this email. I plan to share with the world that the first person who really believed in me and clearly kept on my case told me to my face, "SFC Isom, you are right," "SFC Isom, you are wrong," "SFC Isom, you are not doing your best," "SFC Isom, you are doing a good job," "SFC Isom, God has far more in store for you out of the Army than in the Army. You get yourself prepared for your future—it will be a blessing."

Then, from July 2004-September 2007, she made sure I had one of the best retirement ceremonies that I had ever seen.

Ms Aden, any moment now, God will thrust me and my family onto the global scene. I plan to tell Oprah about you. Know that you are forever a part of the U-Can! Man's testimony, for God used you to push me forward. Thank you. God is good.

You are a special child of God. He has you in the right place, blooming where He has planted you. I am one of many you have spoke Life to, and I thank my God for you.

U-Can!

Romans 5:5: Hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

Today's Word from Joel and Vic:

Matthew 18:18-20:

Verily I say unto you whatsoever ye shall bind on earth, shall be bound in heaven, and whatsoever you loose on earth shall be loosed in heaven. Again I say unto you that if two of you shall agree on earth as touching anything that they shall ask it shall be done for them, for where two or three are gathered together in My name, there am I in the midst of them.

Lord Jesus, I thank You for these verses and ask that You would help me apply them to my life. Please help me to keep seeing You, God, I pray in the name of Jesus Christ, amen.

B- Believe
O- On
O- Our
S- Savior
T- Today

The space shuttle's main engines generate 37 million horsepower. That's equal to about 260,000 Honda Civics. But, unlike the compact cars, the shuttle won't run on Premium 93. Its three main engines require liquefied hydrogen kept at negative 423 degrees Fahrenheit (the second coldest liquid on earth, behind liquid helium). The engines keep propelling the shuttle into orbit after the pair of solid rocket boosters are jettisoned. But while you're stuck in traffic, the astronauts have a shorter commute. The trip into space lasts eight and a half minutes.

SUPER POWER: non-stop service to space requires a serious BOOST.

B- Believe
O- On
O- Our
S- Strengths
T- Today

B- Believe
O- Obey
O- Our
S- Savior
T- Today

As I was typing, the email below came to me from Phyllis Clark:

This is an awesome prayer.

Believe it and you shall be blessed.

The problem with many of us is that we don't believe that God will open a window and pour out blessings that we won't have room to receive them. I dare anyone to try God. He is true to His word. God cannot lie and His promises are sure.

Three things will happen to you this coming week:

(1) You will find favor with someone you don't expect;

(2) You will be too relevant to be ignored;

(3) You will encounter God and you will never remain the same again.

My prayer for you today:

The eyes beholding this message shall not behold evil, the hands that will send this message to others shall not labor in vain, the mouth saying Amen to this prayer shall laugh forever. Remain in God's love as you send this prayer to everybody on your list. Have a lovely journey of life! Trust in the Lord with all your heart and He will never fail you because He is AWESOME!

If you truly need a blessing, continue reading this email:

Heavenly Father, most Gracious and Loving God, I pray to you that you abundantly bless my family and me. I know that you recognize, that a family is more than just a mother, father, sister, brother, husband and wife, but all who believe and trust in you. Father, I send up a prayer request for blessings for not only the person who sent this to me, but for me and all that I have forwarded this message on to. And that the power of joined prayer by those who believe and trust in you is more powerful than anything. I thank you in advance for your blessings.

Father God, deliver the person reading this right now from debt and debt's burdens. Release your Godly wisdom that I may be a good steward over all that You have given me Father, for I know how wonderful and mighty you are and how if we just obey you and walk In your word and have the faith of a mustard seed that you will pour out blessings. I thank you now Lord for the recent blessings I have received and for the blessings yet to come because I know you are not done with me yet.

In Jesus' name I pray, amen.

Send this on to others and within hours, you will have caused a multitude of people to pray to God for each other.

Then sit back and watch the power of God work in your life for doing the thing that you know He loves.

Day 27

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Request for a Master Plan for My Life

August 29, 2007, 7:22 a.m.

Lord, I come before you in the midst of my 50-Day Focus on Christ to Focus on and Fully Rely on God Covenant. As I drop off my Buick LeSabre to have tires and a windshield wiper

replaced, I ask You, Father God, what Your master plan for me is. I praise, adore, magnify, and patiently wait for You. Help me, Holy Spirit, to listen to Your voice and carry out my part in the plan. I ask and pray this in Jesus' Name, amen.

9:11 a.m.

God says to go to Zephaniah 3:17-20 for the answer.

God's Master Plan for Me

Revealed August 29, 2007, 7:22-9:32 a.m.

John, the master plan I have for you is one that I am preparing you to do. Live your life in such a way that you will achieve Genesis 50:20b: "TO SAVE MUCH PEOPLE ALIVE."

Not by trickery,

Not by power,

Not by might,

Not by you, John,

Not by any person,

But by My spirit.

Thus saith the Lord to me on August 29, 2007.

Reminded by God on September 23, 2007, at 12:39 a.m.

I AM accomplishing this, John. I AM true to the Word that I had Judy give to you in November 2004.

Lord, help me to believe God. Lord, I can do nothing without You. I need You. As my wife feeds our son Christian, I pray a special prayer of healing for her mom, who is resting tonight. Lord, strengthen her and strengthen us. I pray in the Name of Jesus Christ, amen.

Zephaniah 3:17-20

17: U-Can! Man, the Lord thy God in midst of thee is mighty;

He will save,

He will REJOICE over thee with JOY;

He will rest in his love,

He will JOY over thee with singing.

18: U-Can! Man, I will gather them that are sorrowful for the solemn assembly,
who are of thee,
to whom the reproach of it was a burden.

19; Behold,

at that time I will undo all that afflict thee:

and I will save her that halteth, and gather her that was driven out;

and I will get them praise and fame in every land where they have been put to shame.

20: At that time will I bring you again,
even in the time that I gather you:

For I will make you a name and a praise among all people of the earth,
when I turn back your captivity before your eyes, saith the Lord.

Now go back to Habakkuk 3:17-19 and read.

17: Although the fig tree shall not blossom, neither shall fruit be in the vines; the labor of the olives shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls;

18: YET I will REJOICE in the Lord, I will JOY in the God of my Salvation.

19: The Lord God is my Strength, and he will make my feet like hinds feet, and he will make me to walk upon mine high places.

In November 2008, God again used the name Judy to confirm and reaffirm what He is doing:

Praise Pause:

Around 5 p.m., as I was typing out this Word from God, He had two special people come in and eat at Krystal's. They started talking about someone named Judy who had been done wrong. Judy is the name of the person who God had give me these verses in November 2004. Four years later, God used the name Judy to cement Zephaniah 3:17-20 into my spirit. God once again knew that His U-Can! Man needed super encouragement. At 5:45, Don and Marcia Kelley came by the table and asked me about the Scripture I had mention to them. I told them and showed them Zephaniah 3:17-20. Then I shared with them some of what God has done and is doing. Don responded, "We hope to see you at our church," then added boldly, "We will see you again." Then, Don went to his car and came back to give me a card with his contact info.

-November 24, 2008, 6:45 p.m.

Now, John, ONLY BELIEVE!

Day 28

"Strength in a Recession: 31 Days of Reflection and Inspiration"

October 23, 2008

4:35-5:35 a.m.

One Hour With King Jesus YET Praise Him Psalm 43:5

From "Art" to "Were"

ART

5: Why ART thou cast down, O my soul? And why art thou disquieted within me? HOPE IN GOD, for I shall YET praise Him, who is the health of my countenance, and my GOD.

Before that moment, on October 15, 2008, around 3:30 p.m., when I was 40,000 feet in the air, that moment when You came in like a flood, Lord Jesus Christ, my soul was cast down. But ever since then, you have filled my soul with encouragement. Now, on October 23, I come to obey You and YET PRAISE YOU LORD JESUS WHO ALONE IS WORTHY.

WERE

5: Why WERE Thou cast down, O my Soul? And why were thou disquieted within me? Hope in God, for I shall YET praise Him, who is the health of my countenance, and my God.

Lord, the time is now 0455 and I come to YET praise You. Lord, as I feast on the Word for this coming Jesus Rally at Bethpage Church, Lord Jesus Christ, You gave me a subject inspired by 1st Corinthians 15:50-58:

"Change We Can Believe In"

Lord, I praise You for You alone are worthy. Lord, this song is the one that has been singing itself in my spirit. For You alone are worthy. Lord, thank You for these past 44 years on earth.

Lord, You alone are worthy, Worthy is the Lamb Lord Jesus Christ, You are that Lamb. O praise the Lord, for Your grace and mercy endureth forever. I love You, Jesus, worship and adore You, and I just want to tell You, Lord, that I love You more than anything. Lord Jesus, I hear You saying to me the YET PRAISE HIM is in order now. I must YET PRAISE HIM, brag on HIM, adore HIM, magnify HIM, glorify HIM, honor HIM, and worship HIM for He alone is worthy. I now go back to bed YET PRAISING HIM. And, Lord, when You wake me up, I ask and pray that You teach me how to YET PRAISE YOU. I Pray and ask in the name of Jesus Christ, amen and amen.

October 23, 2008

5:05 a.m.

God Answers My Prayer the Same Hour

John, your YET PRAISE HIM Word is Daniel 4:33-37, 5 verses that show a true YET PRAISE HIM

1-(F) Daniel 4:33

2-(A) Daniel 4:34

3-(I) Daniel 4:35

4-(T) Daniel 4:36

5-(H) Daniel 4:37

1-(F) Daniel 4:33

The same hour was the thing fulfilled upon Nebuchadnezzar, and he was driven from men. And did eat grass as oxen, and his body was wet with the dew of heaven, till his hairs were grown like eagles' feathers, and his nails like bird's claws.

2-(A) Daniel 4:34

And at the end of the days I, Nebuchadnezzar, lifted up mine eyes unto Heaven, and mine understanding returned unto me, and I BLESSED the Most High, and PRAISED, and HONOURED HIM that liveth for ever, Whose Dominion is and everlasting dominion, and his Kingdom is from generation to generation:

3-(I) Daniel 4:35

And all the inhabitants of the earth are reputed as nothing: and he doeth according to his will in the Army of Heaven, and among the inhabitants of the earth, and none can stay his hand, or say unto Him, What doest Thou?

4-(T) Daniel 4:36

At the same time my reason returned unto me, and for the Glory of my Kingdom, mine honor and brightness returned unto me; and my counselors and my lords SOUGHT unto me, and I was established in my Kingdom, and excellent majesty was added unto me.

5-(H) Daniel 4:37

Now I, Nebuchadnezzar, PRAISE and EXTOL and HONOR the King of Heaven, all whose works are truth, and his ways judgment, and those that walk in pride he is able to abase.

Lord, thank You for helping me and teaching me my YET PRAISE HIM example. Lord Jesus Christ, I offer You this word as I chew on and meditate on it to YET PRAISE HIM. I pray and praise You in the Name of Jesus Christ, amen and amen.

Later this day, God had me notice Daniel who works at Krystal's. I told him that his name reminded me of my YET PRAISE HIM Word from early that morning. God had responded to my request about how to YET PRAISE HIM. WOW! God is good.

Daniel told me that he writes poems, has already written many, and is looking to expand his gift. I invited him to Union Cathedral and he said he would work on coming. I also gave Daniel some TUM-ETES info and invited him to write for The U-Can! Man Empowerment Through Encouragement Shuttle. He said that he would make this his next project.

God is good, and, Lord Jesus, I ask You to take Daniel's Heart and Mind to another level. Lord, Your will, Your way, Your word be done. I YET PRAISE YOU now, at 5:15 p.m., on October 23, 2008, at Krystal's Restaurant in Valdosta, GA, out by Highway 75. In Jesus Christ's name, amen.

November 4, 2008, 12:35 p.m.

Green Leaf Wisdom: Suffering with Severe Depression
Sister Gloria

- 1) There is a Higher Power—God the Father of our Lord Jesus Christ.
- 2) Happiness comes from inside.
- 3) Make yourself happy, and you will be happy with those around you.
- 4) You need help in order to learn things.
- 5) Look around you, there is always something good going on.

- 6) When you're in pain, relax your muscles, take a deep breath, and let it all out.
- 7) It is amazing what you can do on your own—you don't need to depend on everyone else all the time.
- 8) Everything happens for a reason, so look for the Reason in the season.

Gloria's Testimony:

Gloria's daddy was 70 years old in 1994 when he was told he had heart disease. The doctors said they could do nothing for him and sent him home, giving him 5 years to live. After he came home in 1994, Gloria talked him into starting Suwannee County Picture Museum. They agreed that she would pick him up every Tuesday and get pictures from people he knew.

Nine years later, he was in the hospital having tests done and the cardiologist noticed that now 44% of his heart was working, up from 26% in 1994. Gloria chased the cardiologist down to ask him what had happened. He told her that before he answered her, he needed to know what her father had been doing. Gloria said that he'd been walking a mile every day and running the Picture Museum. The cardiologist was thrilled. 98% of people in her father's situation just go home, sit in their chairs, and are dead in 5 years, but the heart can rebuild itself if they just get up and move around. Her father's faith that God could heal him kept him moving and kept him alive.

Gloria has also been in 4 car accidents:

- 1) August 5, 1974- She was hit by a truck (singer Eric Clapton's people were driving the truck) and was unconscious for 2 ½ days, suffering from a broken jaw and severe seizures. She got a \$700,000 settlement.
- 2) September 1980- While driving a rental car, she ran into an oak tree. She went to a neighbor for help. This neighbor had two attack dogs. As she opened the gate, she told the attack dogs to please stay away from her, and they did. As the owner took her to the hospital, he said his dogs must not have attacked because they knew something was wrong, but Gloria said it was the Lord Jesus. Gloria cut her chin and broke a small bone in her wrist in the accident (and was still suffering seizures from the first accident). The tree had to be pulled up for the car to be removed, because the car was wrapped around it.
- 3) December 1984- Her car ran under a truck. It took off the top of the car and shaved the top of her head. The T-top was driven into her head, causing muscle damage.
- 4) July 1986- The 300ZX that she was driving ran into a 1968 Impala. Both motorists walked away uninjured, but Gloria was still having severe seizures in her sleep.

In 2004, the seizures had gotten so bad that Gloria had to quit her job. Then, in December 2005, she had her left temporal lobe surgically removed, and no longer suffered from seizures. God brought her through many years and many crises, healing her every time.

Day 29

"Strength in a Recession: 31 Days of Reflection and Inspiration"

Daniel Jacob's advice to the U-Can! Man:

When you become famous, remember the "Lord, I Thank You" poem

November 11, 2008, Krystal's

"Lord, I Thank You"

I'm too blessed to be stressed, too anointed to be disappointed
I refuse to be discouraged, be sad, or to cry
I refuse to be downhearted, and this is the reason why:
I have a God that is almighty, sovereign, and supreme
I have a God that loves me and I'm on His team
He is powerful and wise and Jesus is His name,
Though everything else is changeable my God remains the same.
I refuse to be defeated, my eyes are on my God.
He has promised to never forsake me through this life I live.
I am looking past my circumstances to heaven's throne above.
My prayers have reached the heart of God and I'm resting in His love.
I give thanks to Him in everything and my eyes are on His face.
The battle is not mine, it's Yours, Lord,
And through You I will have the VICTORY.

"U-Can! Man, there are no limits, only possibilities, in this new day."

-Erica, drill sergeant and manager at Krystal's by Interstate 75, Valdosta, GA, November 11, 2008

U-Can! Man.

"Open your mouth, Isom, and SAY"

May 31, 2008, 1:15 p.m.

- 1) I SAY the U-Can! Hour of Flour is on Channel 95 in Valdosta, GA
 - 2) I SAY the golf cart is waiting on you to get it out of the lost and found box
 - 3) I SAY Rehoboth (1987 Seminole Drive) will be paid off in 5 years by God's power
 - 4) I SAY my marriage will be a happy, joyful, God-pleasing marriage
 - 5) I SAY I will know Him, the Lord Jesus Christ, better
 - 6) I SAY I will greatly exceed my APC Solutions job description
 - 7) I SAY my children will pass each grade, be saved, and be a blessing for God
-

Added October 10, 2008, 10:14 p.m.

- 1) I SAY the 800 query letters, monthly newsletter, and U-Can! Man business cards will be a blessing. I will receive many calls and offers for all ten cities.
- 2) I SAY the U-Can! Message of Hope will spread like wildfire through all ten cities. Many will request TUM-ETES.
- 3) I SAY many saved souls will be strengthened and lost souls will be saved, not by my might nor by my power, but by God's spirit.

- 4) I SAY we will be out of debt by December 31, 2008.
- 5) I SAY my VA rating will keep me from having to work another day in my life, as God had the pastor tell me in June 2007 in Hampton, VA.
- 6) I SAY millions of dollars will be at the hands of TUM-ETES that we may bless others.
- 7) I SAY the book Lorraine Thomas is writing under the power of the Holy Spirit will be a New York Times bestseller, on Oprah's book list, in Wal-Mart stores, and in many countries worldwide.
- 8) I SAY that the Sherwood Baptist film crew will film TUM-ETES movie.
- 9) I SAY that the movie will save many that are lost and strengthen many that are saved.
- 10) I SAY that my wife will enjoy this home and we will each do our part in the household.
- 11) I SAY that October, November, and December will be so powerful that the 9-Month blessing attitude that God promised me will produce an avalanche of blessing.
- 12) I SAY I will give God all the glory, for it is Jesus Christ who is doing the work.
- 13) I SAY I know Him, the Lord Jesus Christ, better.

Lord Jesus Christ, I come here at 10:29 p.m. on October 29, 2008, to say thanks for reminding me of what is going on. In Jesus Christ's name I pray, amen.

“Fight, Hope, Love”

Story from the Valdosta Daily Times, October 29, 2008

Tysheema Brown said she took her 12-year-old son to Nebraska to take advantage of that state's “safe haven” law. “I have tried for years to get him help,” she said, “and nothing would work.” A court hearing could determine whether the suburban Atlanta mother, who dropped her son off at a Nebraska hospital under the state's unique “safe haven” law, will maintain custody of her child.

The facts:

- Brown drove 15 hours, from Smyrna, GA to the Bryan LGH Medical Center in Lincoln, NE.
- She said she worried her son would end up in jail if she didn't do something drastic to address his unruly behavior.
- She said he is constantly in trouble at school and on probation for theft and trespassing charges in Cobb County, GA.
- Brown told the Atlanta Journal-Constitution that the boy is “basically fearless.”
- She said, “I ran out of fight, I ran out of hope, but I never ran out of love for my child.”
- Nebraska had temporary custody of the child, but the Department of Family and Child Services in Cobb County will have custody of him until the judge makes a final decision.

The U-Can! Man says that this story should teach us that we should never give up on love.

" This is a New Day!"

November 9, 2008, 8:35 p.m.

1: I do have the right motive

F- The glory of God

2: I do have the right method

A- The Lord Jesus Christ

3: I do have the right miracle

I- The Holy Spirit in control

4: I do have the right message

T- Ephesians 3:20

5: I do have the right moment

H: A TIME TO

Ecclesiastes 3:1-8 (NIV)

A Time for Everything

1: There is a time for everything and a season for every activity under heaven;

2: A time to be born and a time to die,

3: A time to kill and a time to heal, a time to tear down and a time to build,

4: A time to weep and a time to laugh, a time to mourn and a time to dance,

5: A time to scatter stones and a time to gather them, and a time to embrace and a time to refrain

6: A time to search and a time to give up, a time to keep and a time to throw away,

7: A time to tear and a time to mend, a time to be silent and a time to speak,

8: A time to love and a Time to hate, a time for war and a time for peace.

This is a new day. God has spoken to me through Bishop Wade S. McCrae, and I ask that the Holy Spirit would help me please God in all I do today. I pray in the name of Jesus Christ, believing God that it shall be even as He told me, amen and amen.

God, I hear You saying to me that the sermons The U-Can! Empowerment Through Encouragement Shuttle (TUM-ETES) Pastor/Spiritual Advisor Bishop Wade S. McCrae is preaching are the very ones TUM-ETES pilot, You, Lord Jesus Christ, are giving to Him for such a time as this and for such a TEAM as TUM-ETES.

Day 30

"Strength in a Recession: 31 Days of Reflection and Inspiration"

The U-Can! Man's Only Believe (OB) Word

Deuteronomy 28:1-14

September 30, 2008, 2:00-3:00 a.m.

1: And it shall come to pass, if thou shalt hearken diligently unto the voice of the Lord thy God, to observe and to do all his commandments which I Command thee this day, that the Lord thy God will set thee on High above all nations of the Earth.

2: And all these blessing shall come on thee, and overtake thee, If thou shalt hearken unto the voice of the Lord thy God.

3: Blessed shalt thou be in the city, and blessed shalt thou be in the field.

4: Blessed shall be the fruit of thy body, and the fruit of thy ground, and the fruit of thy cattle, the increase of thy kin, and the flocks of thy sheep.

5: Blessed shall be thy basket and thy store.

6: Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out.

7: The Lord shall cause thine enemies that rise up against thee to be smitten before thy face: they shall come out against you one way, and flee before the seven ways.

8: The Lord shall command the blessing upon thee in thy storehouses, and in all that thou settest thine hand unto; and shall bless thee in the land which the Lord thy God giveth thee (REHOBOTH-1987 Seminole Drive Valdosta GA 31601).

9: The Lord shall establish the a holy people unto himself, as he hath sworn (Isaiah 55:5) unto thee, if thou shalt keep the Commandments of the Lord thy God, and walk in his ways (Psalm 84:11)

10: And all people of the earth shall see that thou art called by the name of the Lord; and they shall be afraid of the

11: And the Lord shall make thee plenteous in goods, in fruit of thy cattle, and in the fruit of thy ground, in the land which the Lord swore unto thy fathers to give thee. (Your 10 Cities Assignment area)

12: The Lord shall open unto thee of his good treasure, the heaven to give the rain unto thy land in his season, and to bless all the work of thine hand: and thou shalt lend unto many nations, and thou shalt not borrow.

13: And the Lord shall make thee the head and not the tail; and thou shalt be above only, and

thou shalt not be beneath; if that thou hearken unto the commandments of the Lord thy God, which I command thee this day, to observe and to do them.

14: And thou shalt not go aside from any of the words which I command thee this day, to the right hand, or to the left, to go after other gods to serve them.

John, this is the command I give you, the U-Can! Man. ONLY BELIEVE God. I am going to blow your mind, and all you must do is believe.

Geography Details:

The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) assignment area covers churches located in 10 cities. All of these churches were sent TUM-ETES query letter in October 2008:

HOMERVILLE,GA: 14

JASPER, FL: 18

LAKE CITY, FL: 95

MADISON, FL: 31

MONTICELLO , FL: 30

MOULTRIE, GA: 50

TALLAHASSEE, FL: 308

THOMASVILLE, GA: 82

TIFTON, GA: 48

VALDOSTA , GA: 143

Deuteronomy 6:18: And thou (John) shalt do that which is right and good in the sight of the Lord; that it may be will with thee, and that thou mayest go in and possess the good land which the Lord swore unto thy fathers (John Isom Sr. and your grandfathers).

As the Lord tells you what to do and who to contact, you are obedient. That is right and good in His sight. Today you contacted Jessica Jacobs. You are putting together a letter to be edited by Mandie and sent to Hayes Fountain.

You are going to possess the good land in the publishing and entertainment fields. Your obedience is opening up the way.

Your contact with Hayes will be favorably received because of his friendship with Roger, because he was a military man, and because the book was the story of a man. Being Roger's friend, he is likely a Christian as well. Those are all open doors that the Lord will use to bring *Return to Honor: A Soldier's Story* to the film industry.

God will also open the doors in the publishing field, using Jessica. Tonight I'm praying once again for Wal-Mart to have their shelves stocked with your books. They'll go flying off the

shelves to people who need encouragement in hard times.

Blessings, my brother. –Ethel

Day 31

"Strength in a Recession: 31 Days of Reflection and Inspiration"

God says, “John, once this project is put together, it will be what I AM THAT I AM has designed it to be.” He told me over Thanksgiving weekend 2008 that in December, I would see Him show up and show out like never before, and had me dwell on these foundational verses in 1st Corinthians chapter 2:

9: But as it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.

10: But God hat revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

These verses were given to me through Minister Carol Lewis on Wednesday, the day before Thanksgiving, in 1999, and they still apply to the life of the U-Can! Man.

“U-Can! Man, you ain’t seen NOTHING yet.”

Now, I AM THAT I AM asked you and Ethel to ask Mandie to name this blessing. The name showed you what I AM THAT I AM was and is doing, showing people that there is:

"Strength in a Recession: 31 Days of Reflection and Inspiration"

This is one of the many ways that you will fulfill your assignment, to tell the people U-Can! Only Believe in yourself, John Wallace Isom Jr. I AM THAT I AM has only just begun. Obey Me and go to follow My commands, believing that “eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.”

John, keep going with your 71 Days and 71 Points of Praise:

71 Days and 71 Points of Praise

Goal: WALKING Closer with the Lord

W- Worshipping Him More Frequently

A- Adoring Him More Fervently

L- Lifting His Name Higher

K- Keeping in His Word More Consistently

I- Increasing in God More Abundantly

N- Never Giving Up on God, Ever

G- Getting to Know God Better

These 71 days will help me

Confess

And (CAB)

Believe

that:

I AM THAT I AM has sent the U-Can! Man to tell the people,
"U-CAN!"

OB:

ONLY BELIEVE

JB:

JUST BELIEVE

GB:

GOD BELIEVE

JB:

JESUS BELIEVE

HB:

HOLY SPIRIT BELIEVE

FBI:

FINALLY BELIEVE IN

My Lord and Savior Jesus Christ, who gave me a special message for 2004-2008: "John Wallace Isom Jr, even the righteous have to go through tough times, but THE GREAT I AM is with you ALWAYS, even to the end of time." -shared by Sister Gordon, January 17, 2004, around 2:20 p.m. Thank You, Jesus.

I am being led to go back to the basics in my prayer life. Let the Lord's Prayer, found in Matthew 6:9-13, be the U-Can! Man's guide for the next 71 days, November 11 through January 20. Lord Jesus Christ, I ask that YOU teach me how to use this prayer for "WALKING closer with God" and to communicate with our Father God which art in heaven. I pray in the name of Jesus Christ, amen. -Veteran's Day, November 11, 2008

(Help me, Holy Spirit, to pray in a way that is pleasing to God.)

After this manner therefore pray, U-Can! Man:

A: Our Father which art in heaven,

1: The Great I Am

2: The Awesome God

3: The Eternal Creator

- 4: You who alone is high above all history
- 5: Almighty and all-knowing Holy God
- 6: Our Father Abba Father our God

B: Hallowed be Thy Name.

- 7: May Your Name be lifted up as holy today
- 8: May Your Name be honored today
- 9: May Your Name be worshipped, feared, and exalted today
- 10: May Your Name be glorified today
- 11: May Your Name be honored in my thoughts today
- 12: May Your Name be honored in my words, and in everything I do

C: Thy Kingdom come

- 13: May Your Kingdom come in my life today
- 14: May Your Kingdom come in all I do today
- 15: May Your Kingdom come in all meetings today, at work or at home
- 16: May Your Kingdom come in my family
- 17: May Your Kingdom come in our cities, countries, and world

D: Thy will be done on earth, as it is in heaven

- 18: Father, no glory but Yours today
- 19: No control but Yours today
- 20: Father, Your will be done in my life today
- 21: Father, Your will be done in all my decisions today
- 22: Father, Your will be done in all my thoughts and desires today
- 23: Father God, NO will but Yours today

E: Give us this day our daily bread, and

- 24: Lord, just today our daily bread
- 25: Lord, just from You our daily bread
- 26: All we want and all we need can only come from You, Father God
- 27: So we're resting in your wisdom, Father which art in heaven
- 28: And we lean on Your love, Father God
- 29: So we walk with You by faith, Lord, just today our daily bread

F: Forgive us our debts

- 30: Father God, holy and loving God, forgive me today
- 31: Father God, forgiver of sins, please forgive me, for I have sinned and fallen short of the glory of God.
- 32: Father God, I have been wrong in my thoughts, words, and actions
- 33: Father God, I have failed to totally trust God and acknowledge You in all my ways

34: Forgive me, Lord, and restore me, Lord, I pray

35: Father God, help me to forgive those who have wronged me and who have wronged us

G: As we forgive our debtors and

36: Loving Father, morning by morning Thou art God

37: Bathe our hearts, minds, souls, homes and friendships with Godlike forgiveness

38: Bathe our workplaces, our churches, and our world with Godlike forgiveness

39: Father God, spread Yourself through me first of all

40: Father God, spread Yourself through my enemies and foes

41: Father God, spread Yourself through my family

H: Lead us NOT into temptation

42: Father God, lead us NOT into temptations of:

43: Lust of the eye, heart, mind, and soul

44: Pride of life

45: Thinking more highly of ourselves than we ought to

46: Sin

47 The world

I: But deliver us from evil

48: Father, deliver us from evil

49: Deliver John Wallace Isom Jr

50: Deliver my family

51: Deliver my brothers and sisters in Christ

52: Father God, protect us

53: Father God, help us to watch and pray

J: For Thine is the Kingdom

54: Your will, Father God, is the Kingdom

55: Your way, Father God, is the Kingdom

56: Your truth, Father God, is the Kingdom

57: Your only begotten Son Christ Jesus, Father God, is the Kingdom

58: Father God, You put the Kingdom in me

59: Father God, Your Kingdom, Your Kingdom, Father God

K: And the power

60: All greatness is Yours, Father God who is indescribable

61: All majesty is Yours, Father God who is indescribable

62: All splendor is Yours, Father God who IS

63: All creation is Yours, Father God who AM THAT I AM

64: Christ Jesus is Yours, Father God, that great Shepherd of the sheep

65: Father God, You are almighty and awesome, so amazing, and so beyond words

L: And all glory

66: Father God, may You fill all of my life

67: Your glory in my life

68: Your glory in our church, Father God

69: Your continued presence in our life, Father God

70: Your glory over all the earth

71: For Your Son Christ Jesus is the King of Kings and the King of Glory

M: Forever, amen.

Now unto Him that is able to do exceeding abundantly above All that we ASK or THINK, according to the POWER that worketh in us, because eye hath not seen nor ear heard, neither have entered into the heart of man, the things which God hath PREPARED for them that love Him.

SFC John Isom

U-CAN!

"When you lose yourself in helping others, others will find themselves in a position to help you."

Now that you have seen the U-Can! Man's 31-day "Strength in a Recession: 31 Days of Reflection and Inspiration," I challenge you to spend time creating your own. Know that the God I serve, the Father of my Lord and Savior Jesus Christ, is the same yesterday, today, and forever more. This is just as true before, during, and after recession. He sent me here to tell you, U-Can!

Now go back and read and meditate on all of "Strength in a Recession: 31 Days of Reflection and Inspiration," and hear what I AM THAT I AM is saying to you!

U-CAN!

BACK COVER:

The Beginning of a U-CAN! Legacy: Getting M.A.D. 7 Times

M.A.D.

1) *Making A Dream*

Realizing what God has given you the ability to do. Envisioning what it would be like if you realized your full God-given potential—how it would look, how it would feel, how it would change your life and the lives of others. Letting the vision form in the back of your mind and inspire you, every day and every night.

2) *Making A Desire*

Aligning your will with God's so that you want for yourself the same things that He wants for you. Giving your dream as much thought and space as you give to your other personal desires, until you see how everything you want for yourself does or does not fit into God's plan.

3) *Making A Decision*

Committing yourself to following your dream. Deciding that you are going to realize that potential, and it won't just be a dream any longer. Beginning to say "when" instead of "if."

4) *Making A Determination*

Identifying everything in your life that is keeping you from wholeheartedly pursuing your dream. Having the willpower to shut these influences out of your life until your goal is achieved, focusing entirely on the results that you and God will reap.

5) *Making A Drive*

Pushing yourself a little bit more today than you did yesterday, and planning to go even further tomorrow. Discovering the exhilaration that comes from realizing what you are truly capable of, and letting it propel you so hard and fast that getting sidetracked or discouraged is not an option.

6) *Making A DOG (Dependence On God)*

Realizing that when you are pursuing God's will, He will supply you with all the energy, all the resources, all the strength, and all the hope that you would not be able to draw from yourself otherwise. Acknowledging that you are only a reflection of God's glory, and letting His glory shine through you.

7) *Making A Difference.*

Becoming the person that God meant you to be, and inspiring the rest of His people to do the same!

U-CAN!

