



I Have the **VOICE**

I have the "VOICE" to
Empower my future Embrace
my dreams, and calm my
fears.

I have the "VOICE" to comfort
my challenges Conquer
them, Share them and learn
from them.

I have the "VOICE" to be what
my dream says I can be.

I have a "VOICE" and I am
not afraid to address my
future with my pass
experiences.

I have the "VOICE" to Lead,
Impart and Empower others
to be a "VOICE".

Death and life are in the
power of the tongue, and
those who love it shall eat
the fruit thereof.

Proverbs 18:21

July 2025



The Voice NEWSLETTER

True Freedom Is In Christ

As we celebrate the spirit of independence this month, we're reminded that the truest form of freedom doesn't come from flags or fireworks. It comes from faith.

Through Jesus Christ, we have been given a freedom that no system, circumstance, or past can take away. It's freedom of the mind, freedom of the heart, and freedom of the soul. We are free from bondage, condemnation, guilt, shame, and sin. This is a promise as well as our birthright as children of God.

Here are some steps to help us walk in true freedom:

1. Renew Your Mind – Freedom starts by breaking mental strongholds. Let God's truth reshape your thoughts and identity. "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." — Romans 12:2

2. Release the Chains – Unforgiveness, shame, fear, and sin are chains Christ already broke. Choose daily to leave them behind. It is for freedom that Christ has set us free. "Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." — Galatians 5:13

3. Live in Community – God didn't set us free to walk alone. Freedom is meant to be shared, nurtured, and protected within the body of Christ. "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." — 2 Corinthians 3:17

4. Stay Anchored in the Word – The Word of God reminds us of our liberty and keeps us grounded in truth when the world tries to shackle us again. "Then you will know the truth, and the truth will set you free." — John 8:32

As we move forward and honor our freedom, let's go deeper. Let's walk boldly in the liberty Christ died to give you. May your thoughts, choices, relationships, and voice reflect a life that is truly free. "So if the Son sets you free, you will be free indeed." — John 8:36 (NIV)

Minority Mental Health Awareness Month

July has been earmarked as Minority Mental Health Month. We want to take this moment to shed some light on what Mental Health is and what Mental Health isn't.

Mental Health Is:

- How you think, feel, and cope with life
- Your emotional, psychological, and social well-being
- An important part of your overall health, just like physical and spiritual health
- Something that can fluctuate, and needs care, attention, and support

Mental Health Is NOT:

- A sign of weakness
- A lack of faith or prayer
- Something to be ashamed of
- Just “in your head” or something you can fix alone



YOUR MENTAL HEALTH MATTERS!

We know God as Jehovah Rapha; the Lord who heals. He is the One who mends broken bodies, restores weary souls, and brings peace to troubled minds. We've seen His healing hand move in our lives, in our families, and throughout our church community.

But God, in His love and wisdom, doesn't limit healing to miracles alone. He also gives us people who are skilled, compassionate professionals, like counselors, therapists, doctors, and spiritual leaders, to walk alongside us on the healing journey.

When it comes to our mental and emotional health, seeking help is not a sign of weakness. It's an act of wisdom and faith. It's a recognition that God works through people, and that healing often happens through both prayer and process.

As we observe Minority Mental Health Month, let us remember: God cares about your mind just as much as your body and soul. You don't have to struggle in silence. You don't have to heal alone.

Your mental health matters to God. You don't have to choose between faith and help. You can have both.

If you feel like you need support, please follow these steps:

- Pray
- Talk to your loved ones
- Reach out to a therapist, or counselor
- Stay connected to a healthy, loving community.
- You need Jesus, therapy, and community.
- And there is no shame in that.

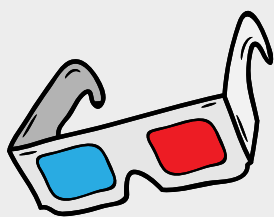
Let's break the silence. Let's support each other in love.



Galatians 6:2

Healthy Vision

Seeing Clearly, Naturally & Spiritually



As the summer sun shines bright and the days grow longer, July is Healthy Vision Month and it's an invitation for us to pause and reflect on how we see. Not just with our natural eyes, but with our spiritual eyes as well. It's a season to see clearly in the natural and tune in spiritually to what God is revealing.

Caring for Our Natural Eyes

Our eyes are a precious gift from God. Just like any part of the body, they require care, protection, and attention. Here are a few tips for keeping your vision healthy this season:

- Wear sunglasses with UV protection to shield your eyes from harmful sun rays.
- Eat vision-boosting foods like leafy greens, carrots, sweet potatoes, and fish rich in omega-3s.
- Limit screen time and follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.
- Schedule regular eye exams, especially as we age, to catch issues like glaucoma or macular degeneration early.

Caring for your vision is part of honoring the body God gave you. Your sight helps you read God's Word, see His creation, and recognize the faces of those you love.

July Events

- July 4 - Independence Day
- July 5 - 6:00 am Prayer
- July 10 - Supportive Solutions 4 Single Parents
- July 11 - Youth Pep Rally
- July 12 - Bible Study Quarterly Methods
- July 13 - Praise Dance Rehearsal
- July 18 - Women's Ministry Meeting
- July 19 - Super Senior Saturday
- July 25 through 27 - Youth Conference
- Week of July 29th - Vacation Bible School

Back 2 Basics Bible Study

- Every Tuesday

Weekly Prayer Meetings

- Monday through Friday - 6:00am
- Every 1st Saturday - 6:00am
- Every Sunday Morning - 8:00am



VOP Zoom Info

Account #: 833 6315 1275
Password: 799764



VOP Prayer Line

Phone #: (267) 807-9605
Password: 492025



Download the App

www.freeconferencecall.com
Meeting ID: voiceofpraise2007
Phone #: (267) 807-9605
Password: 492025

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Philadelphia, PA 19140
Alice L. Martin, Pastor

Healthy Vision (continued)

Beyond what we see physically, we also have spiritual vision. This is the ability to discern God's will, to see beyond circumstances, and to walk by faith, not by sight, as seen in 2 Corinthians 5:7.

Sometimes, God dims what's in front of us to sharpen our spiritual focus. When the path ahead seems unclear, it's often an invitation to trust Him more deeply. In the blur, He redirects our attention from what we can see to what He's doing behind the scenes. When our natural sight fades, faith takes the lead, and that's where real clarity begins.

Healthy vision isn't just about seeing clearly. It's about seeing rightly. Ask God to keep your natural eyes sharp and your spiritual eyes even sharper.

May you have the clarity to see danger before it comes, the wisdom to recognize what God is doing in your life, and the vision to walk in purpose.

This month, let this be a time not only to care for your eyes but to cultivate spiritual vision that sees with faith, discernment, and purpose.



Special Announcement

Pastor Martin is requesting that all Intercessors join Sister Kevette Williams for **The Intercessors Cry on Mondays at 7:00 pm - Facebook Live**. For more information, please see Sister Kevette.