

The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES)  
Second Encouragement Journal:  
“Strength After a Recession: 61 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 2010 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 1**

**January 4, 2010**

Jeremiah 1:12

Then said the Lord unto me, Thou HAST well seen: For I will HASTEN my WORD to perform it.

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.

Psalms 1:3

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season: his leaf also shall not wither, and whatsoever he doeth shall prosper.

Only Believe God, John.

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**Day 2**

**January 5, 2010**

August 6, 2004, 10:33 p.m.  
Focus on Christ/ Help Me, Holy Ghost

Habakkuk 2:2-4

2: And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.

3: For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

4: Behold, his soul which is lifted up is not upright in him: but the just shall live by his faith.

Go to Philippians 4:23 NOW!

April 28, 2007, 6:13-7:22 a.m.

God showed up and gave me a Word to share with SGM Peters, a Word to Only Believe by faith.  
CAB- Confess And Believe!

SGM Peters's Word

Proverbs 21:1  
John 13:19  
Job 42:10  
Psalm 37:4

John's Word

Nehemiah 8:10b  
Habakakak 2:2-4  
John 13:19

SGM James Peters, I salute you, for God has done M.O.R.E. through you.

M- Making  
O- Others  
R- Real  
E- Enjoyable

We turned lemons into lemonade April 22, 2007, 7:22 a.m.

April 28, 2007, 6:37 a.m.

To: SGM Peters

Re: Praying for SGM Hawkins and friends

G-POV (God's Point of View) is all that matters

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.

Go to Psalm 37:4, and then, for you, John, continue to John 13:19.

John, delight thyself also in the Lord; and He shall give thee the desires of thine Heart.

After John 13:19, go to Proverbs 21:1.

John 13:19

John, now I tell you (see Jeremiah 1:12) before it come, that, when it is come to pass, ye may BELIEVE that I AM HE.

Proverbs 21:1

The King's heart is in the hand of the Lord, as the rivers of water: he turneth it whithersoever he will.

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**Day 3**  
**January 6, 2010**

John, meditate on the Word of God below. Learn these lessons and live them.  
Your foundational verse is Judges 16:28:

"And Samson called unto Jehovah, and said, O Lord Jehovah, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes."

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Version Comparison  
Judges 16:20

Authorized Version

And she said, The Philistines be upon thee, Samson. And he awoke out of his sleep, and said, I will go out as at other times before, and shake myself. And he wist not that the LORD was departed from him.

American Standard Version

And she said, The Philistines are upon thee, Samson. And he awoke out of his sleep, and said, I will go out as at other times, and shake myself free. But he knew not that Jehovah was departed from him.

The Bible in Basic English

Then she said, The Philistines are on you, Samson. And awaking from his sleep, he said, I will go out as at other times, shaking myself free. But he was not conscious that the Lord had gone from him.

The Darby Bible

And she said, The Philistines are upon thee, Samson! And he awoke out of his sleep, and thought, I will go out as at other times before, and disengage myself. And he knew not that Jehovah had departed from him.

The Webster Bible

And she said, the Philistines [are] upon thee, Samson. And he awoke out of his sleep, and said, I will go out as at other times before, and shake myself. And he knew not that the LORD had departed from him.

Young's Literal Translation

And she saith, 'Philistines [are] upon thee, Samson;' and he awaketh out of his sleep, and saith, 'I go out as time by time, and shake myself;' and he hath not known that Jehovah hath turned aside from off him.

World English Bible

She said, The Philistines are on you, Samson. He awoke out of his sleep, and

said, I will go out as at other times, and shake myself free. But he didn't know that Yahweh had departed from him.

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Version Comparison  
Judges 16:28

Authorized Version

And Samson called unto the LORD, and said, O Lord GOD, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes.

American Standard Version

And Samson called unto Jehovah, and said, O Lord Jehovah, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes.

The Bible in Basic English

And Samson, crying out to the Lord, said, O Lord God, do have me now in mind, and do make me strong only this once, O God, so that I may take one last payment from the Philistines for my two eyes.

The Darby Bible

And Samson called to Jehovah, and said, Lord Jehovah, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may take one vengeance upon the Philistines for my two eyes.

The Webster Bible

And Samson called to the LORD, and said, O Lord GOD, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes.

Young's Literal Translation

And Samson calleth unto Jehovah, and saith, 'Lord Jehovah, remember me, I pray Thee, and strengthen me, I pray Thee, only this time, O God; and I am avenged -- vengeance at once -- because of my two eyes, on the Philistines.'

World English Bible

Samson called to Yahweh, and said, Lord Yahweh, remember me, Please, and strengthen me, Please, only this once, God, that I may be at once avenged of the Philistines for my two eyes.

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1:Then went Samson to Gaza, and saw there an harlot, and went in unto her.  
2:And it was told the Gazites, saying, Samson is come hither. And they

compassed him in, and laid wait for him all night in the gate of the city, and were quiet all the night, saying, In the morning, when it is day, we shall kill him.

3:And Samson lay till midnight, and arose at midnight, and took the doors of the gate of the city, and the two posts, and went away with them, bar and all, and put them upon his shoulders, and carried them up to the top of an hill that is before Hebron.

4:And it came to pass afterward, that he loved a woman in the valley of Sorek, whose name was Delilah.

5:And the lords of the Philistines came up unto her, and said unto her, Entice him, and see wherein his great strength lieth, and by what means we may prevail against him, that we may bind him to afflict him: and we will give thee every one of us eleven hundred pieces of silver.

6:And Delilah said to Samson, Tell me, I pray thee, wherein thy great strength lieth, and wherewith thou mightest be bound to afflict thee.

7:And Samson said unto her, If they bind me with seven green withs that were never dried, then shall I be weak, and be as another man.

8:Then the lords of the Philistines brought up to her seven green withs which had not been dried, and she bound him with them.

9:Now there were men lying in wait, abiding with her in the chamber. And she said unto him, The Philistines be upon thee, Samson. And he brake the withs, as a thread of tow is broken when it toucheth the fire. So his strength was not known.

10:And Delilah said unto Samson, Behold, thou hast mocked me, and told me lies: now tell me, I pray thee, wherewith thou mightest be bound.

11:And he said unto her, If they bind me fast with new ropes that never were occupied, then shall I be weak, and be as another man.

12:Delilah therefore took new ropes, and bound him therewith, and said unto him, The Philistines be upon thee, Samson. And there were liers in wait abiding in the chamber. And he brake them from off his arms like a thread.

13:And Delilah said unto Samson, Hitherto thou hast mocked me, and told me lies: tell me wherewith thou mightest be bound. And he said unto her, If thou weavest the seven locks of my head with the web.

14:And she fastened it with the pin, and said unto him, The Philistines be upon thee, Samson. And he awaked out of his sleep, and went away with the pin of the beam, and with the web.

15:And she said unto him, How canst thou say, I love thee, when thine heart is not with me? thou hast mocked me these three times, and hast not told me wherein thy great strength lieth.

16:And it came to pass, when she pressed him daily with her words, and urged him, so that his soul was vexed unto death;

17:That he told her all his heart, and said unto her. There hath not come a razor upon mine head; for I have been a Nazarite unto God from my mother's womb: if I be shaven, then my strength will go from me, and I shall become weak, and be like any other man.

18:And when Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, Come up this once, for he hath shewed me

all his heart. Then the lords of the Philistines came up unto her, and brought money in their hand.

19:And she made him sleep upon her knees; and she called for a man, and she caused him to shave off the seven locks of his head; and she began to afflict him, and his strength went from him.

20:And she said, The Philistines be upon thee, Samson. And he awoke out of his sleep, and said, I will go out as at other times before, and shake myself. And he wist not that the LORD was departed from him.

21:But the Philistines took him, and put out his eyes, and brought him down to Gaza, and bound him with fetters of brass; and he did grind in the prison house.

22:Howbeit the hair of his head began to grow again after he was shaven.

23:Then the lords of the Philistines gathered them together for to offer a great sacrifice unto Dagon their god, and to rejoice: for they said, Our god hath delivered Samson our enemy into our hand.

24:And when the people saw him, they praised their god: for they said, Our god hath delivered into our hands our enemy, and the destroyer of our country, which slew many of us.

25:And it came to pass, when their hearts were merry, that they said, Call for Samson, that he may make us sport. And they called for Samson out of the prison house; and he made them sport: and they set him between the pillars.

26:And Samson said unto the lad that held him by the hand, Suffer me that I may feel the pillars whereupon the house standeth, that I may lean upon them.

27:Now the house was full of men and women; and all the lords of the Philistines were there; and there were upon the roof about three thousand men and women, that beheld while Samson made sport.

28:And Samson called unto the LORD, and said, O Lord GOD, remember me, I pray thee, and strengthen me, I pray thee, only this once, O God, that I may be at once avenged of the Philistines for my two eyes.

29:And Samson took hold of the two middle pillars upon which the house stood, and on which it was borne up, of the one with his right hand, and of the other with his left.

30:And Samson said, Let me die with the Philistines. And he bowed himself with all his might; and the house fell upon the lords, and upon all the people that were therein. So the dead which he slew at his death were more than they which he slew in his life.

31:Then his brethren and all the house of his father came down, and took him, and brought him up, and buried him between Zorah and Eshtaol in the burying place of Manoah his father. And he judged Israel twenty years.

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Version Comparison  
Luke 23:42

Authorized Version

And he said unto Jesus, Lord, remember me when thou comest into thy



kingdom.

American Standard Version

And he said, Jesus, remember me when thou comest in thy kingdom.

The Bible in Basic English

And he said, Jesus, keep me in mind when you come in your kingdom.

The Darby Bible

And he said to Jesus, Remember me, [Lord,] when thou comest in thy kingdom.

The Webster Bible

And he said to Jesus, Lord, remember me when thou comest into thy kingdom.

Young's Literal Translation

And he said to Jesus, 'Remember me, lord, when thou mayest come in thy reign;'

World English Bible

He said to Jesus, "Lord, remember me when you come into your kingdom."

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Version Comparison

Luke 23:43

Authorized Version

And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise.

American Standard Version

And he said unto him, Verily I say unto thee, To-day shalt thou be with me in Paradise.

The Bible in Basic English

And he said to him, Truly I say to you, Today you will be with me in Paradise.

The Darby Bible

And Jesus said to him, Verily I say to thee, To-day shalt thou be with me in paradise.

The Webster Bible

And Jesus said to him, Verily I say to thee, This day shalt thou be with me in paradise.

Young's Literal Translation

and Jesus said to him, 'Verily I say to thee, To-day with me thou shalt be in the paradise.'

World English Bible

Jesus said to him, "Assuredly I tell you, today you will be with me in Paradise."

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Matthew 9:27-31

27: And when Jesus departed thence, two blind men followed him, crying, and saying, Thou Son of David, have mercy on us.

28: And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.

29: Then touched he their eyes, saying, According to your faith be it unto you.

30: And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.

31: But they, when they were departed, spread abroad his fame in all that country.

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Mark 7:31-37

31: And again, departing from the coasts of Tyre and Sidon, he came unto the sea of Galilee, through the midst of the coasts of Decapolis.

32: And they bring unto him one that was deaf, and had an impediment in his speech; and they beseech him to put his hand upon him.

33: And he took him aside from the multitude, and put his fingers into his ears, and he spit, and touched his tongue;

34: And looking up to heaven, he sighed, and saith unto him, Ephphatha, that is, Be opened.

35: And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain.

36: And he charged them that they should tell no man: but the more he charged them, so much the more a great deal they published it;

37: And were beyond measure astonished, saying, He hath done all things well: he maketh both the deaf to hear, and the dumb to speak.

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Psalms 56

1: Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth me.

2: Mine enemies would daily swallow me up: for they be many that fight against me, O thou most High.

3: What time I am afraid, I will trust in thee.

4: In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

5: Every day they wrest my words: all their thoughts are against me for evil.

6: They gather themselves together, they hide themselves, they mark my steps, when they wait for my soul.

7: Shall they escape by iniquity? in thine anger cast down the people, O God.

8: Thou tellest my wanderings: put thou my tears into thy bottle: are they not in thy book?

9: When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me.

10: In God will I praise his word: in the LORD will I praise his word.

11: In God have I put my trust: I will not be afraid what man can do unto me.

12: Thy vows are upon me, O God: I will render praises unto thee.

13: For thou hast delivered my soul from death: wilt not thou deliver my feet from falling, that I may walk before God in the light of the living?

**Day 4**  
**January 7, 2010**

Revealed by God November 24, 2007, 1:10 p.m.

Philippians 4:13

"I can do all things THROUGH Christ who strengthens me"

T. H. R. O. U. G. H.

T- Thoughts- Isaiah 55:8-11

H- Hearing- Romans 10:13-17

R- Reason- Daniel 4:36-37

O- Overwhelm- Psalms 61:1-8

U- You- John 15:1-7

G- God- Hebrews 1:1a-4

H- Hope- Psalms 43:1-5

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Revealed by God February 12, 2010

1: Psalm 121

2: Philippians 4:13  
(10 words plus 3 added, totaling 13 Steps)

3: Philemon 1:6

4: Proverbs 3:5-8

5: Peter's Word from God: Luke 22:31-32

Walking by faith up and down the road of life, speaking my faith with every step.  
Having One Goal Only (OGO), to please God with my Faith In God (FIG)

## PSALM 121

- 1: I will lift up mine eyes unto the hills, from whence cometh my help
- 2: My help cometh from the Lord, which made heaven and earth.
- 3: He will not suffer thy foot to be moved: he that keepeth thee will not slumber,
- 4: Behold, he that keepeth Israel shall neither slumber nor sleep.
- 5: The Lord is thy keeper: the Lord is thy shade upon thy right hand.
- 6: The sun shall not smite thee by day, nor the moon by night.
- 7: The Lord shall preserve thee from all evil: he shall preserve thy soul.
- 8: The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

John the U-Can! Man's 13-Step Life Word: Living for God to M.A.N. (Meet a Need) in 2010 and beyond

Philippians 4:13

(10 words Plus 3 added totaling 13 Steps)

- 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

Philemon 1:6

That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.

Proverbs 3:5-8

TIBI (TRUST IN BE IT)

5: TRUST in the Lord with all thine heart; and lean not unto thine own understanding.

6: IN all thy ways acknowledge him, and he shall direct thy paths.

7: BE not wise in thy own eyes: fear the Lord, and depart from evil.

8: IT shall be health to thy navel, and marrow to thy bones.

Luke 22:31-32

31: And the Lord said, Simon, Simon, 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 thy brethren.

**Day 5**  
**January 8, 2010**

2010 TransUnion, Experian & Equifax Scores & Reports

See your updated score now! Did you know the average American credit score is 692? Here's a good chart that explains the impact of your score:

720-850 - Excellent - This represents the best score range and best financing terms.

700-719 - Very Good - Qualifies a person for favorable financing.

675-699 - Average - A score in this range will usually qualify for most loans.

620-674 - Sub-prime - May still qualify, but will pay higher interest.

560-619 - Risky - Will have trouble obtaining a loan

500-559 - Very Risky - Need to work on improving your rating. Here is an updated site where you can check your credit score.

Credit Diagnosis provides you with the tools you need to access and monitor your financial/credit information through the program's credit reporting and monitoring benefits.

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TransUnion Interactive, Inc.  
Free Credit Reports  
3604447 North Central Expressway, Suite 110, PMB 406  
Dallas, Texas 75205

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January 30, 2010  
Audri and Jim Langford

Did you know...

... that today is the birthday of The Lone Ranger (1933)? The famous radio western ran for 2,956 episodes and came to an end in 1955. It was Brace

Beemer who is best remembered as former Texas Ranger, John Reid. He played the part of the black-masked ranger, fighting for frontier justice, for 13 consecutive years. Hi ho, Silver, away!

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Today's Inspirational Quote:

"Most success springs from an obstacle or failure. I became a cartoonist largely because I failed in my goal of becoming a successful executive."

-- Scott Adams

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**Day 6**  
**January 9, 2010**

Joshua Jarrell Isom

"Thank You Lord"

"Give Bible from God through Daddy"

Subjects of Sermons:

"Before service, speak to God. During service, let God speak to you. After service, speak to others."

"It is Finished." 31 July 01/Page 1358  
John 20:1-2

"Trusting the Lord." 31 July 01/Page 831  
Proverbs 3:5-8

"Just a Little Faith." 1 Aug 01/Page 889  
Isaiah 10:1-4, 25-36; 11:4-5

"Living in Blood." 2 Aug 01/Page 1052  
Ezekiel 16:1-14

"At the End." 2 Aug 01/Page 1566  
Revelation 22:20-21

"Forgiving Can't be a Well Without Water." Page 1532  
2nd Peter 2:17; 3:5-8

"Black and Red Print." Page 1321  
Luke 23:34-49

"Praising the Word of God."

"Living in Truth--There is No Other Way." Page 842  
Proverbs 14:12-16

"Truly God is Good." 26 Aug 2001/Page 778  
Psalm 73:1-2

"What in Hell Did He Want?"  
Luke 16:19-31

Bible Study  
Wednesday, August 15, 2001  
"Thank You, Lord."

December 1999 Royal Baptist Church Baptism  
Rev. Isaac Holt  
Luke 10:1-42 "Given from Jesus"

John Isom's (Daddy first revival ever) 3 Sermons on Luke 24

Night 1: Luke 24:13-26  
Subject: "Realize"

Night 2: Luke 24:27-32  
Subject: "We Need To"

Night 3: Luke 24:33-35  
Subject: "Do Something Now"

"I love you, son."  
Love, Jesus Christ/Daddy  
June 11, 2004, 6:48 a.m.

Given from Jesus through Joshua  
Home, Wednesday, July 25, 2001, 4:35 p.m.

"Our Father which art in heaven, I come asking you to bless me and bless my family and bring them up into doing the right thing. I pray in Jesus the Son of God, Amen. Let God use you."

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**Day 7**  
**January 10, 2010**

Received January 14, 2010, from Ms. Aden:

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." - Martin Luther King Jr.

A fool gives full vent to his anger, but a wise man keeps himself under control. - Proverbs 29:11

-L. Aden

"It is not what you gather but what you scatter that will determine the kind of life you lived."

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Today's Inspirational Quote (February 15, 2010):

"The test of a first-rate intelligence is the ability to hold two opposed ideas in mind at the same time and still retain the ability to function. One should, for example, be able to see that things are hopeless and yet be determined to make them otherwise."

-- F. Scott Fitzgerald

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**Day 8**  
**January 11, 2010**

Jeremiah 1:12 in 2010

Then said the Lord unto me, Thou HAST well seen: For I will HASTEN my WORD to perform it.

God is in total control in 2010

January 12, 2010, 8:21 a.m.

Follow my example, as I follow the example of Christ.

1<sup>st</sup> Corinthians 11:1: Be ye followers of me, even as I also am of Christ.

You don't know what you have until you have what you got!

Nathaniel the Truck Driver's Advice for Tests in College and in Life, Given at the BP Gas Station

5 S's for Success

STUDY to show yourself

STRENGTHEN to show yourself

SUCCESSFUL to show yourself

SAVIOR to show yourself

SEEK to show yourself

When you study to show yourself, you will be strengthened and successful and realize you need a savior. Therefore, seek to show yourself.

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**Day 9**  
**January 12, 2010**

Jeremiah 1:12 in 2010

Then said the Lord unto me, Thou HAST well seen: For I will HASTEN my WORD to perform it.

And (HE)1 Removed (FROM) Thence, and digged another (WELL): And for that (THEY) strove not: And (HE)2 called the name of (IT) (REHOBOTH). And he said, For now the Lord hath made room for us. And we shall be FRUITFUL in the land.

He (1) = John Wallace Isom Jr

From = Fully Relying On My [God]

Fully  
Relying  
On  
My God

Well = With Ever Lasting Love

With  
Ever  
Lasting  
Love

They = The Happy Enemy Y'all

The  
Happy  
Enemy  
Y'all

He (2) = The U-Can! Man

REHOBOTH:  
And he said, For now the Lord hath made room for us. And we shall be FRUITFUL in the land.

It = 1987 Seminole Drive, Valdosta, GA, 31601

Land = 10-City Decapolis area, my assignment from God.

ODH = Our Dream House

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**Day 10**  
**January 13, 2010**

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Lord Jesus Christ, I come here at 2:45 a.m. on January 13, 2010 just to say thanks for helping my family and me through everything. Lord, this morning at 2:08, You woke me up and had me notice that God is HERE! Lord, I found the Bible that was marked above Genesis 26:22, reminding me through Your Holy Spirit that You told me this place is called REHOBOTH.

Lord, also marked on this page are Malachi 3:8-18 and 4:1-6. On March 24, 2009, at 9 p.m., You had me notice Malachi 3:10: "Bring all the tithes into the storehouse, that there may be meat in mine house, and prove me NOW herewith, saith the Lord of hosts, 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."

Five 3:10's in 2010  
Revealed by God to me  
January 13, 2010, 2:08-3:08 a.m.  
One Hour Alone One on One with Our Heavenly Father

Malachi 3:10

Bring all the tithes into the storehouse, that there may be meat in mine house, and prove me NOW herewith, saith the Lord of hosts, 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 sufferings, being made conformable unto his death;

Proverbs 3:10

So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.

Mark 3:10

For he had healed many; insomuch that they pressed upon him because of the multitude, lest they should throng him.

Acts 3:10

And they knew that it was he which sat for alms at the beautiful gate of the temple: and they were filled with wonder and amazement at that which had happened unto him.

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Lord Jesus Christ, the time is now 3:08 and I end this hour of One on One Fellowship time with You. Lord, silver and gold I have not, but I have You and Your awesome Word. I stand here with 100 percent assurance that You will come through. Lord, I know You know what I have need of before I even ask. I ask You again for another financial blessing to be poured out upon my family between January 13 and 31, 2010. Our family's theme for this year is "God is in total control in 2010." Since You are the Lord, I as the head of this household come to You who alone is worthy of all honor and praise.

I will forward this to Ethel, my God-given prayer warrior, in Maine, so she can enjoy the Word that You have given me in this early morning hour before the fourth watch of the night. Lord, I go to lie back down with Jesus on my mind. I pray and praise and worship You in the mighty matchless name of Jesus Christ, amen and amen.



**Day 11**  
**January 14, 2010**

Jeremiah 1:12 in 2010

Then said the Lord unto me, Thou HAST well seen: For I will HASTEN my WORD to perform it.

The Message Bible  
James 1:13-18

Don't let anyone under pressure to give into evil say, "God is trying to trip me up." God is impervious to evil, and puts evil in no one's way. The temptation to give in to evil comes from us and only us. We have no one to blame but the leering seducing flare-up of our own lust. Lust gets pregnant, and has a baby: sin! Sin grows up to adulthood, and becomes a real killer. So, my very dear friends, don't get thrown off course. Every desirable and beneficial gift comes out of heaven. The gifts are rivers of light cascading down from the Father of Light. There is nothing deceitful in God, nothing two-faced, nothing fickle.

He brought us to life using the true word, showing us off as the crown of all his creatures.

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Lord Jesus, I ask You to help me not to deny You, that I may please You, Father God, in all that I do, as You said in John 8:29.

The King James Version says:

And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him

NIV says:

"The One who sent me is with me; he has not left me alone; for I always do what pleases him"

The Message Bible says:

"The one who sent me stays with me. He doesn't abandon me. He sees how much joy I take in pleasing him"

The Reader Friendly Version says:

The One who sent me is with me. I always do what is pleasing to him. So he has not left me alone.

---

Lord, I end this time with You by typing Hebrews 11:6 from the KJV:

But without faith it is impossible to please Him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Lust Trip to Avoid

January 13, 2010, 8:30-9:00 p.m.

30 minutes with God HHMHH!

Jeremiah 1:12 in 2010

Then said the Lord unto me, Thou HAST well seen: For I will HASTEN my WORD to perform it.

Acts 20:35

I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.

Acts 20:17-27

17: And from Miletus he sent to Ephesus, and called the elders of the church.

18: And when they were come to him, he said unto them, Ye know, from the first day that I came into Asia, after what manner I have been with you at all seasons,

19: Serving the Lord with all humility of mind, and with many tears, and temptations, which befell me by the lying in wait of Jews:

20: And how I kept back nothing that was profitable unto you, but have shewed you, and have taught you publicly, and from house to house.

21: Testifying both to Jews, and also to the Greeks, repentance toward God, and faith toward our Lord Jesus Christ.

22: And now, behold, I go bound in the spirit unto Jerusalem, not knowing the

things that shall befall me there:

23: Save that the Holy Ghost witnesseth in every city saying that bonds and afflictions abide me.

24: But none of these things move me, Neither count my life dear unto myself, so that I might finish my course with joy; and the ministry, which I have received of the Lord Jesus, to testify the Gospel of Grace of God.

25: And now, behold, I know that ye all, among whom I have gone preaching the kingdom of God, shall see my face no more.

26: Wherefore I take you to record this day, that I am pure from the blood of all men.

27: For I have not shunned to declare unto you all the counsel of God.

---

John, your assignment is to tell the people U-Can! Don't let another day go by without telling someone U-CAN!

HHMHH!

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**Day 12**  
**January 15, 2010**

9:15 p.m.

Subject: "Having a Healthy Opinion of Myself"

- 1) Know that I am made in the image of God.
- 2) On the inside, I must see myself how God sees me.
- 3) People see me the way I see myself.
- 4) I must quit comparing myself to someone else.
- 5) I will see God open up doors that are already open.
- 6) Numbers 13:33: And there we saw the giants, the sons of A-nak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.
- 7) With God's help, I am well able to pass algebra, history, English 1101, and computer class.
- 8) God, at 9:24 p.m. on January 15, 2010, I ask You to help me do my homework and study and be my best. I will pass all the classes and pass the algebra 99 compass test. I am able because it was God who told me He was sending me to school, so I will make it. I will get this algebra. Lord, open my eyes, heart, and mind so that I may understand.
- 9) I look good, and I am a Jeremiah 1:12 ONLY BELIEVER.
- 10) Pastor Joel Osteen said that for the next 30 days, I need to get up and tell myself I look good. I am a child of God.
- 11) When God did something, He looked back and said it was good.
- 12) I will compliment myself and encourage myself in the Lord.
- 13) John, encourage yourself in the Word. Cable or no cable, God is God.
- 14) God paused and said it is good, so far so good.
- 15) I will speak to myself and tell myself that God says I am His.

16) I will dwell on the small victories that God allowed me.

17) On my way to God's destiny for me, I must thank God for the small victories.

18) God has given me victory after victory.

19) John, you did well on January 14, 2010, encouraging those two English classes.

20) Our faith becomes effective when we acknowledge God:

Philemon 1:6

That the communication of thy FAITH may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.

21) I think everybody loves me. I assume the best. I see the glass as more than half full.

22) I have something great to offer. My smile, my encouragement, my faith. God made me that way.

**Day 12**  
**January 15, 2010**

Thoughts of the Day received this 56-day period

All sent by Anthony T. Pamplin

15 Jan 2010

"As I grow older, I pay less attention to what men say. I just watch what they do."

-- Andrew Carnegie

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"In the long run, men hit only what they aim at. Therefore, they had better aim at something high."

-- Henry David Thoreau

"To bring up a child in the way he should go, travel that way yourself once in a while."

-- Josh Billings

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21 Jan 2010

We must understand and realize that God's strength comes to us one day at a time.

The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. Psalm 28:7

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22 Jan 2010

"Anything will give up its secrets if you love it enough. Not only have I found that when I talk to the little flower or to the little peanut they will give up their secrets, but I have found that when I silently commune with people they give up their secrets also -- if you love them enough."

-- George Washington

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22 Jan 2010

Everyone pursues happiness, but few can define it. True happiness is putting your hope and trust in God.

Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God. Psalm 146:5

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26 Jan 2010

Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work.

William Arthur Ward

What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? James 2:14

---

27 Jan 2010

Every obstacle we face is an opportunity to increase our faith in God.

I also told them about the gracious hand of my God upon me and what the king had said to me. They replied, Let us start rebuilding. So they began this good work. Nehemiah 2:18

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29 Jan 2010

When you blame others, you give up your power to change.

Dr. Robert Anthony

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32

1 Feb 2010

A rubber band never serves its purpose until it is stretched around something bigger than itself.

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Philippians 2:3

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If you allow God to implement His Word in your life, others will draw encouragement from you. The more you grow in God's righteousness, the stronger you will become.

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. Matthew 7:24

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3 Feb 2010

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. James 1:22-24

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4 Feb 2010

Faith is the believe system that becomes the substratum of your strength.

Now faith is the substance of things hoped for, the evidence of things not seen. Hebrews 11:1

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5 Feb 2010

"Eating words has never given me indigestion."

-- Winston Churchill

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5 Feb 2010

When you face problems and trust only your plans to get you out, it is a sign that your faith is deteriorating.

For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. Isaiah 55:8-9

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7 Feb 2010



"I count him braver who overcomes his desires than him who conquers his enemies, for the hardest victory is over self."

-- Aristotle

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8 Feb 2010

"Today is not yesterday: we ourselves change; how can our works and thoughts, if they are always to be the fittest, continue always the same? Change indeed is painful; yet ever needful; and if Memory have its force and worth, so also has Hope."

-- Thomas Carlyle

**Day 13**  
**January 16, 2010**

Jeremiah 1:12 in 2010

Then said the Lord unto me, Thou HAST well seen: For I will HASTEN my WORD to perform it.

John, throughout 2010, type out the Word that I AM THAT I AM has given you as the Holy Ghost brings it to your remembrance. That is the Word that I AM THAT I AM is hastening.

I AM THAT I AM told you that November 2009-January 2010 was going to be a 3-month special blessing just for you. Now, enjoy these last 17 days. You will be in wonder and amazement mode. I am rewarding the test that you passed between October 2007 and October 2008. You were shown this on January 10, 2010, in an email from the previous day telling you and Darrell Smith you both passed the CAST. Now record the Word that I've placed on your heart.

Lord Jesus Christ, I ask You to help me record the hastening Word as You reveal it to me. Thank You, Father God. I trust You from here in this burning fiery furnace. HHMHH!

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On January 16, 2010, at 9:40 a.m., God had me notice Deuteronomy 18:9-22: Type it, Isom, and remember I AM THAT I AM has made you a prophet to the nations! ONLY BELIEVE and only do what I say and you will reach them. Listen to I AM THAT I AM. Remember what I AM THAT I AM had Dr. C. V. Jetter tell you:

“Young man, you can trust the written Word of God 100 percent. Men can say God told them this or that, but you can not be 100 percent sure they are telling you the exact truth. So trust the Word, and run what you and they say by the Word of God. If it does not line up, it is a lie, not the truth.”

Now, type Deuteronomy 18:9-22.

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**Day 14**  
**January 17, 2010**

Jeremiah 1:12 in 2010

Then said the Lord unto me, Thou HAST well seen: For I will HASTEN my WORD to perform it.

Job 42:5

I have heard of thee by the ear: but NOW mine eye seeth thee.

Psalm 27:6

And NOW shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, Yea, I will sing praises unto the Lord.

Psalm 20:6

NOW know I that the Lord saveth his anointed; he will hear him from his holy heaven with the saving strength of his right hand.

Matthew 1:18

NOW the birth of Jesus Christ was on this wise: When as his mother Mary was espoused to Joseph, before they came together, She was found with child of the Holy Ghost.

Hebrews 11:1

NOW faith is the substance of things hoped for, the evidence of things not seen.

As I was typing, the song "I'll Make It" by John P. Key was playing over and over again: "It's alright now, think I'll make it."

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January 17, 2010, 3:10 p.m.  
Time in the Afternoon with God

THREE BENEFITS TO PONDER

1) Psalm 68:19

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Blessed be the Lord, who daily loadeth us with BENEFITS, even the God of our salvation. Selah

2) Psalm 103:2

Bless the Lord, O my soul, and forget not all his BENEFITS.

3) Prayer from 2008 for The U-Can! Man LLC Empowerment Through Encouragement Shuttle Team:

"We spent 2008 in creative mode, seeking advice, wisdom, and above all assurance from God that there is a need for what The U-Can! Man LLC (TUM-L) has to offer. The first year was also a year of TUM-L team members learning from each other and applying that wisdom to the matters that are at the forefront of our mission: the predicament, the problems, and the potential of our nation. The U-Can! Man believes now more than ever that all of America is in need of a hopeful message that can transcend whatever we might hear in today's news. The U-Can! Man firmly believes that TUM-L's one-of-a-kind encouragement and improvement strategy will BENEFIT your company, business, church, or non-for-profit organization. The team that I'm asking you to invest in is a winning team. Those who embrace TUM-L will be on the PATH to success. I am looking forward to partnering with you to help you through these challenging and stressful economic times. I believe the best is yet to come, and so will you when your team has been revolutionized by the times. I believe the best is yet to come, and so will you when your team has been revolutionized by the U-Can! Message of Hope."

---

John and Karen,

I believe this is the start of something great! I believe this is good seed being sowed in good ground! -Darrell

--2008, Ref. Seed for The U-Can! Man LLC Hour of Flour.

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ROOM #1

Malachi 3:10

Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me NOW here-with, saith the Lord of hosts, 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.

ROOM #2

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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 he said, For NOW the Lord hath made ROOM for us, and we shall be Fruitful in the land.

ROOM #3

Luke 2:7

And she brought forth her first born son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no ROOM for them in the inn.

ROOM #4

Proverbs 18:16

A man's gift maketh ROOM for him, and bringeth him before great men.

ROOM #5

Matthew 23:6

And love the uppermost ROOMS at feasts, and the chief seats at the synagogues.

ROOM #6

Luke 14:7-11

7) And he put forth a parable to those which were bidden, when he marked how they chose the chief ROOMS, saying unto them...

ROOM #7

Luke 14:15-24

22) And the servant said, Lord, it is done as thou hast commanded, and yet there is ROOM.

According to Proverbs 18:16, our gift makes ROOM for us. This is a blessing because every good and perfect gift comes from God. The ROOM that has been made for us was not made by us, nor did we ourselves make it. The ROOM that was made was made before great men. Now these verses tell us that we are brought before great men in the ROOM our gift made for us. The question is, why do some people make a shipwreck of themselves in the ROOM before great

men?

I thank God for what He has done and is about to manifest in The U-Can! Man LLC CEO's life/path. Lord, help me on this 20<sup>th</sup> day of January, 2010, to remember John 8:29: "And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him." Lord Jesus Christ, I desire You and You only, I aim to please You and You only. I ask for Your continued help making it along the path you are directing me upon. I pray this prayer on a nice warm January day as I walk up to the stop sign and back on the road where You blessed our dream home to be built in 1982. Thank You, and help us to maintain it all for the glory of God. For it was You who brought us thus far and it will be you who I request and depend on to lead us into our destiny. I pray and ask these things in Jesus Christ's Name, amen.  
U-CAN!

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**Day 15**  
**January 18, 2010**

February 7, 2010, 10:30 a.m.

The First Lady requested prayer for our Bishop Wade S. McCrae. I then went to the bank to obey God and sow the \$100 sacrificial offering (see Day 14).

Mark 8:22-26 teaches that if the Lord don't do it, it won't be done.

- 1) If Jesus wants to heal, He can do it any way He desires.
  - 2) Jesus healed the blind man to teach His disciples.
  - 3) These disciples had been with Jesus for a while, but still did not get it.
  - 4) It becomes frustrating when people don't get the obvious.
  - 5) God, as in this case, works on me patiently.
  - 6) Where do you see our church in our community?
  - 7) Do you have the Will, Way, and Word in clear focus?
-

**Day 16**  
**January 19, 2010**

Caleb T. Isom observed The U-Can! Man LLC CEO (his dad) working on algebra homework on my office computer. I had 25 problems to do on rational expressions and was looking at youtube. Caleb watched me with a concerned smile on his face. After almost an hour of what I call "doing my homework" and not getting one problem done, Caleb started laughing and said, "Dad, you need to stop stressing and study." I said, "Stop stressing study?" And then it hit me. Yes, I had it backwards. I was studying-stressing-stopping. This was my problem, and the solution was to turn it around, do a 180, or as I have heard it said, Reverse the Curse. After that, the U-Can! Man has adopted a style of stopping-stressing-studying. My second semester in college will be my test of the method:

"Stop Stressing Study"

or

"Study Stressing Stopping"

It is a personal choice I must make every day. My attitude, actions, and attainment will be determined by my choice.

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From Ethel, The U-Can! Man Emowerment Through Encouragement Shuttle  
(TUM-ETES) Intercessory Prayer Warrior  
January 21, 2010, 5:37 p.m.

John,

2 Timothy 2:15

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

God wants you studying this semester and the results will be good like last semester.

Then you weren't ashamed, because your final grades were good. Organize your study time.

---



**Day 17**  
**January 20, 2010**

Psalm 59 (D) Words

v1) Deliver me from  
v1) Defend me from  
v2) Deliver me from  
v8) Derision  
v9) Defense (God is my)  
v10) Desire  
v11) Down  
v15) Down  
v16) Defense  
v16) Day  
v17) Defense (God is my)

Psalm 18:1-3  
January 24, 6:15 a.m.

1) I will love thee, o Lord,

MY Strength.

2) The Lord is

MY Rock, and

MY Fortress, and

MY Deliverer;

MY God,

MY Strength, in whom I will trust;

MY Buckler, and the Horn of

MY Salvation, and

MY High Tower.

3) I will call upon the Lord, who is worthy to be praised: so shall I be saved from mine enemies.

---

**Day 18**  
**January 21, 2010**

January 21, 2010, 6:00-7:00 a.m.  
Quiet Quality Time Spent with God

Psalm 69:30 happened here on July 8, 2004, before you signed to your last assignment in the Army. You did it without Psalm 69:30. Now, starting today, January 21, 2010, do it with this Word in mind. Your faith in God is required. "ONLY BELIEVE!"  
HHMHH!

PSALM 69:30  
"I will PRAISE the Name of God with a song, and will MAGNIFY him with THANKSGIVING"

July 8, 2004, 8:20 p.m.  
Praise-a-thon unto my God, my Father, and the Father of our Lord and Savior Jesus Christ. I praise in Jesus' Name, amen.

Lord, you are so awesome and amazing. Praise ye the Lord, Your mercy endureth forever. I love You, Lord, whose mercy endureth forever. Praise ye the Lord, whose mercy endureth forever. Lord, you are so awesome and amazing. I praise You for Your mercy endureth forever. Praise ye the Lord. Your mercy endureth forever.

Now, I am starting January 21, 2010, with

PSALM 69:30  
"I will PRAISE the Name of God with a song, and will MAGNIFY him with THANKSGIVING"

---

President Barack Obama/ First Lady Michelle Obama  
January 21, 2010, 11:10 a.m., The White House  
Thank you, First Lady Michelle Obama.

Good morning.

For over 40 years, the President of the United States has awarded the Citizen's Medal -- the second highest civilian honor in our nation -- to Americans who have "performed exemplary deeds of service for their country or their fellow citizens." Now, for the 2010 Citizen's Medal, the White House is opening up the process to include an exciting source of nominations.

President Obama is inviting the American public to nominate candidates he

should consider for the Presidential Citizen's Medal -- truly making this an honor of, by, and for the American people. Who has inspired you? Whose selfless dedication to service has touched your life or the lives of others? Watch the President explain the program in this web video and then nominate an unsung hero from your community.

Past winners of this prestigious honor have included respected public figures like Colin Powell, Bob Dole, and Rosa Parks, as well as everyday heroes like Oseola McCarty, a washerwoman who left her entire life savings to establish a scholarship for students in need. As you can tell, the bar is set pretty high -- only a handful of nominees will be chosen, so be sure to read the criteria closely and make the best case you can for your nominee.

This year, the President will be looking for several qualities in the special few he honors: people who have demonstrated a commitment to service in their own community or in communities farther from home; who have helped their country or their fellow citizens through one or more extraordinary acts; whose service relates to a long-term or persistent problem; or whose service has had a sustained impact on others' lives and provided inspiration for others to serve. While many Americans work every day to serve others, this year's Citizen's Medal will specifically honor those who have shown exemplary service to help others outside of their normal jobs.

Take a moment to nominate that everyday hero for the Presidential Citizen's Medal and help honor his or her unwavering commitment to service.

Nominations will be reviewed by White House staff. The most compelling of these nominations will be sent to the President for his final decision. Then late this spring, Citizen's Medal recipients will be invited to receive their awards in a ceremony at the White House.

Thank you,  
First Lady Michelle Obama  
The White House

P.S. Right now we are only planning to keep the nominations process open for one week. So don't miss your chance to recognize someone amazing from your community.

---

**Day 19**  
**January 22, 2010**

After midnight on January 21, 2010, I opened my Fort Knox June 2004 journal and asked God to speak to my heart. Then I opened my December 26, 2007 Lake Park KJV bible, asking God to do the same.

Here is what I found in the journal:

- 1) Commit to the Lord whatever you do, and your plans will succeed.
- 2) On July 3, 2004 at 1:40 p.m., I shared with my sister Dianne Isom:  
Philippians 1:12  
Philippians 4:8  
1<sup>st</sup> Thessalonians 5:18
- 3) God blessed me and Karen with a day to go alone to Thomasville, GA, my birthplace. She went shopping, and I went to do ministry.
- 4) I met a young lady in J.C. Penney. Her initials were "FF." God had me share with her after hearing her testimony that the F's stood for "Forgiving Follower Full of Faith." I told her she was a forgiven follower of Christ getting ready to experience:  
Ephesians 3:20  
1<sup>st</sup> Corinthians 2:9  
1<sup>st</sup> Thessalonians 5:18  
I told her that her best was yet to come. I also told her all God required now was HER FAITH, THY FAITH, YOUR FAITH.  
Later on that day, I met high school classmate JH and his sister. He was divorced and said his spouse was a super lady. His two children were less of a part of his life now. JH told me he'd taken his wife for granted. He told me what he missed most was the NOISE! He said, "John, those kids you have make a lot of NOISE in the house. They are supposed to. But if you take your wife for granted and you divorce, you will miss the NOISE!"  
I met JH's sister Ruth. Her two husbands had died and she prayed to God for another husband. God had me tell her, "Your BOAZ is on the way." I told her that BOAZ could only show up now that the second husband had died. I told her to just do her job, and BOAZ would find her.
- 5) July 6, 2004, 1:10 a.m.  
Matthew 6:33  
Therefore do not worry about tomorrow, for tomorrow will worry about itself.
- 6) July 8, 2004, 8:17 p.m.  
Lord, I come now thanking You for keeping my family. I inquire to You, Lord Jesus Christ, who has preserved my marriage, to help me to obey Your Word. I DESIRE You, Lord Jesus Christ, in Jesus' Name, amen.
- 7) July 8, 2004, 8:20 p.m.  
Praise-a-thon unto my God, my Father, and the Father of our Lord and Savior Jesus Christ. I praise in Jesus' Name, amen.

Lord, you are so awesome and amazing. Praise ye the Lord, Your mercy endureth forever. I love You, Lord, whose mercy endureth forever. Praise ye the Lord, whose mercy endureth forever. Lord, you are so awesome and amazing. I praise You for Your mercy endureth forever. Praise ye the Lord. Your mercy endureth forever.

---

"It's My Time to Shine"  
January 22, 2010

Hello family, it's that time of my life to bring a close to this chapter. I am elated, as John would say, about this upcoming retirement, and I have no regrets other than it not coming sooner. My time spent in the service has been exceptional and I've made friends who are considered my brothers and sisters for life, but now it's time for me to reunite with my real family.

My retirement ceremony will be conducted on March 11, 2010, at 3:00 p.m. here at the Nutter Field House on Fort Leonard Wood, Missouri. I cordially invite you all to attend the memorable occasion with me, and should your employment or schooling prevent it, then we can simply make it up at the second annual Isom Reunion in Georgia. I will be officially out of the Army on July 1, 2010.

I can take care of all arrangements on my end if I have some idea of who can attend and for how long. We can make a weekend of it if possible, and I can show you all my place of duty on that Friday. Please let me know who can attend the ceremony and we can take it from there. I love you all and know that I am truly blessed as a child of the King.

Love,  
Mr. Jeffery Lyn Isom.

---

**Day 20**  
**January 23, 2010**

Three Benefits to Ponder:

- 1) Psalm 68:19  
Blessed be the Lord, who daily loadeth us with BENEFITS, even the God of our salvation. Selah
- 2) Psalm 103:2  
Bless the Lord, O my soul, and forget not all his BENEFITS.
- 3) Living on BENEFITS only  
\$2534 Ret  
\$1814 VA tax-free  
\$975 VOC-rehab tax-free  
\$666 college tuition per month  
Book royalty every 3 months  
Income to increase every year  
Continue bringing the tithes into God's storehouse (started January 1992, continued through present)

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Totals as of January 24, 2010

DMY Benefits

\$199.63. Daily  
\$5989.00. Monthly  
\$71868.00. Yearly

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WOW! GOD is GOOD

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January 22, 2010  
6:00-7:00 a.m.

The PBMSS-RG:

- 1) Praise And Rejoice (PAR)
  - 2) Bless And Rejoice (BAR)
  - 3) Magnify And Rejoice (MAR)
  - 4) Shout And Rejoice (SAR)
  - 5) Seek And Rejoice (SAR)
  - 6) Rejoice And Rejoice (RAR)
  - 7) Give And Rejoice (GAR)
-

1: P- Praise And Rejoice. (PAR)

Psalm 147:1

PRAISE ye the Lord: for it is good to sing PRAISES unto our GOD; for it is pleasant; and praise is comely.

2: B- Bless And Rejoice. (BAR)

Psalm 68:19

Blessed be the Lord, who daily loadeth us with BENEFITS, even the God of our salvation. Selah

3: M- Magnify And Rejoice (MAR)

Psalm 69:30

I will praise the name of God with a song, and will MAGNIFY him with thanksgiving.

4: S- Shout And Rejoice. (SAR)

Psalm 5:11

But let those that put their trust in thee rejoice: let them SHOUT for joy, because thou defendest them: let them also that love thy name be joyful in thee.

5: S- Seek And Rejoice. (SAR)

Mathew 6:33

But SEEK ye first the Kingdom of God, and his righteousness; and all these things shall be added unto you

6: R- Rejoice And Rejoice. (RAR)

Philippians 4:4

REJOICE in the Lord always: and again I say REJOICE.

7: G- Give And Rejoice. (GAR)

2<sup>nd</sup> Corinthians 9:7

Every man according as he purposeth in his heart, so let him GIVE; not grudgingly, or of necessity: for God loveth a CHEERFUL GIVER.

January 22, 2010, 6:00-7:05 a.m.

Early Quiet Quality Time with God

Lord Jesus Christ, I love You. I end this time with You by thanking God. You are with me in this fiery furnace that seems to be heated seven times hotter. But You just gave me seven words to praise You. This is all done by the U-Can! Man in Jesus' name, amen!

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January 25, 2010, 12:24 a.m.

Lord, I thank You for the turnaround. Lord, it is not an accident that you had the Joseph story on, to be exact, the part when Joseph interprets the dreams of the cup-bearer and the chief baker. Lord, I see his gift made ROOM for him. Lord,

the movie then showed Joseph using his gift of interpreting dreams to help Pharaoh out. In the Bible, Joseph says to his brothers, "Am I in the place of God?" He tells them in Genesis 45 that God sent him ahead to save many people alive.

God, I love You and I thank You for the 21-day no coffee fast and for the Word Pastor/Bishop Wade S. McCrae preached (Revelation 1:9-12, subject: "It's My Time"). Lord, I receive this Word in Jesus' name.

Lord Jesus, I desire You and I desire to get my parents out of that home and into a blessed house from You. Lord, have Your own way. I also desire for my wife to receive the desires of her heart. Lord, starting NOW, I speak into our lives' turnaround. Lord Jesus, I thank You as I end this prayer in faith. My life has turned around. God is good! Thank You, Lord Jesus, and I pray that You will give me help, guidance, and direction as You place me out front. I praise You in private now and in public tomorrow. Lord Jesus, it is You who have done this and prepared me for such a time as this. Thank You in Jesus' name, amen. Help me, Lord Jesus. I love You and praise You as I end this prayer at 12:43 a.m., January 25.

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**Day 21**  
**January 24, 2010**

Jeffery, today's message from our Pastor was "It's My Turn Now." See below what God has done. I do not work, but God has blessed us with benefits, and more are on the way. Remember I had a job making \$54 an hour, 100 hours per month--\$5400 per month. From September 2007 through April 2009 I was traveling all over America. God took that away, but see below. This is the result of God blessing us galore. Please let me hear what God is saying to you about this.

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Three Benefits to Ponder:

- 1) Psalm 68:19  
Blessed be the Lord, who daily loadeth us with BENEFITS, even the God of our salvation. Selah
- 2) Psalm 103:2  
Bless the Lord, O my soul, and forget not all his BENEFITS.
- 3) Living on BENEFITS only  
\$2534 Ret  
\$1814 VA tax-free  
\$975 VOC-rehab tax-free  
\$666 college tuition per month  
Book royalty every 3 months  
Income to increase every year  
Continue bringing the tithes into God's storehouse (started January 1992, continued through present)

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Totals as of January 24, 2010

DMY Benefits

\$199.63. Daily  
\$5989.00. Monthly  
\$71868.00. Yearly

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WOW! GOD is GOOD

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**Day 22**  
**January 25, 2010**

Valerie's Request for "Immediate Prayer"  
January 25, 2010, 1:42 p.m.

For some time now I have tried my best NOT to bring the D'Apice medical struggles to your attention. But it is 2 a.m., I'm at my wits' end, and I need as many of you who are willing to pray to do so. It's Allison. As most of you know, she was hospitalized a few weeks ago. She IS NOT getting any better. If anything, she is getting worse by the day. She has requested respect for her privacy so I will not go in to many details, except to say that she has something called IC or Painful Bladder Syndrome. The pain is debilitating and resembles childbirth in many respects. Yesterday, Larry, Julie, and I traveled to New York for my uncle's funeral. We left Allison home with two of her friends. Essentially she has been bedridden since before entering the hospital on New Year's Day, and we really cannot leave her alone. We were driving back from the funeral and we were about 2 hours from home when we got the call that Allison had blacked out and fallen on her way to the bathroom. She hit her head. Needless to say, she was taken out of here in a neck brace and on a backboard. Larry and I had a friend meet us at a commuter parking lot so that we could send Julie and Makenzie home and proceed to the hospital. For the second time this week, we spent a night in the ER and she had to have CT scans, etc. For the second time in a week, they pumped her with all kinds of pain meds and told us to go home and follow up as an out patient. THIS time her discharge instructions told her to use a walker for ambulation! The pain is so intense, she cannot walk. Muscle spasms just grip her abdomen at any given moment. Several months ago she saw a gyno to rule out "female problems." Since then she has seen other specialists. The biggest problem is getting IN to the other doctors and then having to endure test after test to try to understand what is going on. She has had so many UTI's and kidney infections since childhood that she is now antibiotic resistant and there is significant scarring in her kidneys. We got a call tonight from the hospital. A neurosurgeon studied the CT from last night (remember the neck brace?) and he saw something of concern regarding a vertebrae in her neck. He wants to see her on Tuesday.

An update since I composed this: In the time I drove to the office, the surgeon called our house 3 times insisting Allison come in today. The mass is pressing on nerves in her neck and he is concerned that it might paralyze her. We do not know if it is something she has had all along or if it was caused by the fall. I fell into bed exhausted before 8 p.m. only to be awakened after midnight by Allison's cry of pain. Any of you who have experienced childbirth may recall hyperventilating and feeling like you're going to pass out... I found her in such a state, with her eyes rolling to the back of her head. And this is a girl who has endured serious pain most of her life and has a very high pain threshold. It was a challenge to be able to get pain medication into her tonight. I was quite relieved when she finally fell asleep.

This is where the prayers come in: Modern Western medicine just is not helping and I have begun to seek alternative solutions. I've added a supplement to her diet and tomorrow we have an appointment with an acupuncturist. I truly feel that the Lord is prompting us to seek a different solution than what the conventional doctors are suggesting. I also want to get her to a healing service, but, strange to say, at this time she is too weak to get there. I would like to get some women gathered here to pray over her. Her acupuncture appointment is Monday afternoon. Please cover the family in prayer during that time and for the days to come!

So, a funeral during the day Saturday for a beloved uncle, the ER Saturday night with a sick daughter. I truly need new hobbies! Casting Crowns has a song "I Will Praise You in this Storm" which has been echoing in my head, along with Scripture. I really do not know how non-Christians get through these times without Him!

Valerie D'Apice

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January 25, 2010, 2:58 p.m.

Valerie, per your request!

Psalm 107:20-22

20) He Sent his word, and HEALED them, and DELIVERED them from their destruction.

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

22) And let them SACRIFICE the SACRIFICES of THANKSGIVING, and declare his works with REJOICING.

Father God, I come here in response to Your child Valerie's request for "immediate prayer" this afternoon. Lord Jesus, You who are able to grant us the desires of our hearts, You who ARE God all by Yourself, You who alone are worthy of all glory and honor, You who keep all Your promises to Your children, You who died on the cross and were raised on the third day, You who are the only begotten of the Father, You who are so awesome and amazing! You who have been there and are here now in this immediate prayer request, You who told us to ask, seek, and knock, You who I BOAST in all the day long, and last but not least You who are able to heal and are a healer. It is You, Lord Jesus Christ, I ask in the mighty awesome name of Jesus Christ to heal my friend and fellow child of God Allison D'Apice. Lord Jesus Christ, I stand on Your Word and the gift of healing You have placed in me. Lord, I by 100 percent public, private, and personal FAITH IN GOD ask You to do what only You can do.

Lord, do whatever You deem it necessary to be done. Valerie D'Apice is telling us all to DECLARE the works of the Lord, and Allison has blessed me with Your Word over and over again. Lord, now I bless her with this prayer request. The reason for everything is revealed by You, God. This was and is all for Your glory. Now I end this prayer, parked on the side of the road in Valdosta, GA, praising God in advance for what He is about to do. Lord, I love You and 100 percent believe that nothing is too hard for You. You healed my daughter Joy, You healed my son Joshua, You healed my wife Karen, and You heal me over and over again. Lord Jesus, You are not a respecter of persons. For that reason, I praise and worship You for this healing You are about to do. Thank You, and all glory goes to You, I pray in the awesome mighty name of Jesus Christ, amen and amen.

Hold on, Valerie, this is all for the glory of God. Get ready to tell the world about our awesome God and how he heals in 2010.

U-CAN!

[www.johntheucanman.com](http://www.johntheucanman.com)

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**Day 23**  
**January 26, 2010**

January 27, 2010, around 2:20 p.m.

I met a young man, a stranger, as I was leaving the Bank of America. We spoke and started bragging on God and boasting in the Lord. He was 34 years old and a cancer survivor. He said God healed him and he came through his illness. He attends church faithfully, and his pastor is Enoch Brown. God is good! You had some firepower at his church, You showed the power of Your love and Your ability to heal!

---

President Barack Obama/Valerie Jarrett, Senior Advisor to the President  
January 26, 2010, 12:33 p.m.

Good Afternoon,

Tomorrow evening, President Obama will stand before a joint session of Congress and deliver his first State of the Union address outlining where we are and where we're going as a nation. In preparation for this annual address, he asked his Cabinet to take a moment to prepare a similar report for the American people.

In short videos, members of the President's Cabinet report back to you on their progress this first year and outline what lies ahead for their departments and agencies to keep America moving forward. Secretary Sebelius talks about the Department of Health and Human Services' successes helping to prevent the spread of the H1N1 virus; Department of Energy Secretary Chu highlights the thousands of green jobs they've created using Recovery Act dollars; and Secretary Clinton details the Department of State's efforts to restore global partnerships. Take a look and get a sense of what's to come in tomorrow's State of the Union address:

When President Obama took office a year ago, we faced an array of historic challenges: an economy in freefall, job losses averaging almost 700,000 a month, a middle class under assault, two wars and badly frayed global alliances. Faced with these unparalleled challenges, the President and his Cabinet got to work.

The Administration took bold steps to rescue the country from a potential second Great Depression; to rebuild the economy for the long term, so businesses can thrive, the middle class can grow and all our families can be more secure; and to restore America's leadership in the world as we wrestle with the global challenges of the 21<sup>st</sup> century.

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Check out the Cabinet's reports and learn more about what we've done this past year and how we plan to keep our nation moving forward in the next.

Thank you,  
Valerie Jarrett  
Senior Advisor to the President

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**Day 24**  
**January 27, 2010**

January 27, 2010, 11:40 p.m.  
Email sent to my sister in the Lord

Prophetess Dianne Isom, I need a Word from the Lord for this new season in my life. What saith the Lord to you?

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U-Can!

Here is the word God has given me for such a time as this!

1<sup>st</sup> Kings 4:29-34 KJV

The U-Can! Man LLC CEO John Wallace Isom Jr's Word

29: And God gave Solomon wisdom and understanding exceeding much, and largeness of heart, even as the sand that is in the seashore.

30: And Solomon's wisdom excelled the wisdom of all the children of the east country, and all the wisdom of Egypt.

The U-Can! Man Version

29: And God gave Solomon (The U-Can! Man) wisdom and understanding exceeding much, and largeness of heart, even as the sand that is in the seashore.

30: And Solomon's (The U-Can! Man) wisdom excelled the wisdom of all the children of the east country, and all the wisdom of Egypt.

31a) For he was wiser than all men.

Prophetess, what say you?

Joshua 3:5

And Joshua said unto the people, Sanctify yourselves: for tomorrow the Lord will do WONDERS among you.

**Day 25**  
**January 28, 2010**

6:13-6:59 a.m.

Early Morning Quiet Time Spent with God

Psalm 69:30

I will PRAISE the name of God with a song, and will MAGNIFY him with THANKSGIVING.

Thank you, Prayer Warrior. I have decided to go back to my NO COFFEE-FAITH IN GOD FAST (NC-FIG-FAST).

Starting this morning, Ethel, God has let us know that He is in total control in 2010.

Jeremiah 1:12

Then said the Lord unto me, Thou HAST well seen: for I will HASTEN my WORD to perform it.

I believe God is hastening the Word that He, the pilot of The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) is landing us in the area of:

- 1) Deliverance through Him and His Word
- 2) Healing through Him and His Word
- 3) Encouragement through Him and His Word
- 4) Believing Him and His Word
- 5) Trusting Him and His Word

This morning when I woke up, God had me hear this Word from the preacher on TV:

Judges 6:12

And the Angel of The Lord appeared unto him, and said unto him, The Lord is with thee, thou mighty man of valor.

The U-Can! Man Version:

And the Angel of the Lord appeared unto him (John), and said unto him(John). The Lord is with the thee (John), thou mighty man of valor (John).

John, the U-Can! Man, I am with you. 2010 is the year that I AM THAT I AM will show up, show out, show in, show you, and show My people that I AM God and besides Me there is no other. Now and later, you trust and obey, for there is no other way but to be happy in Jesus so You trust and obey. Help me, Lord Jesus Christ. I ask You to direct my paths. In Jesus Christ's name I pray, amen.

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Mark 16:14-20

14) Afterward he appeared unto the Eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen.

15) And he said unto them, go ye into all the world, and preach the gospel to every creature.

16) He that believeth and is baptized shall be saved; but he that believeth not shall be damned.

17) And these signs shall follow them that believe; in my name shall they cast out devils; they shall speak with new tongues;

18) They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall RECOVER.

19) So then after the Lord had spoken unto them, he was received up into heaven, and sat on the right hand of God.

20) And they went forth, and preached everywhere, the Lord working with them, and confirming the word with signs following. Amen.

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Lord, at 8:24 p.m. on January 27, 2010, I have spoken to Mom and Dad. They say the doctors don't know how long Hilda has to live—it could be days, months, or up to a year. Lord, I know that only You know. I come to You at this hour not to make my request known but to say, Lord, You are God and You alone are worthy. I love You, Lord, and I ask You to have Your own Way, Will, and Word in Aunt Hilda's body, mind, heart, soul, and life. Lord, I believe You are able to heal Hilda. Cancer has no power over You. You heard my intercessory prayer warrior Ethel from Maine share the message from Mark 16:14-18. Lord, I act on this Word. I have laid hands on Hilda already this past Friday. Now, Lord, I believe that You and You alone are the healer. Thank You in advance, Dr. Jesus. Hilda, I offer your whole being up to God, the Healer and Deliverer.

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Ephesians 3:20-21

20) 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.

21) Unto him be glory in the church by Christ Jesus throughout all ages world without end. Amen.

---

April 30, 2008, 12:01 a.m.

## Conversation with a Continental Airline Stewardess

In the air on the way to Kansas City, I talked to the stewardess and asked her how long she had been flying and doing this job. She said two years. I asked her how she dealt with being in the air so much, with all the turbulence. She said at first the motion got to her and she would take some pills to help her cope with it, but now, two years later, it does not bother her. She also said that when the plane starts going through a lot of turbulence, she prays to the Lord, saying, "Lord, this plane is in Your Hand. You see us through."

Lesson learned: No matter what, it's all in God's Hands. He has the whole world in His Hand. Thank You, Jesus.

---

January 27, 2010, 10:59 p.m.

Hi, John, here is a letter that you can forward to your Aunt Hilda or print and mail to her.

Dear Hilda,

I'm one of John's prayer partners from Maine. He and I have seen God work some mighty miracles and right now we are asking the Lord for one in your spine and anywhere else that cancer cells are trying to hide.

Even if your faith is as small as a mustard seed, join with us in believing. By His stripes we were healed. That means you, Hilda. The healing has taken place 2000 years ago and now we are coming against the symptoms.

"In the name of Jesus I curse the root of cancer cells and cast out the spirit of cancer. I command the body's defensive "killer" cells to multiply, attack and destroy all cancer cells. I command healing to any damaged tissues and spine cells, and normal function be restored. I command electrical and magnetic frequencies to come into harmony and balance. I curse any prions and command them to dissolve and be absorbed by your body."

If cancer has affected your family in past generations we pray for release from that. We are putting you under God's blessings and not His curses. If you hold any bitterness or unforgiveness, pray a prayer of repentance because those things can hinder the move of God.

I will continue to pray and fast over you, waiting for a good report very soon. I am fasting, not from food, but from TV. It has been off since 6 p.m. on January 26<sup>th</sup>.

Many blessings from your sister in Christ Jesus,

Ethel Doyle

Forwarded to Clara 6:15 a.m., January 28, 2010 HHMHH! HHUHH!

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Note from President Barack Obama

Sent after his State of the Union Address, 12:51 a.m., January 28, 2010  
(Help them, Lord. You know I have the ART Prayer in place.)

John-

I just finished delivering my first State of the Union, and I wanted to send you a quick note. We face big and difficult challenges. Change on the scale we seek does not come easily. But I will never accept second place for the United States of America.

That is why I called for a robust jobs bill without delay. It's why I proposed a small businesses tax credit, new investments in infrastructure, and pushed for climate legislation to create a clean energy economy. It's why we're taking on big banks, reforming Wall Street, revitalizing our education system, increasing transparency -- and finishing the job on health insurance reform. It's why I need your help -- because I am determined to fight to defend the middle class, and special interest lobbyists will go all out to fight us.

Help me show that the American people are ready to join this fight for the middle class -- add your name to a letter to Congress today:

<http://my.barackobama.com/SOTU> We have finished a difficult year. We have come through a difficult decade. But we don't quit. I don't quit.

Let's seize this moment -- to start anew, to carry the dream forward, and to strengthen our union once more.

President Barack Obama

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**Day 26**  
**January 29, 2010**

From a Google webpage on January 28, 2010 HHMHH!

**Step 1**

Start studying early. It's hard to learn all you'll need to learn in one night.

**Step 2**

Make a timeline for the period of history you're studying, using your class notes and textbooks.

**Step 3**

Look over the timeline, going back and forth several times, getting a feel for the ebb and flow of events.

**Step 4**

Draw a blank timeline. Fill in the major events without looking at any notes or books, then consult the original timeline to see how much you got right.

**Step 5**

Keep drawing new blank timelines and filling them in until you get it all right.

**Step 6**

Make a list of key people and places for each event on the timeline.

**Step 7**

Look at the big picture. Make yourself aware of the texture of history: Why was event X at time Y important? Why are you learning this in the first place?

**Step 8**

Think in terms of change over time. What was fundamentally different at Time B from how things had been at Time A?

**Step 9**

Think about major transitions and periodization. For instance, why do we talk about the preindustrial period and the postindustrial period as being so different from each other?

**Step 10**

Consider forming a study group with other students in the class. Working together will help all of you understand the material better.

**Step 11**

Review all the material at least once after your main study session.

Step 12 (from Caleb Isom)  
Stop Stressing Study

**Day 27**  
**January 30, 2010**

Proverbs 6:26

Authorized Version

For by means of a whorish woman a man is brought to a piece of bread: and the adulteress will hunt for the precious life.

American Standard Version

For on account of a harlot [a man is brought] to a piece of bread; And the adulteress hunteth for the precious life.

The Bible in Basic English

For a loose woman is looking for a cake of bread, but another man's wife goes after one's very life.

The Darby Bible

For by means of a whorish woman [a man is brought] to a loaf of bread, and another's wife doth hunt for the precious soul.

The Webster Bible

For by means of a lewd woman [a man is brought] to a piece of bread: and the adulteress will hunt for the precious life.

Young's Literal Translation

For a harlot consumeth unto a cake of bread, and an adulteress the precious soul hunteth.

World English Bible

The U-Can! Man Version "TUMV"

Proverbs 6: 26

January 28, 2010, 7:55 p.m.

Playing around with a whorish woman will bring you from a

1: Loaf of Bread

To a

2: Slice of Bread

Ending with a

3: Piece of Bread

And the adulteress hunts for precious life (those men that are doing the Will, Word, and Way of God) with a piece for a piece. When you yield to temptation with her, you have NO PEACE!

---

January 28, 2010, 8:00 p.m.  
John, remember James 1:13-18  
The Message Bible

Don't let anyone under pressure to give into evil say, "God is trying to trip me up." God is impervious to evil, and puts evil in no one's way. The temptation to give in to evil comes from us and only us. We have no one to blame but the leering seducing flare-up of our own lust. Lust gets pregnant, and has a baby: sin! Sin grows up to adulthood, and becomes a real killer. So, my very dear friends, don't get thrown off course. Every desirable and beneficial gift comes out of heaven. The gifts are rivers of light cascading down from the Father of Light. There is nothing deceitful in God,  
nothing two-faced.  
nothing fickle.

He brought us to life using the true word, showing us off as the crown of all his creatures.

---

I was directed to retype this from my Super Giant Print Bible on January 29, 2010, at 3:10 a.m.

The Palace/Dream House  
Seven Words from God to Me  
June 23, 2007  
7:00-8:15 a.m

1: It was The Lord  
2: It is The Lord  
3: It shall forever be The Lord  
Quiet Quality Time Spent with God

1: Psalm 87:2 "The Lord"

2: Isaiah 45:1 "The Lord"

3: Jeremiah 33:2 "The Lord"

4: Jeremiah 29:4 "The Lord"

5: Deuteronomy 28:1-14 "The Lord"

6: Daniel 2:28 "But There is a God"

7: Psalms 126:1 "The Lord"

The Palace/Dream House paid off in 5 years

1. 2. 3. 4. 5.  
F. A. I. T. H.

Nehemiah 13:31: And for wood offering, at times appointed, and for the firstfruit.  
REMEMBER me, O my God, for good.

Lord, as I go to read Psalm 126, the one You gave me back in February 2001, I pause to say thanks. Lord, I am also calling on You to help us pay off the Palace, our Dream House, in 5 years. This is my request to You in Jesus' name, amen.

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. Help me, Holy Spirit. Thank You, Jesus. Lord, You are so awesome and amazing. Praise ye the Lord, Your mercy endureth forever. Thank You, Jesus.

---



**Day 28**  
**January 31, 2010**

The SIFT is Over  
January 31, 2010, 10:50 a.m.

Reminded by God what He told me in the KJV Bible given to me as a retirement gift from my bride of seventeen years, Karen Isom

Luke 22:31-32

31) And the Lord said, Simon, Simon, 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 thy brethren.

[Have Faith In God]

Now, two years later, God tells me, "John, the SIFT is over."  
He also had me notice these verses:

Mark 9:23

Jesus said unto him, IF thou canst believe, all things are possible to him that believeth.

Jeremiah 32:27

Behold, I AM the Lord, The God of [ALL] flesh: Is there anything too hard for me?  
January 10, 2008, 9:10 a.m. NO LORD! Lord, I love You and I hear You repeatedly asking me, "John, is there anything too hard for God?" Help me, Holy Ghost. NO LORD!  
January 28, 2008, 9:50 a.m. Reminded by God I answered with my mouth NO LORD!

Deuteronomy 9:3

Understand therefore this day, that the Lord thy God is he which [GOETH OVER] before thee; as a consuming Fire he shall destroy them, and he shall bring them down before thy face: so shalt thou drive them out, and destroy them quickly, as the Lord hath said unto thee.

Deuteronomy 9:23

Likewise when the Lord sent you from Kadesh-barnea, saying, [GO UP] and possess the land which I have given you; then ye rebelled against the commandment of the Lord your God, and ye believed him not, nor hearkened to his voice.

U-CAN! Word to Remember  
January 17, 2008  
6:55-7:55 a.m.  
GOD GOETH OVER BEFORE YOU  
The Word of God to Help me, Holy Ghost

On my way to Deuteronomy 28:1-14, God reminds me of:

Deuteronomy 9:3  
Understand therefore this day, that the Lord thy God is he which [GOETH OVER] before thee; as a consuming Fire he shall destroy them, and he shall bring them down before thy face: so shalt thou drive them out, and destroy them quickly, as the Lord hath said unto thee.

The Lord thy God is He that GOETH OVER BEFORE THEE, John

On January 20, 2008, the choir at Union Cathedral sang, "He keeps on blessing me OVER and OVER." Thank You, Jesus.

February 1, 2008, 8:00 a.m.  
John, remember "I AM GOETH BEFORE YOU"

---

Around 8 p.m. on January 31, 2010, The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) Intercessory Prayer Warrior asked me to seek God about what lepers mean to us today in our healing ministry. Around 8:30 p.m., God shared the following with me:

#### LEPERS

L- LOST  
E- END  
P- POSSESSED  
E- ENDURED  
R- RECOVER  
S- SEARCHED

John, these are six things that describe so many people. Only Believe and watch I AM THAT I AM work miracles over and over again. Only Believe in the Scripture that illuminates these six things. Write them as I feed you.

#### LEPERS

L- LOST: Matthew 18:11

For the Son of man is come to save that which was [LOST]

E- END: Psalm 73:17

Until I went into the sanctuary of God; then understood I their [END]

P- POSSESSED: Mark 5:18

And when he was come into the ship, he that had been [POSSESSED] with the devil prayed him that he might be with him.

E- ENDURED: Hebrews 11:27

By faith he forsook Egypt, not fearing the wrath of the king: for he [ENDURED] as seeing him who is invisible.

R- RECOVER: Mark 16:18

They shall take up serpents; and if they drink any deadly thing it shall not hurt them; they shall lay hands on the sick, and they shall [RECOVER]

S- SEARCHED: Psalm 139:1

O Lord thou has [SEARCHED] me, and known me.

John, you asked me, and now I have clearly shown you. These are the type of people (LEPERS) that will cross yours and Ethel's path. Let your gifts make room for you. I AM THAT I AM knows the results. Now, John, remember what I told you on January 28, 2008:

Mark 13:11

But when they shall lead you, and DELIVER you up, take no thought beforehand what ye shall speak, Neither do ye [PREMEDITATE]: but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak but the Holy Ghost.

John, your message of U-CAN! is the Holy Ghost speaking to the hearts and minds of the people. Obey me, John. Help me, Holy Ghost.

Now, at 9:30 p.m., remember the SIFT is over. How do you know? Look at the word WHEN in verse 32:

W: Winning

H: Having Faith in God

E: Encouraging Yourself

N: Now, Only Believe

In the sifter in January 2008 were:

- 1) FIG (Faith in God)
- 2) FEAR!
- 3) DOUBT!
- 4) SHAME!

In the sifter in January 2010 are:  
FIG- YOUR SIFTED FAITH IN GOD  
SO  
OB- ONLY BELIEVE!

And,

Work your gifts, always giving all honor, glory, and credit to the Gift Giver, the Lord Jesus Christ.

Father God, I thank You for showing me this today, January 31, 2010, and letting me know what You have done these past 2 years. Lord, I have only one request, which is expressed in Proverbs 3:5-6. I pray in Jesus' Name, amen.

**Day 29**  
**February 1, 2010**

February 1, 2010, 12:15 a.m.

Led to write down I AM FREE poem from Ms. Mandy Johnson's "Li'l Bit" Home Going Service Program

I. AM. FREE.

Don't grieve for me, for now I'm free, I'm following the path God laid for me.  
I took His hand when I heard Him call, I turned my back and left it all.  
I could not stay another day, to laugh, to love, to work or play.  
Tasks left undone must stay that way, I've found that peace at the close of the day.  
If my parting has left a void, then fill it with remembered joy.  
A friendship shared, a laugh, a kiss, ah yes, these things I too miss.  
Be not burdened with times of sorrow, I wish the sunshine of tomorrow.  
My life's been full, I've savored much, good friends, good times, a loved one's touch.  
Perhaps my time seemed all too brief. Don't lengthen it now with undue grief.  
Lift up your heart and share with me. God wants me now. He set me free!

---

4:07-4:25 a.m.

Woke up with Jesus on my mind, and these song lyrics:  
Because He lives, I can face tomorrow. Because He lives, all fear is gone.  
Because I know He gave me the victory, that way I know I am free because He lives.

John, remember I AM GOETH BEFORE YOU.

Lord Jesus, thank You for rising on the third day over 2000 years ago. Lord, I now know that because God raised You up on the third day, You have all power in Your hand and You live within and without. I just pause to let You know I believe You live. Lord, You are living inside my Aunt Hilda, and I know You have already healed her by Your stripes Now, Lord, I come to praise You for what You have already done. Lord, I place Deuteronomy 28:1-14 back in my wallet. Lord, You told me in November 2004 how these verses were operating in my life, as well as Zephaniah 3:17-20 and John 13:19.

Lord, You are telling me in my spirit that Hilda's situation and Pastor Brown's, both cancer cases, are for the glory of God. Lord, last Sunday Pastor Brown asked me to pray for her strength in the Lord. Hilda told me on the phone, "Junior, I Only Believe." Now, Lord, You gave Mandy Williams five more years and counting. You healed Ms. Betts this past year. You healed my daughter, Joy Marie Isom, my wife, Karen Isom, and my dad, John Isom Sr. Now, Lord, I know You are not a respecter of person. Thank You in advance for Your glory being revealed. I pray that many lost will be saved through Hilda's testimony, and that

many saved will be strengthened through her situation. Lord, have Your Way. I go lie back down now, singing, "Because He lives, I can face tomorrow." Lord, I pray and praise you on this early February morning in Jesus Christ's name, amen.

Lord, I receive and believe the SIFT is over! Lord, I SAY at 4:07 a.m. on February 1, 2010, that Hilda James shall live and not die, and shall declare the works of the Lord.

I was then led by the Holy Spirit to write down Psalm 118:17: "I shall not die, but live, and declare the works of the Lord." God told me to start writing everywhere, "The SIFT is over!" Write it everywhere you go and remind yourself that no matter what, the SIFT is over!

Luke 22:31-32  
January 20, 2008  
January 31, 2010

At the end of two full years, God says to me TSIO!

Psalm 69:30  
"I will PRAISE the name of God with a song, and will MAGNIFY him with THANKSGIVING"

Lord, I receive and believe! Thank You, Lord Jesus, for Your sifting process. All fear, doubt, and shame are gone, and only faith in God remains! Lord, I ONLY BELIEVE!

During this early morning Quiet Time Spent with God I praise You once again with Psalm 69:30!

---

6:27 a.m.  
Woke up again and God said to read Joshua 6:27:  
"So the Lord was with Joshua, and his fame was noised throughout all the country."

Now, John, go type Zephaniah 3:17-20 and Only Believe.

I see that I have also read these verses on January 19, 2008 at 9:30 a.m., and on January 17, 2009 at midnight.

Zephaniah 3:17-20

17:The Lord thy God in the 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: 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.

---

I noticed this at the bottom of the Zephaniah 3:17-20 page:

January 19, 2008, 9:30 a.m.

Lord, at Hardees, You had the manager, "Ms. Betty," ask me if I'd got that lesson down. I said yes. Then she let me know she's been working at Hardees for 23 years and is from Madison, FL. She knows Ms. Bryant (my spiritual mother), she knows the Baynards (I put their son Lee Baynard in the Army), she knows Pastor Haynes (St. James Missionary Baptist Church, Valdosta, GA), and Pastor Charlie Barfield (First Antioch Missionary Baptist Church, where Karen and I were married on December 22, 1990, also Pastor of Pinland Baptist Church). Lord, she also said she was a member of Mt. Moriah Missionary Baptist Church in Pinetta, FL.

Lord, I then told her God was using her to tell me that He was placing me back in the front to serve/lead. I said I was enjoying time behind the scenes. She said, "If you enjoy doing what you are doing, then it is easy to come out of retirement and do it." I then told her about the assignment that You, God, have given me, the assignment of going home to my friends and telling them what great things God has done for me and the compassion He has shown. She said to tell them there are some more like I was (demon-possessed).

Betty told me a story about Pastor Charlie Barfield. She said when he was a little boy he would come by and mow people's yards. She'd bought an acre of land, and one day he came and said, "Ms. Betty, I would like to mow your land." She told him it was an acre, but he still said he wanted to do it. So took him, along with his equipment (mower, etc.) to the land. When she came back at the time he'd said to pick her up, the entire acre was done, and he'd done a good job. She said she remembered telling him God was really going to use him. Now he is a pastor at the church where I got married.

I told her God had me on a Decapolis mission. I was that man with legions of devils in me, but Jesus has cleaned me up and commissioned me to go home and share the news of His great works and compassion. Betty said, "Good, go and do it, because there are so many more people filled with legions of devils." I wrote on that day, and was reminded a year later and again today:

“The U-CAN! Hour will be used to tell my story, in obedience to God.” Help me, Holy Ghost. Thank You, Jesus.

Lord, on this early February morning, I Only Believe.

---



**Day 30**  
**February 2, 2010**

I blessed a street evangelist with \$10 and asked her for a Word. She said the 1<sup>st</sup> chapter of Proverbs.

I came home, found my KJV Wide Margin Bible (purchased February 23, 2009), and noticed that a year ago God had drawn my attention to Proverbs 1:1-10, especially highlighting verse 5.

Proverbs 1:1-10

Lord, help me to please You, my Lord and Savior.

"The Purpose of Proverbs"

1: The proverbs of Solomon the son of David, king of Israel.

2: To know wisdom and instruction; to perceive the words of understanding;

3: To receive the instruction of wisdom, justice, and judgment, and equity;

4: To give subtilty to the simple, to the young man knowledge and discretion.

5: A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels:

6: To understand a proverb, and the interpretation; the words of the wise, and their dark sayings.

7: The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.

8: My son, hear the instruction of thy father, and forsake not the law of thy mother.

9: For they shall be an ornament of grace unto thy head, and chains about thy neck.

10: My son, if sinners entice thee, consent thou not.

Lord, help me to please You. I pray in the name of Jesus Christ, amen and amen.

---

**Day 31**  
**February 3, 2010**

Notes from Iron Sharpens Iron, written in the KJV Wide Margin Bible I bought in Jacksonville, FL

Lord, I believe.  
February 23, 2009  
12:15-1:50 a.m.  
Thank You, Jesus. Help me, Holy Ghost.

Lord, now, at 1:50 a.m., I will go to listen to the U-Can! Song you put in Anthony Williams's heart for The U-Can! Man LLC. I will then go to bed and will wait to write down what You say to me in the morning. Lord, speak to my heart, I pray in the name of Jesus Christ, amen.

The time is now 6:00 a.m. God says, read Psalms 63 and 69. I AM will cause a leap at certain verses. GO AND DO, BE ABOUT BELIEVING AND RECEIVING, and have FAITH IN GOD while reading. Help me, Holy Ghost.

Psalm 63:6-8

6: When I remember thee upon my bed, and meditate on thee in the night watches.

7: Because thou hast been my help, therefore in the shadow of thy wings will I rejoice.

8: My soul followeth hard after thee: thy right hand upholdeth me.

Psalm 69:29-32

29: But I am poor and sorroweth: let thy salvation, O God, set me up on high.

30: I will praise the name of God with a song: and will MAGNIFY Him with thanksgiving.

31: This also shall please the Lord better than an ox or bullock that hath horns and hoofs.

32: The humble shall see this, and be glad: and your heart shall live that seek God.

John, you have obeyed My still small voice. Now go and live these verses. Then get your 9-Month Blessing Attitude Bible and read Psalm 61. If you still believe, write down all that on the page. This will be your show of "Lord, I believe."

Lord, I am on my way to increasing my learning, as in Proverbs 1:5. Help me, Holy Spirit. Lord, I believe.

August 31, 2009, 9:51 p.m.

Lord, show me Your glory. I pray in Jesus Christ's name, amen.

From my 9-Month Blessing Attitude Bible

Psalm 61

(Typing now at 6:16 a.m., February 4, 2010)

1: Hear my cry, O God; attend unto my prayer.

2: From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.

3: For thou hast been a shelter for me, and a strong tower from the enemy.

4: I will abide in thy tabernacle forever: I will trust in the covert of thy wings.  
Selah.

5: For thou, O God, hast heard my vows: thou has given me the heritage of those that fear thy name.

6: Thou wilt prolong the king's life: and his years as many generations.

7: He shall abide before God forever: O prepare mercy and truth which may preserve him.

8: So will I sing praise unto thy name for ever, that I may daily perform my vows.

Notes on this page of my 9-Month Blessing Attitude Bible:

November 19, 2000

Lord, I thank You. Lord, I glorify You. You are my strong tower, You are the rock that is higher than I. Thank You, Lord.

Reminded by God April 12, 2008, at 8:30 a.m.

John, remember 5110. You smote the arrow of the U-Can! Message of Hope 51 times + 10 = 61. You have read Psalm 61, now go to:

Psalm 51:10

Create in me a clean heart, o God; renew a right spirit within me.

Then go to:

2<sup>nd</sup> Kings 13:17-19

17: And he said, Open the window eastward, and he opened it. Then Elisha said, Shoot. And he shot. And he said, The Arrow of the Lord's deliverance, and the arrow of deliverance from Syria: for thou shalt smite the Syrians in Aphek, till thou have consumed them.

18: And he said, Take the arrows, and he took them. And he said unto the King of Israel, Smite upon the ground. And he smote thrice, and stayed.

19: And the man of God was wroth with him, and said, Thou shouldest have smitten five or six times; then hadst thou smitten Syria till thou hadst consumed it: whereas now thou shalt smite Syria but thrice.

U-CAN! Message from God: John, tell them I AM THAT I AM sent You to tell them U-CAN!

---

**Day 32**  
**February 4, 2010**

Psalm 51:10

Create in me a clean heart, O God; renew a right spirit within me.

6:16-6:26 a.m.

Anything

Tiger Woods

T- Time

I- Inside

G- Growing

E- Every day

R- Refocusing

W- Without

O- Overdoing

O- Outside

D- Demands

S- Successfully

We all need to take some [TIME] to look [INSIDE], knowing that [GROWING] on this road called life [EVERY DAY] will help in [REFOCUSING] our sights on our dreams, desires, and development, [WITHOUT] the dreadful need or potential for [OVERDOING] unnecessary [OUTSIDE] action, activities, and most of all [DEMANDS]. This is The U-Can! Man's personal challenge to ensure my [ROLE MODEL] continue helping me be a better person on my life journey. I say Tiger Woods will hopefully have a very [SUCCESSFUL] return in 2010.

---

Coach Quinn (who coaches our son Joshua Isom) had a team prayer before each game in 2007-08 (5A Lowndes County High School Vikings, Valdosta, GA).

Lord, bless us to be victorious.

More important than victory is courage.

And at the center of courage is effort.

Lord, help us to never quit!

In the name of Jesus, Amen.

Lord, help me to do this prayer in my retirement life.

---

A Suggested Method for Successful Business:

R. A. T. S.

Birthed February 4, 2010, as I spoke with Mr. Smith, my computer professor at South Georgia College on the Valdosta State University campus.

R- Remain Future-focused

A- Act Locally

T- Think Globally

S- See Yourself Successfully

The key to success is remembering that the beginning and the end of the road is named FUTURE and you must ACT with this in mind every day. Your ability to THINK big on this road is your personal key to SUCCESS!

Below is an example of this method in action: the Estee Lauder Company.

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In 1946 master saleswoman Estee Lauder, along with her husband Joseph, started the Estee Lauder Company, producing cosmetics in New York City. Now, over 60 years later, with over 20 brands under its banner and controlling around 45 percent of the cosmetics market, the company is synonymous with quality and beauty.

Originally selling her uncle's products to hotels and beauty shops, within two years Lauder had managed to secure valuable counter space at Saks. It was her

consistent focus on customer service which produced classy sales techniques, personal attention to customers, and the pioneering concept of free samples. For Lauder, this was a way for her products to be in the hands of people who wanted the best. She understood the power of a brand name, and so she ensured that all their products were of the highest quality and advertised by women considered the essence of femininity and beauty.

Adhering to the mantra of "think globally, act locally," Lauder could be found at Saks on a Saturday, promoting her products and working with the staff to improve their sales techniques. While never a trend setter, Estee Lauder was the first women's cosmetics producer to introduce a men's range as well as creating a dermatologist-guided, fragrance-free, and allergy-tested brand with Clinique Laboratories.

Estee Lauder's ambition and her eye for quality turned her small cosmetics company into an empire with sales topping \$5 billion. She remained the guiding force of the company until her death in 2004, and to this day the Lauder family maintains the value systems and sales techniques which helped to transform the idea of beauty into an international business phenomenon.

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**Day 33**  
**February 5, 2010**

12:00 p.m.

High Noon Prayer to My Father Which Art in Heaven

Psalm 69:30: I will PRAISE the name of God with a song, and will MAGNIFY Him with THANKSGIVING.

I request, Father God, that You will provide help in these areas:

Debt/Financial Needs

Business

College

Stop Stressing Study

Gifts of ETHHAGH (Encouragement Through Helping, Healing, and Giving Hope)

I know You can if Thou wilt. Lord, like the leper in Mark 1:40-45, I will BLAZE ABOARD THE MATTER, with the help of Psalm 69:30.

Mark 1:40-45

40: And there came a leper to him, beseeching him, and kneeling down to him, and saying unto him, If thou wilt, thou canst make me clean.

41: And Jesus, moved with compassion, put forth his hand, and touched him, and saith unto him, I will; be thou clean.

42: And as soon as he had spoken, immediately the leprosy departed from him, and he was cleansed.

43: And he straitly charged him, and forthwith sent him away;

44: And saith unto him, see thou say nothing to any man: but go thy way, shew thyself to the priest, and offer for thy cleansing those things which Moses commanded, for a testimony unto him.

45: But he went out, and began to publish it much, and to BLAZE ABROAD the matter, insomuch that Jesus could no more openly enter into the city, but was without in desert places: and they came to him from every quarter.

---

The U-Can! Man Version (TUM-V)

45: But he went out, and began to publish it much, and to BLAZE ABROAD The Matter [B. A. T.- MATTER] insomuch that Jesus could no more openly enter into the city, but was without in desert places: and they came to him from every quarter.



BLAZE ABROAD The Matter [B. A. T.- MATTER]. Birthed by God through John  
The U-Can! Man,  
February 6, 2010, 12:00-1:50 p.m.

12:25 p.m.

“Of course I’d be happy to. Feel free to start sending it any time!”

-Mandie Gossage, The U-Can! Man Empowerment Through Encouragement  
Shuttle (TUM-ETES) God-gifted Chosen Editor

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Isaiah 43:26a

KJV

Put me in remembrance; let us plead together: declare thou, that thou mayest be justified

Reader Friendly Edition

But You should remind me:

The Book Version

Let us Review the situation together, and you can present your case if you have one.

AMP

Put Me in remembrance. [Remind Me of your merits]; let us plead and argue together. Set forth your case, that you may be justified (Proved right)

New American Standard

Put Me in remembrance, let us argue our case together; State your cause, that you may be proved right.

NIV

Review the past for me, let us argue the matter together. State your case for your innocence.

Message Bible

So, make your case against me. Let's have this out. Make your arguments. Prove you're in the right.

Lord, on May 10, 2008, You had Sister Mircale tell me not to let money dictate what God is telling me to do. Now, Lord, today being February 6, 2010, I ask You to help us out with all these financial needs this month.

Debt/Financial Needs/Business

1: \$18000.00 USAA

- 2: \$18000.00 BofAmer
- 3: \$18000.00 Others Combined
- 4: \$18000.00 House--many needs
  - A. Replumbing (ALL)
  - B. Pool
  - C. House Notes 3 Months
  - D. Crown for Tooth needed

Total of \$72000.00

- 5. Business for TUM-LLC that works together with my college.
- 6. College: Stop Stressing Study mastery
- 7. Gifts of ETHHAGH: Encouragement Through Helping, Healing, and Giving Hope

Father, I am asking You to bless me with all the funds needed for these 7 items in February 2010. Lord, I request that either You give me the funds or You make ways for the funds not to be needed (i.e. a good deal on the housing litigation with USAA). Answer this request however You, Father, see fit. And I will be so careful to give You all the glory by way of BLAZING ABROAD the matter (B. A. T.-MATTER).

Type Psalm 56, John, for:

21 Days during the Fast and Prayer of January 2010

35 Days after the Fast and Prayer 2010

Total: 56 Days. I AM THAT AM has you positioned for such a time as this. ONLY BELIEVE! Help Me, Holy Ghost.

---

**Day 34**  
**February 6, 2010**

If God don't do it, it won't be done!

8:00 service (look at February 25, 2010 for 11:00 service)

Zechariah 4:6

Then he answered and spake unto me, saying, This is the word of the Lord unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the Lord of hosts.

John, write down the notes from Bishop Wade S. McCrae's message and Only Believe. Also, sow a \$100 sacrificial offering toward the Vision. Today you brought to My storehouse \$140 for tithes, bringing your family total to \$980 for February 2010. I am not through with you yet. February will be a mega-avalanche financial month for you. Bless the Vision sacrificially. This month, I AM THAT I AM has chosen YOU!

Lord, I obeyed Your voice and sowed the \$100, and now I record notes from today's message, Only Believing God.

John, by doing so, you and your family have brought \$1040 into God's storehouse in tithes, offerings, and sacrificial offerings. Just record I AM THAT I AM's blessings from heaven into Your life in February 2010, and BAT-Matter to the world!

---

1<sup>st</sup> Sunday in February 2010

8:00 service

God reminded me of a Word He gave me in January 2010 through His Word during the Praise and Worship Service:

"And the Angel of the Lord appeared unto him, and said unto him, the Lord is with thee, thou mighty man of valor."

John, I AM THAT I AM hath shown you. Only Believe. Help me, Holy Ghost. Thank You, Jesus.

Bishop Wade S. McCrae preached on the subject, "If God don't do it, it won't be done!" (Zechariah 4:6)

Main Points:

1) There are times when, pursuing your Vision, you become disgusted and discouraged.

---

- 2) It seems that God shows you the future, but others don't see.
- 3) Even Bishop McCrae needs to be encouraged.
- 4) This Word from Zechariah means God remembers.

God reminded me that on Day 13 of this journal, He had me notice Isaiah 43:26 in many versions. I'll repeat it today as a reminder:

KJV

Put me in remembrance; let us plead together: declare thou, that thou mayest be justified

Reader Friendly Edition

But You should remind me:

The Book Version

Let us Review the situation together, and you can present your case if you have one.

AMP

Put Me in remembrance. [Remind Me of your merits]; let us plead and argue together. Set forth your case, that you may be justified (Proved right)

New American Standard

Put Me in remembrance, let us argue our case together; State your cause, that you may be proved right.

NIV

Review the past for me, let us argue the matter together. State your case for your innocence.

Message Bible

So, make your case against me. Let's have this out. Make your arguments. Prove you're in the right.

Other things to remember:

- 1) John, I AM remembers that you sowed \$100 into this church Vision at Union Cathedral on February 7, 2010.
- 2) We are Christians; we walk by faith, not by sight.
- 3) God has the power to defeat the enemy and evil.
- 4) God sees all you are going through, and He will give you strength beyond all of it (Help me, Holy Ghost).
- 5) God is working out His eternal purpose to fulfill what He's planning for you.
- 6) Some people in our lives are scaffolds. Scaffolds are used to help put up lights in a building and to put up other items during construction. After the scaffolds have served their purpose, they are taken down and put away. Sometimes we

keep these people in our lives too long. They have served their purpose, but they continue to hang around and become stumbling blocks.

7) God wants you to prosper and be in good health even as your soul prospers.

8) I don't have to struggle, robbing Peter to pay Paul.

9) Sometimes to get to where you're going, you have to struggle.

10) The loggerhead turtle in Mexico swims to shore and digs a hole one foot deep, then lays her eggs in the hole. Once the babies hatch, they struggle to get into the water. It is said that you should not help the babies get into the water. They struggle, but by the time they reach the water they are stronger, so the struggle is worth it. Sometimes it is a matter of life and death. Bottom line—sometimes you have to learn how to struggle.

11) You have to return to God, you must stay close to God. John, draw nigh to God.

12) God always hears us when we call.

13) There is so much in my life that sometimes seems impossible for me. But in the midst of all this impossibility, I must always remember that what is impossible for me is possible for God.

14) God says, "I won't do anything new until you work on the old." We always want something new, but God wants us to work on the old.

15) I must remember that with greater opportunity comes greater opposition (area of opportunity = area of opposition).

16) If God spoke it, it shall happen.

17) Watch out for dream killers. Joseph had dreams and visions, but his brothers were dream killers. Be careful around others—don't let them try to kill your dreams.

18) Good fear is reverence for God.

19) If you know God is telling you to do it, you know God is able.

20) Strategic planning leads you to a strategic destination.

21) We need to have a survival plan.

22) Be careful of the enemy's tactic:

a) DISCOURAGEMENT breeds uncertainty, fosters doubt, suppresses you.

b) FEAR surprises you, grips you, fills you with dread.

23) Be confident in the Lord's strength.

24) Stay away from people who are leeches (they suck everything out of you and make no deposit).

25) Be aware of the Lord's presence.

26) Mephibosheth was dropped by his nurse, the one who was supposed to be watching him.

27) Being in God's presence is more important than being with President Obama, Oprah, etc.

28) Romans 8:28 assures me that God is working it out for the good.

29) The U-Can! Man LLC: If God don't do it, it won't be done.

30) God wants everybody to know that if it hadn't been for the Lord being on my side, I would not be here.

31) God has prepared me to live in the now by His Spirit. Help me, Holy Ghost.

- 32) God is going to give me the strength to make it.
- 33) My tomorrow is going to be better than my today and my past. Why?  
Because of God's Word.
- 34) Jesus died and got up with all power. He has all power today, and He is all I need.
- 35) Jesus is my: Joy, Healer, Word, Way, Will, Help, All in All.
- 36) God is in total control.
- 37) The U-Can! Man LLC is not for me but for: Joshua, Caleb, Joy, and Christian.
- 38) If You don't do it, God, The U-Can! Man LLC won't be done. Thank You, Lord Jesus Christ. Hallelujah! Help me, Holy Ghost. Hallelujah!
- 39) The choir sang the song titled "Lord, Do It for Me Right Now," the same song I played over and over in my home in December 2009.

Now, John, for Day 15 of the 21 days, type the 11:00 service for that day.

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**Day 35**  
**February 7, 2010**

Lessons Learned from the 2009 NFL Super Bowl.

- 1- Disappointments
- 2- Disappointments
- 3- Disappointments
- 4- Disappointments
- 5-Disappointments
- 6- Disappointments
- 7- Disappointments
- 8- Disappointments
- 9- Disappointments

Father God, I thank You for allowing me to see Coach Jim Caldwell speak live after the 2009 Super Bowl. His statement has helped me to look back on the past 45 years and see that I have had many disappointments. The statement from his heart has helped me see a way to take those disappointments and turn them into fuel. I love the message he delivered. I don't remember the other statements, but the one I typed below caused a shakeup in my spirit. For in life, we all have disappointments. But I must take these disappointments in stride and see what 2010 brings, what 2011 brings, and beyond.

"There's only one happy NFL team at the end of the year," Colts coach Jim Caldwell said. "I told our guys, our heads are bloodied, but unbowed. I told our guys they did a great job representing our franchise. Now we have to take our disappointment and let it fuel us a little bit and see what 2010 brings."

Below is an excerpt from a newspaper, offering the writer's take on Caldwell's comments:

"It sounds as if Caldwell is eager to look forward. Who can blame him? Looking back at the missed chances in the Super Bowl is far too fresh and painful for the Colts and their fans."

I say the head coach has set the tone for the future. Now, Lord, I wait to see what 2010 brings for the Colts. But more importantly, I wait to see what 2010 brings for The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) Team.

**Day 36**  
**February 8, 2010**

Lord, like this leper, I will "BLAZE ABROAD THE MATTER" by way of Psalm  
69:30: "I will

Matthew 9:27-31

Mark:7:31-36

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**Day 37**  
**February 9, 2010**

Thought of the Day: Sent to John The U-Can! Man

Your ability may get you to the top, but only God can keep you there.

Twelve months later, as the king was walking on the roof of the royal palace of Babylon, he said, "Is not this the great Babylon I have built as the royal residence, by my mighty power and for the glory of my majesty?" The words were still on his lips when a voice came from heaven. "This is what is decreed for you, King Nebuchadnezzar: Your royal authority has been taken from you."  
Daniel 4:29-31

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**Day 38**  
**February 10, 2010**

On February 10, 2010, my wife said, "300 is enough." (Judges 7-8)

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As you face tough times know that your future does not define your present day circumstances. By faith you can overcome anything.

What, then, shall we say in response to this? If God is for us, who can be against us? Romans 8:31

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**Day 39**  
**February 11, 2010**

Revealed by God early this morning, 5:30-7:09 a.m.

As God woke me up, my heart and mind stayed on Jesus. I was praying to see my Aunt Hilda healed by God. God says, This sickness is not unto death. John, whisper in Hilda's ear today. The Word you shall give her is John 11:4.

Hilda Isom James's Sickness

John 11:4. When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby.

John, now take your FIG (Faith In God) and GO up and down this Living Word. I AM THAT I AM has got this! Look below and see other testimonies of an issue that was not unto death.

John Now Get You (F. I. G. ) Faith In God and (GO) down and (GO) up this Life Word Living; Word. I AM. THAT I AM GOT THIS! Look at below and see my other Testimonies where (IT the Issue) was not unto death.

Two Testimonies from Matthew and Mark where the Sickness Was Not Unto Death

- 1) Matthew 9:27-31
- 2) Mark 7:31-37

Matthew 9:27-31

27: And when Jesus departed thence, two blind men followed him, crying, and saying, Thou Son of David, have mercy on us.

28: And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.

29: Then touched he their eyes, saying, According to your faith be it unto you.

30: And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.

31: But they, when they were departed, spread abroad his fame in all that country.

Mark 7: 31-37

31: And again, departing from the coasts of Tyre and Sidon, he came unto the sea of Galilee, through the midst of the coasts of Decapolis.

32: And they bring unto him one that was deaf, and had an impediment in his speech; and they beseech him to put his hand upon him.

33: And he took him aside from the multitude, and put his fingers into his ears, and he spit, and touched his tongue;

34: And looking up to heaven, he sighed, and saith unto him, Ephphatha, that is, Be opened.

35: And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain.

36: And he charged them that they should tell no man: but the more he charged them, so much the more a great deal they published it;

37: And were beyond measure astonished, saying, He hath done all things well: he maketh both the deaf to hear, and the dumb to speak.

Brother Anthony T. Pamplin sent me this Thought of the Day around 11:30 a.m. on February 12, 2010:

There are no secrets to success. It is the result of preparation, hard work, and learning from failure. Colin Powell

They were all trying to frighten us, thinking, Their hands will get too weak for the work, and it will not be completed. But I prayed, Now strengthen my hands.  
Nehemiah 6:9

**Day 40**  
**February 12, 2010**

A Word to PONDER

Type Jeremiah 1:17 (given to me February 17, 2008, 11:30 a.m.) and also Daniel 3:16-18.

Jeremiah 1:17

Thou therefore gird up thy loins, and arise, and speak unto them all I command thee: be not dismayed at their faces, lest I confound thee before them.

Daniel 3:16-18

16: Shadrach, Meshach, and Abednego, answered and said to the King, O Nebuchadnezzar, we are not careful to answer thee in this matter.

17: If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king.

18: But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up.

I will not bow!

Jeremiah 2:1-9 (PONDER was highlighted by verses 1 and 8 in your parents' Bible)

Jeremiah's Message to sinful Israel

1: Moreover the word of the Lord came to me, saying,

2: Go and cry in the ears of Jerusalem, saying, Thus saith the Lord; I remember thee, the kindness of thy youth, the love of thine espousals, when thou wentest after me in the wilderness, in a land that was not sown.

3: Israel was holiness unto the Lord, and the first fruits of his increase: all that devour him shall offend; evil shall come upon them, saith the Lord.

4: Hear ye the word of the Lord, O house of Jacob, and all the families of the house of Israel:

5: Thus saith the Lord, What iniquity have your fathers found in me, that they are gone far from me, and have walked after vanity, and are become vain.

6: Neither said they, Where is the Lord that brought us up out of the land of Egypt, that led us through a land of deserts and of pits, through a land of drought, and of the shadow of death, through a land that no man passed through, and

where no man dwelt?

7: And I brought you into a plentiful country, to eat the fruit thereof and the goodness thereof; but when ye entered ye defiled my land, and made mine heritage an abomination.

8: The Priest said not, Where is the Lord? And they that handle the law knew me not: the pastors also transgressed against me, and the prophets prophesied by Baal, and walked after things that do not profit.

9: Wherefore I will yet plead with you, saith the Lord, and with your children's children will I plead.

---

**Day 41**  
**February 13, 2010**

"THE MAJESTY OF THE LORD"

Psalm 93

1: The Lord reigneth, he is clothed with majesty; the Lord is clothed with STRENGTH, wherewith he hath girded himself: the world also is stablished, that it cannot be moved.

2: Thy throne is established of old: thou art from everlasting.

3: The floods have lifted up, O Lord, the floods have lifted up their voice; the floods lift up their waves.

4: The Lord on High is mightier than the noise of many waters, yea, than the mighty waves of the sea.

5: Thy testimonies are very sure: holiness becometh thine house, O Lord, forever.

---

A Helping Hum Suggested Bible Reading;

Then Amalek came and fought with Israel at Rephidim. Moses said to Joshua, "Choose some men for us and go out, fight with Amalek. Tomorrow I will stand on the top of the hill with the staff of God in my hand." So Joshua did as Moses told him, and fought with Amalek, while Moses, Aaron, and Hur went up to the top of the hill. Whenever Moses held up his hand, Israel prevailed; and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary; so they took a stone and put it under him, and he sat on it. Aaron and Hur held up his hands, one on one side, and the other on the other side; so his hands were steady until the sun set. And Joshua defeated Amalek and his people with the sword.

-Exodus 17:8-13 (NRSV)

Today's Scripture: Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, "Be strong, do not fear."

---

10:35 p.m.

God is good! I was listening to a DVD by T.D. Jakes and he was speaking about chapter 4 of Nehemiah, particularly verse 6. God has put those who love Him in

place because in the last and evil days, they will have a mind to work! I needed this to keep on keeping on. U-Can!

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.

---



**Day 42**  
**February 14, 2010**

Below is an email sent to me on Valentine's Day 2010, around 9:30 p.m.

Subject: PRAYER REQUEST

I know this has circulated many times before, but let's keep it going.

This should be a daily prayer.

Lord, we pray for optimum health, mental clarity, and political prosperity for President Barack H. Obama. We pray that what he lacks in political "experience" You make up for with supernatural wisdom and power. We also pray that when his enemies come upon him they will stumble and fall; and that Your love will fill his heart to the end that Your will be done through him. We pray mightily for his protection, as we plead the blood of Your son, Jesus, over him and his family. We reverently ask You to dispatch legions of angels to protect them from all hurt, harm, danger as he serves as the President of the United States of America ..We thank You and praise You for answering our sincere prayers, in Jesus's precious name, AMEN.

All you are asked to do is keep this circulating if you are so inclined. God bless America and God bless us all... Prayer is what it's going to take!

Folks, if you have not noticed, few presidents have ever worked this hard for our country, having to deal with such hatred and ill-will. Many wonder, does he ever sleep?

Only God can sustain such energy, knowledge, and person. Will you please join?

---

Lord I receive both of these Words! I pray the one above and receive the one below through Faith In God. The Word below is from God-proven Prophetess Dianne Isom, through whom God has revealed His will for our ministry. God had led me to seek a Word from Prophetess Dianne Delores Isom 20 days ago. Thank You, Lord Jesus Christ.

---

February 15, 2010, 9:04 p.m.

20 Days Later: The Lord Speaks to Me

Hello, U-Can! Man. I read this email a few weeks ago and was not sure if and how to respond. Since that time, my spirit has meditated on your request and today I was released to share these words with you:

John 1:1-5;14, KJV/Gideons

1: "In the beginning was the Word, and the Word was with God, and the Word was God."

2: "He was in the beginning with God."

3: "All things were made through Him, and without Him nothing was made that was made"

4: "In Him was life, and the life was the light of men."

5: "And the light shines in the darkness and the darkness did not comprehend it."

14: "And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth."

The Prophetess Version:

"The Word hath already spoken. The Word now speaks. The Word shall speak again. Be well in your season, U-Can! Man—the Word has the initial say and is the final authority on all matters for your destiny. Just keep marching to the Word (that which has already been spoken to you). Then keep marching along your path to overtake the Word (that which is being spoken now to others). Lastly, keep marching to where the Word is waiting (that which shall be spoken). Fortify yourself with the spoken Word of God!"

Peace and Love,  
Dianne

---

Ethel's Response!  
February 15, 2010, 10:11 p.m.

Only Believe!

This comment on is your word to Hilda, "Only Believe."

You've been saying that for days and probably weeks. Today it finally got down inside my spirit. All our preparation has been done. Now we are in the phase of "Only Believing."

We are waiting on God to move for Hilda. Then when our next prayer assignment comes we will be moving quickly into the "Only Believe" mode.

I looked up in my Thompson Chain Reference Bible about promises to believers.

I have them at #2880.

- 1: Bodily supplies
- 2: Unlimited blessings
- 3: Answers to prayer
- 4: Removal of obstacles
- 5: Divine sonship
- 6: Eternal life
- 7: Spiritual fullness
- 8: Spiritual light
- 9: Power for service
- 10: Salvation

Those are a whole lot of things to claim. No wonder that God was telling you to Believe, not along with a whole lot of us doing this and that.....but to "Only Believe."

The next point is Wisdom. I have used that in my prayers ever since I began praying for the 37th Transportation Group. That was a command from God about how I was to pray over situations and people.

Since President Obama was elected I have prayed for wisdom for him. Do you have the original e-mail prayer for the president without your family attachments? I don't want to send those on.

Dianne is right on about the prophecy that she gave. You're right, I was surprised where that came from. We are being blessed. Ethel.

---

**Day 43**  
**February 15, 2010**

6:00-7:05 a.m.  
ONE HOUR WITH GOD

I repeated the Word of God that The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) Team received when God led me to seek a Word from the Prophetess Dianne Delores Isom.

“The Word hath already spoken. The Word now speaks. The Word shall speak again. Be well in your season, U-Can! Man—the Word has the initial say and is the final authority on all matters for your destiny. Just keep marching to the Word (that which has already been spoken to you). Then keep marching along your path to overtake the Word (that which is being spoken now to others). Lastly, keep marching to where the Word is waiting (that which shall be spoken). Fortify yourself with the spoken Word of God!”

---

**Day 44**  
**February 16, 2010**

It started out as a nice spring day on 3 May 1982; the sun was shining and my Army career was off to a successful first year. However, I had no idea the day would end with me being shot by friendly fire with a M16 semi automatic rifle.

That afternoon was a lovely, cool one at Ray Barracks in Freiburg Germany. I'd just completed guard duty formation earlier that day. I clearly remember laughing with fellow soldiers after the formation about going out to party the upcoming weekend. Sergeant First Class (SFC) Poe had instructed us to be sharp and focused on the mission. He was our overall section leader and always seemed to single me out for praise and recognition in front of the public, especially my fellow soldiers who had been assigned with me to Ray Barracks after completing basic combat training. Around four o'clock, myself and Private Smith assumed duties as the assigned guard duty team members.

Although Private Smith and I attended basic training together, we were not close friends. I think our different backgrounds (he was from California and I was from Florida) may have contributed to this. My roommate, Private Ham, and about five other soldiers from my basic training unit joined us on assignment to Freiburg, Germany together. We did not communicate unless the mission required us to. Often he and some of the other soldiers would call me a "cheese eating mother----." Our section leader, SFC Poe, would incite this by always singling me out as a squared-away soldier.

The time now was around five o'clock and we were walking around performing duties. I remember SFC Jones passing by us on his way to dinner and saying, "Hello there, Private Isom. You look sharp and, as usual, squared away!" He did not bother to address Private Smith. Then, it happened—as I turned to face Private Smith, I saw the M16 rifle he was carrying pointed directly at me. At this time, my instinct learned from basic training took over. After hearing Private Smith say to me "You cheese eating mother----" I turned towards him and remember hearing a loud bang! I fell to the ground and quickly realized I had been shot! Feelings begin to grip me as I was lying on the ground, saying, "Help me somebody, help me please." I felt my life flashing before my eyes, and I was aware of what damage the M16 rifle could do--mainly kill and cause major internal bodily damage upon contact.

As I was on the ground crying out loud for help, knowing this could mean death, fear gripped me. However, I remember one of our medical soldiers coming to my rescue quickly. In fact, it was amazing that he happened to be in the immediate area. Specialist Mays held my hand and kept telling me, "Isom, you are going to be alright." He kept asking me if I was hurting anywhere. I remember answering that my hand and my stomach were in excruciating pain. The crowd seemed to be growing around me and I heard out of the air, "Private Isom, you are my soldier and still squared away." It was SFC Poe doing his job, immediately reassuring me that I was going to be okay.

While all this was going on, the chaos around us was becoming obvious. I kept hearing "He has been shot!" over and over again. Someone yelled out loudly, "Somebody get an ambulance, and hurry up!" Another person yelled, "Call the military police and get a helicopter down here as soon as possible!" Even though there was chaos around me, most of the soldiers' reactions were reassuring, leading me to feel like I was being taken care of. I knew, and they acted like they knew, that this was a serious matter of life or death.

The sound of the ambulance, rising above the surrounding chaos, made my day. As soon as they arrived, I remember hearing a voice on the speaker saying, "Will everybody please stand back?" The first person I remember seeing from the ambulance had a huge smile on his face and said quickly, "Private Isom, you are going to be alright. Hold on and hang in there, Infantry Soldier." This was a smart and encouraging statement, for with it, the medical person reminded me of the fact I was a trained Infantry Soldier who had been prepared for this type of situation. Simply put, they were awesome and very attentive to my needs and overall mental state. After what seemed to be a short while, I heard the ambulance crew tell SFC Poe, "He will be alright, SFC Poe. We will transport him by ambulance to the Frankfurt Hospital." I was then told, "Private Isom, we have decided to transport you by ambulance to the emergency room in Frankfurt; the helicopter will not be needed. We thank you for being a rough and tough Infantry Soldier."

After a short while, I was being loaded in the ambulance to be transported to the hospital. All the way there, I kept hearing and believing that I would be alright. With all this good care, I did not have time to think about or consider the pain. Once we arrived at the emergency room I clearly remember seeing about four or five people waiting, all smiling and saying together, "Private Isom, you are going to be alright." Then, it happened: as soon as I was placed on the emergency room table I remember vomiting all over the place. I saw food and whatever else came up just spewing from my mouth, but still, the emergency room crew were all smiles and reassuring me by saying, "You will be alright." These words were so helpful and positive that I felt like no matter what I would be alright.

The calmness and the dissipation of chaos gave me time to gather myself and view closely what was happening to my body and my life. First of all, my view of the emergency room--one which I never remember being in before, but had often heard about--made me really appreciate the emergency room staff. Secondly, the care and concern expressed by all I came in contact with was one of presenting clear control and professionalism that was and is still to this day special. Thirdly, the reassuring words repeated by everyone gave the appearance of all in the emergency room being of one accord. Finally, the cleanliness of the emergency room was 100 percent sparkling. I often visited the emergency room during my 64 continuous days in the Frankfurt Hospital. Each

visit, I witnessed this same kind of action, and often reminded myself how blessed I was to have had some of the best people to care for me.

In conclusion, as I spend time reflecting back on that cool spring day in 1982, being shot by friendly fire has been, and continues to be, an experience to remember. Little did I know my life would be changed forever. This essay has allowed me to recapture the sequence of events and help me to deal once again with the harsh reality of being shot by a fellow soldier. This moment will live forever in my memory, along with the awesome actions of those who responded so professionally. I am grateful.

---

**Day 45**  
**February 17, 2010**

18 Feb 2010

2nd Kings Chapter 6

1: And the sons of the prophets said unto Elisha, Behold now, the place where we dwell with thee is too strait for us.

2: Let us go, we pray thee, unto Jordan, and take thence every man a beam, and let us make us a place there, where we may dwell. And he answered, Go ye.

3: And one said, Be content, I pray thee, and go with thy servants. And he answered, I will go.

4: So he went with them. And when they came to Jordan, they cut down wood.

5: But as one was felling a beam, the axe head fell into the water: and he cried, and said, Alas, master! for it was borrowed.

6: And the man of God said, Where fell it? And he shewed him the place. And he cut down a stick, and cast it in thither; and the iron did swim.

7: Therefore said he, Take it up to thee. And he put out his hand, and took it.

8: Then the king of Syria warred against Israel, and took counsel with his servants, saying, In such and such a place shall be my camp.

9: And the man of God sent unto the king of Israel, saying, Beware that thou pass not such a place; for thither the Syrians are come down.

10: And the king of Israel sent to the place which the man of God told him and warned him of, and saved himself there, not once nor twice.

11: Therefore the heart of the king of Syria was sore troubled for this thing; and he called his servants, and said unto them, Will ye not shew me which of us is for the king of Israel?

12: And one of his servants said, None, my lord, O king: but Elisha, the prophet that is in Israel, telleth the king of Israel the words that thou speakest in thy bedchamber.

13: And he said, Go and spy where he is, that I may send and fetch him. And it was told him, saying, Behold, he is in Dothan.

14: Therefore sent he thither horses, and chariots, and a great host: and they came by night, and compassed the city about.

15: And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! how shall we do?

16: And he answered, Fear not: for they that be with us are more than they that be with them.

17: And Elisha prayed, and said, LORD, I pray thee, open his eyes, that he may see. And the LORD opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha.

18: And when they came down to him, Elisha prayed unto the LORD, and said, Smite this people, I pray thee, with blindness. And he smote them with blindness according to the word of Elisha.



19: And Elisha said unto them, This is not the way, neither is this the city: follow me, and I will bring you to the man whom ye seek. But he led them to Samaria.

20: And it came to pass, when they were come into Samaria, that Elisha said, LORD, open the eyes of these men, that they may see. And the LORD opened their eyes, and they saw; and, behold, they were in the midst of Samaria.

21: And the king of Israel said unto Elisha, when he saw them, My father, shall I smite them? shall I smite them?

22: And he answered, Thou shalt not smite them: wouldest thou smite those whom thou hast taken captive with thy sword and with thy bow? set bread and water before them, that they may eat and drink, and go to their master.

23: And he prepared great provision for them: and when they had eaten and drunk, he sent them away, and they went to their master. So the bands of Syria came no more into the land of Israel.

24: And it came to pass after this, that Ben-hadad king of Syria gathered all his host, and went up, and besieged Samaria.

25: And there was a great famine in Samaria: and, behold, they besieged it, until an ass's head was sold for fourscore pieces of silver, and the fourth part of a cab of dove's dung for five pieces of silver.

26: And as the king of Israel was passing by upon the wall, there cried a woman unto him, saying, Help, my lord, O king.

27: And he said, If the LORD do not help thee, whence shall I help thee? out of the barnfloor, or out of the winepress?

28: And the king said unto her, What aileth thee? And she answered, This woman said unto me, Give thy son, that we may eat him today, and we will eat my son tomorrow.

29: So we boiled my son, and did eat him: and I said unto her on the next day, Give thy son, that we may eat him: and she hath hid her son.

30: And it came to pass, when the king heard the words of the woman, that he rent his clothes; and he passed by upon the wall, and the people looked, and, behold, he had sackcloth within upon his flesh.

31: Then he said, God do so and more also to me, if the head of Elisha the son of Shaphat shall stand on him this day.

32: But Elisha sat in his house, and the elders sat with him; and the king sent a man from before him: but ere the messenger came to him, he said to the elders, See ye how this son of a murderer hath sent to take away mine head? look, when the messenger cometh, shut the door, and hold him fast at the door: is not the sound of his master's feet behind him?

33: And while he yet talked with them, behold, the messenger came down unto him: and he said, Behold, this evil is of the LORD; what should I wait for the LORD any longer?

---

**Day 46**  
**February 18, 2010**

### Tiger Woods: I'm Sorry!

On February 19, 2010, golfer Tiger Woods made his first public speaking appearance since November 2009. This day will go down in golfing history. While every aspect of the press conference was orchestrated by Tiger's business team, the media and the world buzzed with anticipation of Tiger's words. Seventy-eight days earlier, around midnight, Tiger had been spotted by a neighbor outside his home in Florida, passed out in his Cadillac Escalade sport utility vehicle. On Thanksgiving morning, the world awoke to rumors that Tiger's wife, Elin Woods, had rescued her husband from a vehicle by breaking the back window. Over the next three weeks a number of ladies came out alleging they'd had sexual affairs with Tiger. Although the media has blasted Tiger Woods, the sincerity of his apology, his humble demeanor, his body language, and his invited guest list reveal a man who is sorry for being unfaithful to his wife and letting many people around them down.

During the press conference, Tiger Woods displayed the demeanor of a man truly sorry for his actions. Tiger appeared from behind a set of dark blue velvet curtains, right on schedule. He was obviously grappling with his emotions as, with a crackling voice, he spoke from a prepared speech. He sadly looked at his notes, then gazed immediately into the camera. Tiger was dressed in a black jacket, blue shirt, and gray pants. Tiger's humble disposition remained constant throughout the speech. Unlike in past performances, Tiger shared his heartfelt speech emotionally and honestly. Tiger stood face to face with the world, having one camera recording his address. Tiger's demeanor turned angry as he chided the paparazzi news personnel for following his family everywhere. Tiger asked the paparazzi to leave his family alone. As Tiger refocused his attention, he stated with sincere conviction, "It's up to me to start living a life of integrity." Overwhelmed by emotion, he paused for a few moments. He looked at his notes with his hands gripping the podium and said, "It's now up to me to make amends, and that starts by never repeating the mistakes I've made." Tiger's attitude helped make the difference throughout the presentation.

While liars tend to display nervous mannerisms, such as fidgeting, Tiger's presentation lacked any signs of the body language of a liar. It has been said that when men are attracted to women, they will unconsciously do things to show off their bodies and to make them look as masculine and fit as possible. Tiger wore loose-fitting clothing, and his facial expression also conveyed a repentant and remorseful attitude. Tiger's eyes gave the impression of being surprised and stunned to be making this kind of speech. In addition, Tiger's use of gestures helped convey sincere non-verbal messages. Some of these messages were *I am truly sorry*, *I am in tune with how you feel*, and *I am hurting on the inside*.

After the press conference, some of Tiger's invited guests were shown embracing him in a show of positive support. During the speech, Tiger's mom, Mrs. Woods, sat in the front row and looked her son directly in the eyes. Tiger

was in his mother's arms for about ten seconds immediately after he finished his speech. As Mrs. Woods and Tiger firmly hugged each other, she said, "I'm so proud of you. Never think you stand alone. Mom will always be there for you, and I love you." Another invited person, Golf Commissioner Tim Finchen, embraced Tiger and later said, "He's an American hero. And he's had his issues, at the end of the day, he's a human being. We all make mistakes." Other invited guests were people from his endorsing agencies and Tiger's business employees.

This never-imagined historical golfing event magically came together. Tiger's repentance and his intentions were clearly portrayed by his conduct. The anticipation was tremendously high worldwide. Tiger's actions combined with his words to set a sincere tone. The media is still blasting Tiger Woods over the authenticity of his apology, his personally chosen invited guests, and his meek performance. Tiger finally faced his loved ones, friends, and enemies head on, making this entire process sorrowful and genuine.

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**Day 47**  
**February 20, 2010**

Letter to Fellow Americans

February 21, 2010  
HELP! HELP! HELP! HELP! HELP!

U-CAN!

[www.johntheucanman.com](http://www.johntheucanman.com)

U-CAN! is the much-needed message I want to give to our Yes We Can President.

Tell the American people U-CAN! Democrats, U-CAN! Republicans, U-CAN! Independents, U-CAN! Tea Party Reps, U-CAN! Healthcare industry, U-CAN! Banks, U-CAN! Employed, U-CAN! Unemployed, U-CAN! Left out, U-CAN! Invited in, U-CAN!

U-CAN! U-CAN! U-CAN! U-CAN!

Many voices in the media, heard on CBS, NBC, CSNBC, FOX, and ABC, and in the New York Times, have suggested that our President no longer has a clear and concise message, as he did in his campaign slogans:

Change you can believe in  
Yes we can  
This is our moment, this is our time

Fellow Americans:

The U-Can! Man book, Return to Honor: A Soldier's Story, was released in July 2009. My requests to make contact with President Obama have all failed.

I have sent the White House a copy for President Obama. I have sent out other copies, including some sent to Ms. Oprah Winfrey.

Who I am:

I am an African American male who served my country for 25 years, 5 months, and 1 day in the U.S. Army.

Currently I am a full-time college student at South Georgia College, located on the Valdosta State University campus in Valdosta, GA.

I have been married for 19 years to Karen Isom, and we have 4 children: Joshua

(16, 11th grade), Caleb (14, 8th grade), Joy Marie (7, 2nd grade), and Christian (2, at home with Karen).

I am also a member of the 5-Star Valdosta-Lowndes County Chamber of Commerce and of the Union Cathedral Church in Valdosta, GA (Pastor, Bishop Wade S. McCrae).

I have been a licensed Baptist Minister since February 25, 1984, when I preached my first sermon, "Fight the Good Fight: 2nd Timothy 4:1-9."

I love people and care deeply about our nation, and I voted for our President.

I am still praying the prayer in my book that I began praying for our nation's leaders on November 5, 2008.

To find out more about who I am, have your staff Google John Wallace Isom Jr or The U-Can! Man LLC.

Fellow American, our President needs a simple message to come out at the healthcare meeting on February 25, 2010. The message which I suggest is U-CAN!

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On February 23, 2010, I add Ephesians 3:20 to my request/desire above.

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.

**Day 48**  
**February 21, 2010**

Lord, this is my request (ART) for the healthcare process over the next 6 weeks:

Healthcare Mission 2010—not impossible!

This is my prayer for ART regarding the healthcare bill. Lord, You know that there are 30 to 50 million Americans who do not have healthcare. I pray that You shock the country over the next 6 weeks as President Obama is given bipartisanship time to work. I pray that voices rise up out of nowhere to help our nation's leader bring together a comprehensive healthcare plan. Lord, I do not know all the details, I do not know all the key players, I do not know all the politics involved, I do not know who's in or who's out, and I do not know what the end result will be, but I DO know You are able to transcend all of these elements and have our leaders accomplish what naysayers in the press say will never happen.

Now, Lord, I will type out the ART way of doing business from page 163 of our book *Return to Honor: A Soldier's Story*. And I will include Ephesians 3:20, believing by faith that the healthcare problem will be solved. I say that President Obama will sign a bill that will help many millions of Americans. This bill will help those who currently do not have healthcare, and even those who do will be made happier by the agreed-upon action. Father God, it is with joy that I make my request known to You. Now I write my desire:

Americans Riding Together (ART) over the next 6 weeks:

The U-Can! Man is introducing a new way of thinking that will inspire America with hope the next four years and beyond. When we see ourselves as Americans Riding Together (ART), we will reap all the benefits of unity.

Americans RIDING Together:

R- Republicans  
I- Independents  
D- Democrats  
I- In Wall Street  
N- Near Main Street  
G- Ground Zero Street

During my 25-plus years of service in the United States Army, I learned that leadership is the ART of empowering others to do what they don't think they can do themselves. So many times, I was able to experience the accomplishment of a mission that had initially seemed impossible. The U.S. Military has instilled in us a belief that no matter what, U-Can! achieve the mission. From the lowest ranks upward, our leaders knew the ART of influencing us to achieve the

impossible. In Basic Training, we might be asked to aggressively attack obstacles we had never dealt with before, but there would constantly be a Drill Sergeant (who had once been a Private himself) leading and motivating us. Now, as the U-Can! Man, I plan to attack an obstacles that arise as I obey my assignment from God to tell the people U-Can!

When we teach children the alphabet, we tell them that the vowels are A,E,I,O,U, and sometimes Y. Now we can use them to remember to:

Ask  
Everyone  
In  
Our  
United States  
And sometimes Y (YOU)

The key to Americans RIDING Together is asking all Americans to do their part. You need to not only ask others, but also ask YOURSELF what YOU can do to support our country. So remember, Do all that you can for ART, and leave the rest to God.

Ephesians 3:20

Now to Him who is able to do exceedingly abundantly above all that we ask or think according to the Power that works in us.

Father God in Heaven, I thank You in advance for showing up and showing out in this healthcare mission. With You, nothing is impossible.

I say to all, U-CAN!

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**Day 49**  
**February 22, 2010**

God reminds me of the woman from the Iron Sharpens Iron Men's Conference at the East Point Church in Jacksonville, Florida, on February 21, 2009

Jeremiah 29:11

For I know the thoughts that I think towards you, thoughts of peace and not of evil, to give you and expected end. (HOPE!)

1: God always has good thoughts about me

2: He plans peace for me always

3: God will open doors plus send me places I never dreamed I would go.

---

On the back of the note she gave me, I wrote to God on March 30, 2009, at 8:18 a.m.

Mark 9:23

Jesus said unto him (John) If thou canst believe all things are possible to him (John) that believeth.

Lord I Believeth (LIB)

Only Believe (OB)

Canst Believeth (CB)

---

Word God gave me in December 2006

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 loose the Lion of kings to open before him the two leaved gates, and the gates shall not be shut.

Lord, my Pastor, Bishop Wade S. McCrae, has commanded and challenged me to commit myself to our destiny through my faith in God. Lord, have Your way today, I pray. Amen and amen.

---

Thought of the Day for February 22



Did you know...

... that today (22 Feb) is Gentle Giant Day? In 1918, Robert Pershing Wadlow, the tallest man in recorded history, was born in Alton, Illinois. He died at the age of 22 at a height of 8 feet, 11.1 inches. His arm span was 9 feet, 5.75 inches. He was known as the Gentle Giant.

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Today's Inspirational Quote:

"The measure of achievement is not winning awards. It's doing something that you appreciate, something you believe is worthwhile. I think of my strawberry soufflé. I did that at least twenty-eight times before I finally conquered it."

-- Julia Child

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**Day 50**  
**February 23, 2010**

Word given to me at midnight on February 23, 2009—reminded by God exactly one year later! WOW!

Lord, I Believe (LIB)  
Psalm 50  
February 23, 2009, 1:50 a.m.

- 1: Praise ye the Lord, Praise God in his sanctuary: praise him in the firmament of his power.
- 2: Praise him for his mighty acts: praise him according to his excellent greatness.
- 3: Praise him with sound of the trumpet: praise him with the psaltery and harp.
- 4: Praise him with timbrel and dance: praise him with stringed instruments and organs.
- 5: Praise him upon the loud cymbals: praise him upon the high sounding cymbals.
- 6: Let everything that hath breath praise the Lord. Praise ye the Lord.

Lord, now, at 1:50 a.m., I go to listen to the U-Can! song You put in Anthony Williams for the U-Can! Man LLC by way of Psalm 37:4. Lord, I will then go to bed and come here to write down what You say in the morning. Lord, speak to my heart, please. I pray in Jesus' name, amen.

The time is now 6:00 a.m. on February 23, 2009. God says to read Psalm 63 and 69 and He will cause a leap at certain verses that will inspire me to Go and Do, Be About Believing and Receiving, and have FIG (Faith in God). Help me, Holy Spirit.

Psalm. 63:7-9

- 7: Because thou hast been my help, therefore in the shadow of thy wings will I rejoice.
- 8: My soul followeth hard after thee: thy right hand upholdeth me.
- 9: But those that seek my soul, to destroy it, shall go into the lower parts of the earth.

Psalm 69:29-32

- 29: But I am poor and sorrowful: let thy salvation, O God, set me up on high.
- 30: I will praise the name of God with a song: and will magnify him with thanksgiving.
- 31: This also shall please the Lord better than an ox or bullock that hath horns and hoof.

32: The humble shall see this, and be glad: and your heart shall live that seek God.

John, you have obeyed My still small voice. Now, Go and Do these verses. Then, get your 9-Month Blessing Attitude Bible and read Psalm 61 again, and if you still believe, write it down on that page. This will be your show of LIB (Lord I Believe). On your way there, read Proverbs 1:5.

Proverbs 1:5

A wise man will hear; and will increase learning: and a man of understanding shall attain unto wise counsel.

Notes written on Psalm 61 in my 9-Month Blessing Attitude KJV Bible:

November 19, 2000: Lord, I thank You, I thank You, I glorify You. Lord, You are my strong tower, You are the Rock higher than I (Psalm 61:2). Thank You, Lord.  
--Reminded by God on April 12, 2008, of a prayer I prayed to Him on November 19, 2000 before being assigned to Fort Knox, KY.

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**Day 51**  
**February 24, 2010**

12:02-1:25 a.m.  
Quality Time Spent with God

Received on February 23, 2010

Min. Isom,

I hope things are well with you and your family. Thank you for sharing your information with me and my family. I know we can but we need to start NOW!

Please keep up the good work. I am praying that you continue to step into you many blessings. This is a great message and I thank God for you and your family.

Please continue your walk of Faith. Note: Hebrews 11:23-29.

Your Sister in Christ,

Sandra D.S. Jones

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Lord, at midnight on February 24, 2010, I write down Hebrews 11:23-29.

23: By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's commandment.

24: By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter;

25: Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season;

26; Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward.

27: By faith he forsook Egypt, not fearing the Wrath of the king: for he endured, as seeing him who is invisible.

28: Through faith he kept the Passover, and the sprinkling of blood, lest he that destroyed the first-born should touch them

29: By faith they passed through the Red Sea as by dry land: which the Egyptians assaying to do were drowned.

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24 Feb 2010 Thought of the day received:

Today's Inspirational Quote:

"I think of life as a good book. The further you get into it, the more it begins to make sense."

-- Harold S. Kushner

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**Day 52**  
**February 25, 2010**

2<sup>nd</sup> Chronicles 20:25

And when Jehoshaphat and his people came to take away the spoil of them, they found among them in ABUNDANCE both riches with the dead bodies, and precious jewels, which they stripped off for themselves, more than they could carry away: and they were three days in gathering of spoil, It Was So Much (IWSM)

John, they spent 3 days in gathering. You will spend 5 days in gathering:

24. 25. 26. 27. 28.  
1. 2. 3. 4. 5.  
F. A. I. T. H

John, have FIG-Faith In God.

Lord, the time is now 1:40 a.m. on February 24, 2010. I accept Your Word to me through faith in God. These next 5 days will have You saying, IT WAS SO MUCH! Lord, I believe!

When I woke up on February 24, 2010, God reminded me that He told me to write down my Pastor Bishop Wade S. McCrae's 2<sup>nd</sup> message for "If the Lord Don't Do It, It Won't Be Done."

Mark 8:22-26

22: And he cometh to Bethsaida; and they bring a blind man unto him, and besought him to touch him.

23: And he took the blind man by the hand, and led him out of the town; and when he had spit on his eyes, and put his hands upon him, he asked him if he saw aught.

24: And he looked up, and said, I see men as trees, walking.

25: After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly.

26: And he sent him away to his house, saying, Neither go into the town, nor tell it to any in the town.

Subject: If the Lord Don't Do It, It Won't Be Done.

- 1) If Jesus wants to heal, He can do anything He desires to do.
  - 2) This healing was not just done for the blind men, but also for the disciples.
  - 3) Even though these disciples had been with Jesus, they didn't get it.
  - 4) It becomes frustrating when people don't get a seemingly obvious message.
  - 5) God sometimes works patiently, as He did in this Scripture.
  - 6) Where do you see our Church in our community?
-

- 7) Do you have the Will, the Way, and the Word of the Lord in clear view?
  - 8) This man needed a Word of hope, help, and healing.
  - 9) Three things to meditate on: the preparation, the process, and the postscript of this healing.
  - 10) The blind man was brought to Jesus, and Jesus led him away from the people and from what was normal.
  - 11) In my life, sometimes I close my eyes and see Jesus.
  - 12) Jesus knows we are accustomed to touching.
  - 13) Shaking one's hand and saying "Hello, how are you doing?" helps us make a connection.
  - 14) You can tell by a handshake whether a connection is genuine.
  - 15) God wants to prepare me for the next level. (Note: today when God asked me to give \$100 to His church, He was taking me to another level.)
  - 16) God wants intimacy with me through a personal relationship.
  - 17) Jesus led the blind man to the place where the miracle was to take place.
  - 18) Sometimes our faith in God is so shallow that we cannot see beyond our nose.
  - 19) With every major event or tragedy that happens, God says that if I take His hand, He will lead me.
  - 20) God does some things in stages. In Mark 8:22-26, He worked in two stages.
  - 21) Three triumphs over death in the Bible:
    - Jairus's daughter was dead—Jesus touched her
    - Woman from Nain's son was dead—He touched the coffin
    - Lazarus was dead—He spoke
    - They were all healed how the Lord chose.
  - 22) God is too big to be put in a box.
  - 23) God is able!
  - 24) Jesus spit in the blind man's eyes.
  - 25) Through his actions, Jesus says, "I GOT THIS!"
  - 26) The man was not always blind, but was blind before Jesus. He had faith in God to heal him.
  - 27) I should have been on my way to hell.
  - 28) God stepped in and changed my path from hell-bound to heaven-bound.
  - 29) It was God.
  - 30) It was Jesus.
  - 31) It was the Lord.
  - 32) John, this is only confirmation. Get ready to BAT-MATTER in February 2010.
  - 33) God will turn it around in February 2010.
  - 34) Go and do Psalm 69:30.
  - 35) I will praise God from whom all blessings flow.
  - 36) Lord, I offer Psalm 69:30 in praise of You.
  - 37) Lord, I am a living parable, and You have worked through me in stages.
  - 38) Now I see clearly.
  - 39) Every time I turn around, God keeps blessing me and making a way.
  - 40) I thank God for His grace and mercy.
  - 41) I need God to bless me with an unusual blessing.
-

- 42) Critics can't mess up my blessing from the Lord.
  - 43) Negative folks can't mess up my blessing from the Lord.
  - 44) I will praise the name of God with a song, and I will magnify Him with thanksgiving.
  - 45) I am persuaded to believe God.
  - 46) I will go, even if I have to go by myself.
  - 47) My act of faith, sowing the \$100 sacrificial offering, has opened me up for unusual blessings in February 2010.
  - 48) Only Believe.
  - 49) Bishop Wade S. McCrae prayed, "Lord, I need the \$10,000 for the tax on our Church. I ask You to bless the way to be made."
  - 50) Lord, You know I come here to say I need/request to be able to write Your storehouse a check for \$10,000 in the future.
  - 51) Lord, I pray that You erase \$7,200 now. I also ask You to position me to write a sacrificial offering check to bless Your house in the process.
  - 52) At 12:55 a.m., Bishop Wade S. McCrae said God had made the way today. We had raised the \$10,500 needed.
  - 53) The church, led by our awesome leader Bishop McCrae, praised God from Whom all blessings flow.
  - 54) John, I AM made a way for Bishop Wade S. McCrae. I AM will do the same for you.
  - 55) Only believe. Help me, Holy Ghost.
-



**Day 53**  
**February 26, 2010**

Lord, this is my request (ART) for the healthcare process over the next 6 weeks:

Healthcare Mission 2010—not impossible!

This is my prayer for ART regarding the healthcare bill. Lord, You know that there are 30 to 50 million Americans who do not have healthcare. I pray that You shock the country over the next 6 weeks as President Obama is given bipartisanship time to work. I pray that voices rise up out of nowhere to help our nation's leader bring together a comprehensive healthcare plan. Lord, I do not know all the details, I do not know all the key players, I do not know all the politics involved, I do not know who's in or who's out, and I do not know what the end result will be, but I DO know You are able to transcend all of these elements and have our leaders accomplish what naysayers in the press say will never happen.

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Americans RIDING Together:

R- Republicans  
I- Independents  
D- Democrats  
I- In Wall Street  
N- Near Main Street  
G- Ground Zero Street

During my 25-plus years of service in the United States Army, I learned that leadership is the ART of empowering others to do what they don't think they can do themselves. So many times, I was able to experience the accomplishment of a mission that had initially seemed impossible. The U.S. Military has instilled in us a belief that no matter what, U-Can! achieve the mission. From the lowest ranks upward, our leaders knew the ART of influencing us to achieve the

impossible. In Basic Training, we might be asked to aggressively attack obstacles we had never dealt with before, but there would constantly be a Drill Sergeant (who had once been a Private himself) leading and motivating us. Now, as the U-Can! Man, I plan to attack an obstacles that arise as I obey my assignment from God to tell the people U-Can!

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Everyone  
In  
Our  
United States  
And sometimes Y (YOU)

The key to Americans RIDING Together is asking all Americans to do their part. You need to not only ask others, but also ask YOURSELF what YOU can do to support our country. So remember, Do all that you can for ART, and leave the rest to God.

Ephesians 3:20

Now to Him who is able to do exceedingly abundantly above all that we ask or think according to the Power that works in us.

Father God in Heaven, I thank You in advance for showing up and showing out in this healthcare mission. With You, nothing is impossible.

I say to all, U-CAN!

**Day 54**  
**February 27, 2010**

Argument for slavery in the 19<sup>th</sup> Century

The America colonies found themselves still very much in the developmental stage of becoming a new nation in the 19<sup>th</sup> century. As a result they were presented with many questions. One of the most challenging questions of the day was what to do about the institution of slavery. The Southern states found themselves with more slaves than the North, and therefore more dependent on slaves for their immediate and future successes. This led to support for slavery being, more often than not, Southern-driven after the American Revolution. In 1786, Virginia enacted the Statute of Religious Liberty, written by Thomas Jefferson, which called for the separation of church and state. Virginia later passed a law encouraging the voluntary freeing of slaves at the end of the 18<sup>th</sup> century; however, slavery managed to survive well into the 19<sup>th</sup> century in all Southern border states. The arguments used to support this reasoning were legal, religious, and economical. These three areas would form the strategy Southern border states stressed the most in justifying the institution of slavery.

First of all, there was the legal reasoning. Supporters for slavery presented the American Constitution as legal justification for slavery. The bottom portion of the 5<sup>th</sup> Amendment was their main legal argument. It forbids citizens to “be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without compensation.” This argument was solidified by the “Three-Fifths Compromise,” which was a clause to allow slaves to be counted as three-fifths of a person for the purposes of taxation and representation in the Congress. It was created in July 1787 during the drafting of the U.S. Constitution at the Constitutional Convention. This clause made many persons see slaves as inferior people. Also, the 10th Amendment gave them their sound legal point of view. It stated that “powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.” Supporters argued that there was no federal law against slavery. The choice was in the people’s hands.

In some specific instances, the Constitution solidified this point. In 1820, the Supreme Court ruled that Congress could not stop slavery in the new territories and declared the Missouri Compromise of 1820 to be unconstitutional. This compromise had prohibited slavery north of the parallel 36°30 in the Louisiana Purchase. The 5<sup>th</sup> Amendment, cited by the court, keeps Congress from depriving persons of their property without due process of law. Also, the Dred Scott decision of 1857 had seven of nine Supreme Court Justices declaring that no slave or descendant of a slave could be a U.S. citizen, or claim to have ever been a U.S. citizen. The Court ruled that Dred Scott had no right to sue the federal government and sent him back to slavery. This decision had placed an even larger wedge between the Northern and Southern states; however, the Southern border states had the nation’s laws on their side.

Next, we have examples of the Southern states using religious arguments to defend the institution of slavery. The Bible was referenced by many citizens using this strategy. Slavery was clearly mentioned in the Bible and had been around for thousands of years. Some Bible verses used, according to “Christian Apologetics and Research Ministry” located at (<http://www.carm.org/questions/skeptics-ask/why-slavery-permitted-bible>), were:

- a. The Bible acknowledged the slave's status as the property of the master (Ex. 21:23; Lev. 25:46).
- b. The Bible restricted the master's power over the slave (Ex. 21:20).
- c. The slave was a member of the master's household (Lev. 22:11).
- d. The slave was required to rest on the Sabbath (Exodus 20:10; Deut. 5:14).
- e. The slave was required to participate in religious observances (Gen. 17:13; Exodus 12:44; Lev. 22:11).
- f. The Bible prohibited extradition of slaves and granted them asylum (Deut. 23:16-17).
- g. The servitude of a Hebrew debt-slave was limited to six years (Ex. 21:2; Deut. 15:12). When a slave was freed, he was to receive gifts that enabled him to survive economically (Deut. 15:14).

The gifted religious Southerners used the Bible to show that slavery was in fact a part of their religion. Many supporters had a hard time arguing against divine truth. Furthermore, natural order (NO) argument played a gigantic part in their defense. This dealt with people’s natural relations with one another. The people in favor of slavery saw the slaves as an inferior race. This gave them the authority to have power over them and the ultimate right to rule.

Finally, one of the biggest and most often used arguments of the 19<sup>th</sup> century centered around economics. Agriculture was the Southern states’ main industry, and the Southern border states depended almost entirely on slaves to support their growing economy. Unlike the indentured servants used when the colonies were first formed, slaves were usually treated terribly, underfed, unpaid, and forced to work long hours. This meant that slave owners provided huge economical support for the entire country with their source of cheap labor. Furthermore, farmers would fear for their lives if the slaves were ever freed. Normally slaves outnumbered slave owners in the South.

With the success of very high profit-yielding crops such as sugar, rice, tobacco, and cotton, the South became a major force in the global commerce. Aiding this was the Southern border states' mastery of the cotton gin, invented by Eli Whitney in 1793 and patented on March 14, 1794. This increased Southerners' need to keep the slave institution active. Even Southerners who didn't morally support slavery knew if slaves were freed, it would hurt them as the slaves competed for jobs. Also it would cause a battle between the lower and middle class wages. Therefore, for personal reasons and fears, they kept their silence and did not fight for what they believed.

In conclusion, slavery supporters in the 19<sup>th</sup> century used legal, religious, and economic arguments to support and defend the intuition of slavery. The U.S. Constitution gave them legal support, the Bible gave them religious support, and they used both of these arguments to justify their economic dependence on slavery. As I analyzed these three areas, my view changed as I ventured back to walk in their shoes. Their arguments were not totally baseless. They were going by what the laws of the land said. The colonies had a history under British rule of breaking laws of the land. For our country to be formed, our nation broke laws that it viewed as wrong. For example, when the twelve colonies signed the Declaration of Independence in July 1776, they had committed treason against England. The fact that many of the Supreme Court Justices and other political figures were current or former slave owners explains the challenges that faced our nation. Thankfully, after the Civil War the 13<sup>th</sup> Amendment changed the law of the land, abolishing slavery for good. There were no longer any legal, religious, or economic arguments for slavery, because the nation had finally righted a longstanding wrong.

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**Day 55**  
**February 28, 2010**

Celebrating All Wives, Current and Future:  
22 qualities of an excellent wife, taken from my King James Retirement Bible,  
Proverbs 31:10-31. Each verse emphasizes a different quality.

- 10: She is rare
- 11: Trustworthy
- 12: Constant in her love
- 13: Industrious
- 14: Thrifty
- 15: Self- starting
- 16: Enterprising
- 17: Willing to do hard work
- 18: Willing to work long hours
- 19: Willing to do monotonous work
- 20: Compassionate
- 21: Prepared for the future
- 22: A good seamstress
- 23: Married to a leader
- 24: An entrepreneur
- 25: Not swayed by circumstances
- 26: Wise and kind
- 27: Duty-conscious
- 28: Blessed by her family
- 29: Not satisfied with the mediocre
- 30: A woman of God
- 31: And praiseworthy

She is a woman of means (v. 15, 22) and a woman of great skills and ability, who lives in an agrarian economy. She is a woman of God who is enterprising and dedicated to her home. Perhaps this acrostic on the excellent wife is placed at the end of the book because she, above all others, will be most able to demonstrate the principles of wisdom in the home.

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March 19, 2010, 1:30 a.m.

I SAY that Karen Y. Isom IS Proverbs 31:10-31, walking, in the flesh! Thank You, Jesus, for blessing me with such a blessing—my WIFE!

---

My Wife: Dedication to Karen Isom for all she's done, Oct 1997 to Feb 1998

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Thank You, Lord Jesus Christ, for blessing me with such a blessing.

Karen, this is the Holy Spirit's directive to me. He put on my heart to go over some of the things that you are doing as my God-given wife.

1: You got Joshua to school by yourself.

2: You decorated the house by yourself.

3: You took our kids to all their doctors' appointments.

4: You handled laundry by yourself.

5: You cooked all our meals yourself.

6: You had the house always prepared for visitors.

7: You decided on all the meals for our guests.

8: You made sure I had all my coffee, deodorant, and all personal items.

9: You dressed our children every day.

10: You always dressed nice every day.

11: You dressed our children for church every Sunday.

12: You did all the Christmas shopping.

13: You filled the cars up with gas, normally at night.

14: You mopped all the floors.

15: You taught Joshua how to write his name.

16: You fulfilled any request I had for you.

17: You paid all the bills.

18: You were a role model Christian wife at Royal Baptist Church.

19: You went looking for a second car with Caleb in the back seat.

20: You handled all estimates.

21: You took care of our two-year-old and four-year-old all day.

22: You ensured snacks were around every day.

- 23: You put the family clothes in the cleaner every day.
- 24: You encouraged me whenever I had tough times at my job.
- 25: You bought little items for our children, Joshua and Caleb.
- 26: You were there to listen to Joshua and Caleb's daily concerns.
- 27: You informed me about any problems our children had.
- 28: You put our kids in the car early every morning, taking Joshua to school.
- 29: You rarely took a break, day or night; you were always busy running and leading our home.
- 30: You never complained about me doing my job.
- 31: You ran and continue to run our household.
- 32: You always strove to please our family.
- 33: You asked thoughtful questions about my job.
- 34: You prayed on your knees every night before bed.

Karen, this is a list of just a few of the many things you've done to show your love for us. I thank God for you. I'm so glad the Lord got us to say things to each other last night. I know now, more than ever, that you love me. I also know that God is the best wife-finder in the world, because he sent me you. These are just a few blessings God put in and on my heart to share with you.

I love you.  
-John

---



**Day 56**  
**March 1, 2010**

### **“IN THE FIERY FURNACE, HELP!” PRAYER REQUEST**

The “In the Fiery Furnace, Help!” Prayer is the one I was led to pray for people. On March 11, 1999, I fired (unjustly, in my opinion). I remember the person working upstairs asking me to come outside that day as I was sitting at the company desk, looking, as he would say, pitiful. I shall never forget the questions he asked me that day, questions that really made me think.

- 1. What is wrong with you?**
- 2. What is your problem?**
- 3. What is happening to you?**
- 4. Are you going to be alright?**
- 5. Do you still have a job?**
- 6. Are you married?**
- 7. Do you have children?**
- 8. Does anybody love you?**
- 9. Are you being kicked out of the Army?**
- 10. Do you feel like life is over?**

I remember answering all those questions and realizing that I still had HOPE! What this stranger did was basically help me realize that I was still in the Game of Life. After we had a good long conversation, he gave me a statement to motivate me from here on out. He said if anyone, including myself, asked how I was doing, I should say, “If it were any better I couldn’t stand it.” He told me that even though I didn’t feel this way now, I would eventually run right smack into it. The stranger told me the world had not come to an end. He also said that looking at my face right now made him sick, because I was looking like a sick puppy, a man with no HOPE!

Not long afterwards, I saw Dr. Charles Stanley preaching on TV on his In Touch Ministry show about “A Pattern of Powerful Prayer.” Dr. Stanley explained the prayer found in Colossians 1:9-14. This prayer so touched my heart that I was inspired to start praying it on April 26, 1999. I prayed first for all those who I felt had wronged my family and me, and then for the world.

I have included this prayer in my book so you can join me in praying it if so led. I feel this prayer is the foundation of The U-Can! Man. No matter what you’ve gone through, what you are going through, this powerful prayer will see you through.

I encourage you to write down all the people you are called to pray this prayer for. Then you, like me, can look back on all these people and places down the road and see just how the prayer worked in your life. I am The U-Can! Man, and I say after 10 years that this prayer WORKS!

#### “IN THE FIERY FURNACE, HELP!” PRAYER REQUEST

April 26, 1999

Father God, I pray this prayer for myself and for all those I will add to the list from this day forward. Give me the desire to help all the people whose names I mention in prayer. I acknowledge that this prayer was given to me in a sermon from Dr. Charles Stanley on “A Pattern of Powerful Prayer.” It comes from Colossians 1:9-14. I pray for this prayer to be answered in Jesus’ name, amen. P.S. Jesus, I thank You for our fellowship being reunited, for I can truly say I LOVE YOU JESUS like I used to days ago.

Father, I pray this for the following names (people, places, organizations). This is my ministry’s helping prayer.

I pray to desire that we all might be filled with the knowledge of Your will, in all wisdom and spiritual understanding. That we all might walk worthy of You, Lord, unto all pleasing, being fruitful in every good work, and increasing in the knowledge of You, God. Please strengthen us with all Your might, according to Your glorious power, unto all Godly patience and longsuffering, with joyfulness, helping us to always be giving thanks unto You, Father, who hath made us meet to be partakers in the inheritance of the saints in light. For it is You who hath delivered us all from the power of darkness, and hath translated us into the Kingdom of Your Son Jesus Christ. For it is in Him where we have redemption through His blood, and we have forgiveness of all sins.

This prayer I pray in Jesus’ name, amen.

**Day 57**  
**March 2, 2010**

10 Personal BE's To Team Success  
Given To SFC John Wallace Isom Jr, Army Retired  
The U-Can! Man LLC, CEO

**Be** driven – Never say, “I don’t know.” Say “I’ll find out.”

**Be** positive – Express a positive attitude about yourself and your work.

**Be** helpful – Reach out. Be ready and willing to assist co-workers.

**Be** responsible – Learn what is expected; deliver what is promised.

**Be** thorough – When speaking with customers, end every conversation by asking, “Is there anything else I can do for you?”

**Be** knowledgeable – Ask questions, get answers, find a better way.

**Be** accountable – Take ownership of customer’s problem and make sure they are satisfied.

**Be** committed – Make a personal commitment to excellence.

**Be** available- Your accessibility matters most

**Be** like Jesus- Sometimes people will disappoint you and things won’t always go right; but keep smiling anyway and don’t lose your cool

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Day 58  
March 3, 2010

*United States Army Recruiting Command Prayer Request to:  
Our Almighty and most merciful Father.*

*FY 2007 prayer request to God from SFC John Wallace Isom Jr  
11 November 2006/0134hrs*

*Almighty and most merciful Father, we humbly beseech Thee, of Thy great goodness, to restrain these immoderate rains with which we have had to contend. Grant us fair weather for Battle. Graciously hearken to us as soldiers who call upon Thee that, armed with Thy power, we may advance from victory to victory, and crush the oppression and wickedness of our enemies, and establish Thy justice among men and nations. Amen*

**December 8, 1944**

Third Army chaplain, Chaplain (COL) James O'Neill Prayer for  
Lieutenant General  
Commanding, Third United States Army G.S. Patton, Jr.  
Lieutenant General

**Lord, I pray this prayer for USAREC (FY 07 and beyond) to You, replacing the Rains with Doubts, Fears, Unbeliefs, Faithlessness, and Enemies. I pray in the name of the One who our *almighty and most merciful Father* raised on the 3<sup>rd</sup> day over 2000 years ago, Amen. 11 November 2006/After Midnight 0134**

**SFC John Wallace Isom JR/ Ephesians 3:20  
1<sup>st</sup> Recruiting Brigade Chaplain Recruiter**

*Almighty and most merciful Father, we humbly beseech Thee, of Thy great goodness, to restrain these immoderate Doubts, Fears, Unbeliefs, Faithlessness, and Enemies with which we have had to contend. Grant us fair weather for Battle. Graciously hearken to us as soldiers who call upon Thee that, armed with Thy power, we may advance from victory to victory, and crush the oppression and wickedness of our enemies, and establish Thy justice among men and nations. Amen.*

**From Servant to Sacrifice to Success**

**When you become a Servant and you then Sacrifice, you will Succeed**  
--Heaven 600 Radio Station, Dr. Pastor Frank Reid preaching, November 12, 2006

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Day 59  
March 4, 2010

**7-year Word ([March 11, 1999 to December 3, 2006](#)) of God for me to feast on and thank Him for bringing these to pass in my life. Thank You, Jesus Christ, for using a broken vessel like me. I pray and thank in Your name, Jesus Christ, amen and amen.**

**[Genesis 50:20](#)**

**1:** 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.

**[Jeremiah 29:11](#)**

**2:** 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.

**[Philippians 1:6](#)**

**3:** 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.

**[Isaiah 55:5](#)**

**4:** Behold, thou shalt call a nation that thou knowest not, and nations that knew not thee shall run unto thee because of the LORD thy God, and for the Holy One of Israel; for he hath glorified thee.

**[Romans 8:28](#)**

**5:** And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

**[Psalm 107:2](#)**

**6:** Let the redeemed of the LORD say so, whom he hath redeemed from the hand of the enemy;

**[Psalm 105:2](#)**

**7:** Remember his marvelous works that he hath done; his wonders, and the judgments of his mouth

**[Psalm 43:5](#)**

**8:** 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.

**[Psalm 34:8](#)**

**9:** O taste and see that the LORD is good: blessed is the man that trusteth in him.

**[Ezekiel 34:26](#)**

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

**Psalm 126:6**

**11:** He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.

**Isaiah 50:4**

**12:** The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: he wakeneth morning by morning, he wakeneth mine ear to hear as the learned.

**1 Corinthians 2:9**

**13:** 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.

**Ephesians 3:20**

**14:** 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,

**Psalm 107:20**

**15:** He sent his word, and healed them, and delivered them from their destructions

**1 Thessalonians 5:18**

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

**Psalm 126---Giving God the Glory for 126 Days—August 17 to December 20, 2006**

**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.

**Psalm 112—John, next focus on Psalm 112 for 112 days, from December 21, 2006 to August 19, 2007. The goal is to know the Lord Jesus Christ. Always focus foremost on verse 1.**

**1:** Praise ye the LORD. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments.

**2:** His seed shall be mighty upon earth: the generation of the upright shall be blessed.

**3:** Wealth and riches shall be in his house: and his righteousness endureth for ever.

**4:** Unto the upright there ariseth light in the darkness: he is gracious, and full of compassion, and righteous.

**5:** A good man sheweth favour, and lendeth: he will guide his affairs with discretion.

**6:** Surely he shall not be moved for ever: the righteous shall be in everlasting remembrance.

**7:** He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.

**8:** His heart is established, he shall not be afraid, until he see his desire upon his enemies.

**9:** He hath dispersed, he hath given to the poor; his righteousness endureth for ever; his horn shall be exalted with honour.

**10:** The wicked shall see it, and be grieved; he shall gnash with his teeth, and melt away: the desire of the wicked shall perish.

**Now add Psalm 20 to it, John, and praise Me, God, from whom all blessings FLOW.**

**1:** The LORD hear thee in the day of trouble; the name of the God of Jacob defend thee;

**2:** Send thee help from the sanctuary, and strengthen thee out of Zion;

**3:** Remember all thy offerings, and accept thy burnt sacrifice; Selah.

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

**5:** We will rejoice in thy salvation, and in the name of our God we will set up our banners: the LORD fulfill all thy petitions.

**6:** Now know I that the LORD saveth his anointed; he will hear him from his holy heaven with the saving strength of his right hand.

**7:** Some trust in chariots, and some in horses: but we will remember the name of the LORD our God.

**8:** They are brought down and fallen: but we are risen, and stand upright.

**9:** Save, LORD: let the king hear us when we call.

**Lord, speak to my heart. Lord Jesus Christ, I pray in Your name that during the next 238 days, I will focus on You and fully rely on God. I pray in the name of Jesus Christ, amen and amen.**

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**Day 60**  
**March 5, 2010**

I end this 60-day journal with the Thoughts of the Day from my friend, Brother Anthony Pamplin. It gives us a Super Charge:

February 22, 2010

Be a person who lets go of the past, lives in the present, and never gives up on a positive future.

Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14

February 25, 2010

When things seem impossible, know that it's God's chance to work a miracle in your life. God has the final say.

Jesus looked at them and said, With man this is impossible, but with God all things are possible. Matthew 19:26

February 26, 2010

He that is of the opinion money will do everything may well be suspected of doing everything for money. Benjamin Franklin

People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. 1 Timothy 6:9-10



**Day 61**  
**March 6, 2010**

**From: Isom, John W, SFC USAREC**  
**Sent: Thursday, November 18, 2004, 10:20 AM**  
**To: SFC John Isom, 2 Chaplains and 1 Chaplain Assistant**

**Subject: Feeling like I was not part of the USAREC Solution 1st QTR**

This, to me, is embarrassing. With the war going on, to see 40 Chaplains join this 1<sup>st</sup> QTR has affected me on the inside. Looking back over the past three months, I want to apologize to my teammates. **I plan to eat, sleep, drink, think, soak in, and most of all believe God so our team will show up in big numbers on the Feb '05 Board.** I thought the war going on was an obstacle, but with the 40 Chaplains this 1<sup>st</sup> QTR, I see it is not. I can see that the obstacle for my six-state area is SFC Isom not being aggressive and attacking these leads/potential Chaplains who have been sent application packets. Team members, I let us down, but with God's help, it will not happen in Feb '05 and beyond.

--SFC Isom  
Not happy with being WAY in the rear!

**NOTE:** This message was sent after the 1<sup>st</sup> QTR found us at 3/12 and bottom in the United States Army Chaplain Recruiting Branch. God had told me we were the number one team in the Army FY '05, and I sent this email to let the team members know **this was it.** I was going to go back to believing what God had told me. The rest is the result of trusting God at His Word.

God's Results to date: 18 Consecutive QTRS/54 Consecutive Months of God-Granted Mission Achieving Success:

2 <sup>nd</sup> QTR FY 05	Made Assigned Mission-1
3 <sup>rd</sup> QTR FY 05	Made Assigned Mission-2
4 <sup>th</sup> QTR FY 05	Made Assigned Mission-3
1 <sup>st</sup> QTR FY 06	Made Assigned Mission-4
2 <sup>nd</sup> QTR FY 06	Made Assigned Mission-5
3 <sup>rd</sup> QTR FY 06	Made Assigned Mission-6

4 <sup>th</sup> QTR FY 06	Made Assigned Mission-7
1 <sup>st</sup> QTR FY 07	Made Assigned Mission-8
2 <sup>nd</sup> QTR FY 07	Made Assigned Mission-9
3 <sup>rd</sup> QTR FY 07	Made Assigned Mission-10
4 <sup>th</sup> QTR FY 07	Made Assigned Mission-11
1 <sup>st</sup> QTR FY 08	Made Assigned Mission-12
2 <sup>nd</sup> QTR FY 08	Made Assigned Mission-13
3 <sup>rd</sup> QTR FY 08	Made Assigned Mission-14
4 <sup>th</sup> QTR FY 08	Made Assigned Mission-15
1 <sup>st</sup> QTR FY 09	Made Assigned Mission-16
2 <sup>nd</sup> QTR FY 09	Made Assigned Mission-17
3 <sup>rd</sup> QTR FY 09	Made Assigned Mission-18

God caused me and our teams to achieve Mission my last 18 Consecutive QTRS/54 Consecutive Months on recruiting.

Now I SAY God will bless The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES) Team starting the 2<sup>nd</sup> Qtr 2010. The email below was sent March 3, 2010.

U-CAN! Team, hello from here in College Land! I am in my 2nd Semester and God is blowing my mind. Ethel is praying and fasting on my behalf.

#### Mid-Term Grades

History Average	A
Algebra Average	A
Computer Class	A
English 1101	A

God is good, and I STILL believe God has us on the brink of a financial miracle. Attached is my March 9 computer class project. (As you can see, I am THINKING BIG.) I told my instructors I have a bunch of consultants who have helped and are helping me out. When God financially blesses me, they will be my advisors.

NOTE: I am learning a lot. I tell my instructors I am a CEO and a student every day.

P.S. Mandie has our latest project, a 61-day journal, to be released in the July/August timeframe. I am believing by Faith in God that by that time, what I am dreaming of in my March 9, 2010 computer class project will be a reality and will be even greater than I requested.

HE IS ABLE. Ethel, keep us all up before God.

I believe God has started Another Awesome American Great Awakening  
**(AAAGA)**

**.This Letter Sent 10 May 2010: To God be the glory great things He has done.**

To: Dr. Patrick J. Schloss, Valdosta State University President  
Dr. Virginia Carson, South Georgia College President

From: The U-Can! Man LLC CEO- John Wallace Isom Jr  
Freshman, SGC Entry Program at VSU  
[www.johntheucanman@yahoo.com](http://www.johntheucanman@yahoo.com)  
229-588-6112

Kristi and Amanda's (KAA) before-tutoring strategy  
Shared August 2009, Valdosta State University Student Success Center

**DO (Y3) BY RRTR-G**

U-CAN! MAN,

**DO-** 1. Your Homework (YH)  
2. Your Studying (YS)  
3. Your Assignments (YA)

**BY:**

**R-** Read YH, YS, and YA

**R-** Reread YH, YS, and YA

**T-** Then, look at all your classroom instructions notes and handouts, if any. They could help you remember important information needed to be successful.

**R-** Read Again

**G-** Go back to DO (Y3) again

U-CAN! Man, once all this is done you will probably not need tutoring. Make sure before you call, you have done all.

**DO (Y3) BY RRTR-G**

## Results of DO (Y3) BY RRTR-G

### **U-Can! Man, College foundation Fall and Spring Semester 2009/2010**

July 2009 Compass Results (CR): Reading 53 English 33 Algebra 16

1. Fall Semester @ SGC (CR): Reading 98 (45 point increase), English 92 (59 point increase)
2. Fall Semester Passed English 99 essay exam
3. Fall Semester Algebra 97 Class Results: Pass to Algebra 99 Developmental class
4. Fall Semester Health Class grade: A

Spring Semester @ SGC:

1. Passed Georgia State Regent essay and Reading exam (1<sup>st</sup> time taken)
2. (CR) Algebra 71 (55 point increase) (passing score needed was 37)
3. English 1101- A
4. History 2111- A
5. Computers Cisy- A

12 Attributed Reasons:

- 1) Utilizing SGC entry-level program #1 staff/team led by Director Valerie Webster
- 2) Utilizing the KAA before-tutoring strategy
- 3) Utilizing the VSU Equal Opportunity Programs Multicultural Affairs (Super Team)
- 4) Utilizing the Valdosta State University Student Success Center
- 5) Utilizing prayer daily, always believing I-CAN!
- 6) Honoring my commitment (to graduate college) to fallen classmate Sidney Bivins
- 7) Desiring to be in a position to tell people, "If I-Can! U-Can!"
- 8) Challenging African American males to be FAITHFULLY FOCUSING on FINISHING college
- 9) Encouraging all college students by telling them U-CAN!
- 10) Telling all Amerl-CANs in action, U-CAN!
- 11) Staff/team's positive attitude
- 12) Personally focusing on the quote by one of our founding Fathers:

**"Well done is better than well said"**

# -Benjamin Franklin

## U-CAN!

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

