



10 OCTOBER 2026

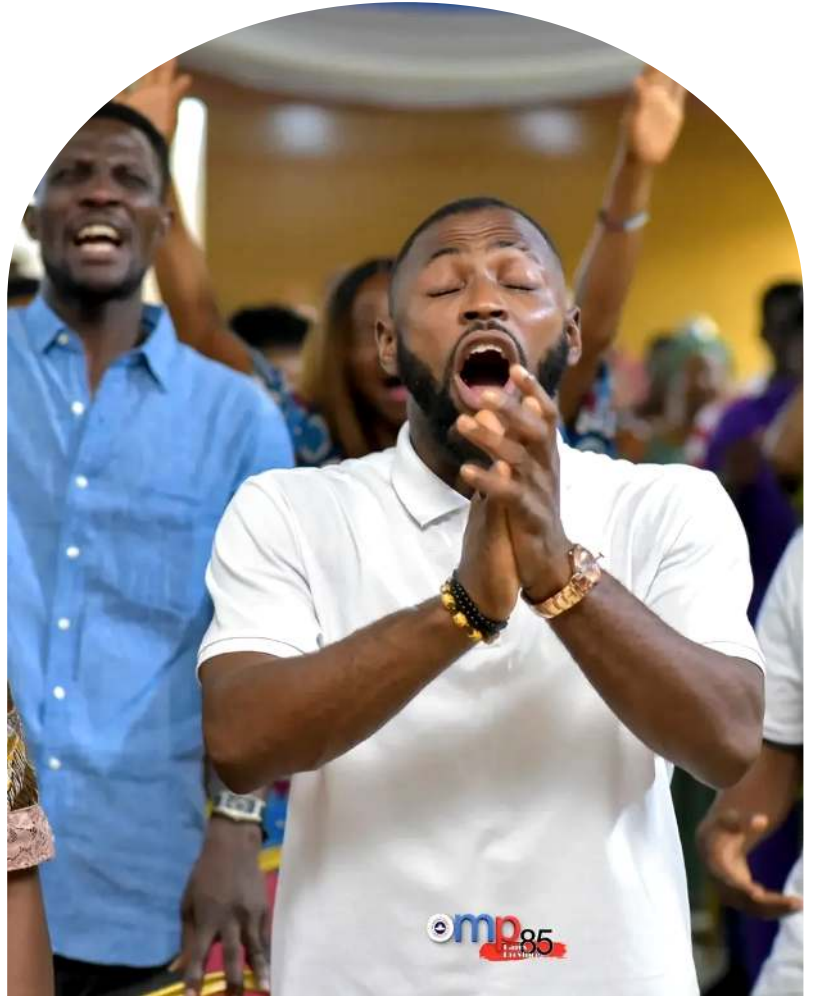
MONTHLY BULLETIN

THEME FOR THE MONTH 

Wrestle and Prevail

GENESIS 32:24-32

Your present struggle does not mean you will end in defeat. If you continue with God, you can wrestle and prevail.



PROPHETIC DECLARATION 

I prophecy unto your life that from now and always, whenever you called upon him in faith, in any battle of life, you will always prevail against your enemies in the mighty name of Jesus. Amen

EPHESIAN 6. 16

GIVING DETAILS

BUILDING / PROJECT
1214473224

Zenith Bank · RCCG LP85 Goshen House

TITHE & OFFERING
0027631350

Sterling Bank · RCCG Overflowing Mega Parish

LIBERATION HOUR
0026108064

Sterling Bank · RCCG Overflowing Mega Parish

WRESTLE AND PREVAIL

MAIN TEXT
GENESIS 32:24–32

KEY VERSE · GENESIS 32:28

“Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed.”



INTRODUCTION

There are battles in life that cannot be won by human strength, connections, money, or intelligence. Some battles require persistent prayer, faith, determination, and complete dependence on God.

Jacob reached a critical point in his life. He was returning home, but Esau was coming to meet him with 400 men (Genesis 32:6). Jacob was afraid and distressed. He had reached a place where he knew that only God could help him. That night, Jacob wrestled with a Man until the breaking of the day. Jacob refused to let go until he received a blessing.

Beloved, your present struggle does not mean you will end in defeat. If you continue with God, you can wrestle and prevail!

1 THERE IS A TIME TO WRESTLE

Genesis 32:24 *“And Jacob was left alone; and there wrestled a man with him until the breaking of the day.”*

Jacob had reached a decisive moment. Sometimes God allows us to come to a place where human assistance becomes insufficient so that we can discover the power of prayer. There are seasons when you must say:

“I will not give up. I will not turn back. I will seek God until my situation changes.”

SCRIPTURES

Luke 18:1 — Men ought always to pray and not faint. **Romans 12:12** — Continue instant in prayer. **1 Thessalonians 5:17** — Pray without ceasing. **Ephesians 6:18** — Praying always with all prayer and supplication.

Your midnight season can become your morning of victory!

2 YOU MUST LEARN TO WRESTLE ALONE WITH GOD

Genesis 32:24 — *“And Jacob was left alone...”*

Notice that Jacob was left alone. There are battles where friends cannot help you, family cannot help you, and connections cannot help you. You need a personal encounter with God. Jesus also demonstrated the importance of solitary prayer:

Luke 5:16 — *“And he withdrew himself into the wilderness, and prayed.”*

There is power in having a private altar.

ASK YOURSELF

How strong is my personal prayer life? / Do I seek God only when I have problems? / Can I stand before God when nobody is watching?

Public victory is often born from private wrestling.

3 HOLD ON UNTIL YOUR BLESSING COMES

Genesis 32:26 *“And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me.”*

This is one of the strongest statements of determination in the passage. Jacob said:

“I WILL NOT LET THEE GO, EXCEPT THOU BLESS ME.”

That should be the attitude of a believer.

When the answer delays—hold on. / When the situation becomes difficult—hold on. / When prayers seem unanswered—hold on. / When others say it is impossible—hold on to God.

SCRIPTURES

Galatians 6:9 — Do not be weary in well doing. **Hebrews 10:35–36** — Cast not away your confidence. **Matthew 7:7** — Ask, seek, knock. **Isaiah 40:31** — They that wait upon the LORD shall renew their strength.

4 YOUR STRUGGLE CAN PRODUCE A NEW IDENTITY

Genesis 32:27–28

God asked Jacob his name. He answered, “Jacob.” Jacob means supplanter/deceiver, and his life had been marked by struggles involving his brother Esau and his uncle Laban. But God changed his identity:

“Thy name shall be called no more Jacob, but Israel.”

His encounter with God produced a transformation.

2 Corinthians 5:17 *“Therefore if any man be in Christ, he is a new creature...”*

God is not only interested in changing your circumstances.

God wants to change YOU.

Your encounter with God can produce:

A new identity / A new direction / A new strength
/ A new testimony / A new beginning

5 YOU CAN PREVAIL BECAUSE GOD IS WITH YOU

Jacob's victory was not because he was physically stronger than God. His victory came through persistence and divine encounter.

Romans 8:31 *“If God be for us, who can be against us?”*

Philippians 4:13 *“I can do all things through Christ which strengtheneth me.”*

Isaiah 54:17 *“No weapon that is formed against thee shall prosper...”*

The believer's confidence is not in human ability.

Our confidence is in God.

5 THINGS TO DO WHEN YOU ARE IN A WRESTLING SEASON

- 1 Pray persistently — **Luke 18:1**
- 2 Hold on to God's Word — **Psalms 119:105**
- 3 Separate yourself for deeper fellowship with God — **Luke 5:16**
- 4 Deal with anything God asks you to surrender — **Psalms 139:23–24**
- 5 Expect your morning — **Psalms 30:5**

PRAYER POINTS

- 1 Father, give me the grace to remain steadfast in every season of my life, in Jesus' name.
- 2 Every power assigned to terminate my testimony, be destroyed in Jesus' name.
- 3 Father, let every prolonged battle in my life receive divine intervention, in Jesus' name.
- 4 Every door of blessing that has been shut against me, open by the power of God, in Jesus' name.
- 5 Father, transform every struggle in my life into a testimony, in Jesus' name.
- 6 I receive grace to pray until my answer comes, in Jesus' name.
- 7 Lord, let my season of wrestling end in victory, restoration and divine lifting, in Jesus' name.

CONCLUSION

Jacob went into the night as Jacob, but he came out as Israel.

He entered afraid, but he came out with a testimony. / He entered struggling, but he came out prevailing. / He entered wounded, but he came out blessed.

Genesis 32:28: *“...as a prince hast thou power with God and with men, and hast prevailed.”*

“I WRESTLED, I HELD ON, AND I PREVAILED!”

Child of God, don't quit in the middle of your wrestling.

Your prayer may be a wrestling match. / Your faith may be tested. / Your patience may be stretched. / You may even walk away with a limp.

But keep holding on to God. Because the night will end, the morning will come, and your testimony will be:

HYMNS & CELEBRANTS

FOUR
SUNDAYS

SUNDAY 4th Be Glad in the Lord and Rejoice

1. Be glad in the lord and rejoice
And ye that are upright in heart
And ye that have made him your choice
Bid sadness and sorrow depart.

CHORUS

*Rejoice!...rejoice!...
Be glad in the lord and rejoice!
Rejoice!... rejoice!...
Be glad in the lord and rejoice!*

2. Be joyful for He is the Lord
On earth and in heaven supreme
He fashions and rules by His words
The mighty and strong to redeem.

3. What tho' in the conflict for right
Your enemies almost prevail!
God's armies, just hid from your sight
Are more than the foes which assail.

4. Tho' darkness surround you by day,
Your sky by the night be o'ercast,
Let nothing your spirit dismay
But trust till the danger is past.

5. Be glad in the lord and rejoice,
His praises proclaiming in song
With harp, and with organ, and voice,
The loud hallelujahs prolong!

SUNDAY 11th Onward, Christian Soldiers

1. Onward, Christian soldiers!
Marching as to war,
Looking unto Jesus,
Who is gone before;
Christ, the Royal Master,
Leads against the foe;
Forward into battle,
See His banners go.

CHORUS

*Onward, Christian soldiers!
Marching as to war,
Looking unto Jesus,
Who is gone before.*

2. At the name of Jesus
Satan's host doth flee;
On then, Christian soldiers
On to victory!
Hell's foundations quiver
At the shout of praise:
Brothers, lift your voices,
Loud your anthems raise.

3. Like a mighty army
Moves the Church of God:
Brothers, we are treading
Where the saints have trod.
We are not divided
All one body we
One in hope and doctrine,
One in charity.

4. Crowns and thrones may perish
Kingdoms rise and wane;
But the Church of Jesus
Constant will remain:
Gates of hell can never
'Gainst that church prevail;
We have Christ's own promise
And that cannot fail.

5. Onward then, ye people,
Join our happy throng;
Blend with ours your voices
In the triumph song:
"Glory, praise and honour,
Unto Christ the King",
This, through countless ages,
Men and angels sing.

SUNDAY 18th Stand Up! Stand Up for Jesus

1. Stand up! stand up for Jesus,
Ye soldiers of the Cross!
Lift high His royal banner
It must not suffer loss.
From vict'ry unto vict'ry
His army shall He lead,
Till every foe is vanquished,
And Christ is Lord indeed.

2. Stand up! stand up for Jesus,
The trumpet call obey;
Forth to the mighty conflict,
In this His glorious day;
Ye that are men now serve Him
Against unnumbered foes;
Let courage rise with danger,
And strength to strength oppose.

3. Stand up! stand up for Jesus!
Stand in His strength alone;
The arm of flesh will fail you,
Ye dare not trust your own:
Put on the gospel armour;
And watching unto prayer;
Where duty calls, or danger,
Be never wanting there.

4. Stand up! stand up for Jesus!
The strife will not be long;
This day the noise of battle,
The next the victor's song;
To him that overcometh,
A crown of life shall be;
He with the King of glory
Shall reign eternally.

SUNDAY 25th Hold the Fort

1. Ho, my comrades! see the signal
Waving in the sky!
Reinforcements now appearing,
Victory is nigh!

CHORUS

*"Hold the fort, for I am coming,"
Jesus signals still,
Wave the answer back to heaven,
"By Thy grace we will."*

2. See the mighty host advancing
Satan leading on:
Mighty men around us falling,
Courage almost gone!

3. See the glorious banner waving!
Hear the trumpet blow!
In our Leader's name we'll triumph
Over ev'ry foe!

4. Fierce and long the battle rages,
But our help is near:
Onward comes our great commander,
Cheer, my comrades, cheer!

OCTOBER BIRTHDAY CELEBRANTS

01 DADDY (PST) MATTHEW AIYEDUN

01 TOLULOPE OLOWE

02 IDOWU AKINBINU

03 ADEYEMI OLASUBOMI

05 AWOLOLA ADEBAYO OLUWATOSIN

08 VICTORIA ADEBAMIJI

09 IGWEBUIKE FOLASHADE

10 OLUWOLE AKINLEYE

10 ADENOPO OLUWASEUN ADEBIMPE

12 DANIEL GLORY

13 MISS PEARL CHIAMAKA UGBAH

15 BAMIDELE ALUKO

15 OLUTOLA AMUSAN

16 TAIWO FADIMU

16 KEHINDE FADIMU

16 EGWUO SANDRA

16 EMMANUEL AGBOTI

18 ABIGAIL JOHN

18 IYAMU KENNEDY

19 DCN REUBEN OKORIE

19 ADEBISI RABIU

19 OPE ADELAJA

21 ABIMBOLA AMOS

22 MICHAEL OLUSESI

26 ADEBAYO ADEWUNMI

27 PRECIOUS AMAMA

29 TAIWO IDOWU

30 AARON JOHN

30 OBIARO BLESSING

31 AWOSUSI SOLA ALADE

WEDDING ANNIVERSARY

2 Oct MR & MRS OLUKOJE ABIMBOLA

3 Oct BRO & SIS DEBORAH SUNDAY OYEBIYI

10 Oct MR & MRS YETUNDE ADEDOTUN A.

10 Oct MR & MRS OLUWATOYIN ARI EGORO

22 Oct MR & MRS ABOSEDE FASEUN

29 Oct BRO & SIS ATINUKE ALADESOYE



HEALTH & LIFESTYLES IMPORTANCE OF EATING FRESH FRUITS



Eating fresh fruits regularly is important because they provide essential nutrients that help the body function properly.

- Boosts immunity** – Fruits provide vitamins such as vitamin C and antioxidants that support the immune system.
- Improves digestion** – Their fibre content helps prevent constipation and supports a healthy gut.
- Supports heart health** – Fruits can contribute to healthy blood pressure and cholesterol levels.
- Provides essential vitamins and minerals** – They supply nutrients such as potassium, folate, vitamin C and vitamin A.
- Provides antioxidants** – Antioxidants help protect cells from damage.
- Supports healthy skin** – Vitamins, antioxidants and water content can contribute to healthy-looking skin.
- Helps with hydration** – Many fruits contain a high percentage of water.
- Supports healthy weight management** – Whole fruits can be filling while generally being lower in calories than many processed snacks.
- Provides natural energy** – The carbohydrates in fruit provide readily available energy.
- Supports overall health** – Regular fruit consumption as part of a balanced diet is associated with better overall dietary quality.

EXAMPLES: oranges, apples, bananas, mangoes, watermelon, pineapple, pears, kiwi, berries and pawpaw.

Choose whole fresh fruits more often than fruit juice, because whole fruits retain more fibre and are usually more filling.

WOMEN'S CORNER

COUPLES LIVING AS NEIGHBOURS



Genesis 2:18 — And the Lord God said, It is not good that the man should be alone, I will make him an helpmeet for him. God instituted marriage between two people, male and female, and it is a covenant between them in order to form a home and also an instrument of growth (increase). Bringing two imperfect people from different backgrounds and family together to form a close relationship, a union of two unfinished products going through the factory processing of perfection. This happens in the place of tolerance, perseverance, and sacrifice for one another in the fear of the Lord, allowing God to transform their lives.

The pressure and responsibilities of marriage can also expose the areas of individuals' weaknesses that need divine attention and healing from God in both lives.

During this process, the devil usually takes advantage of this season of processing to attack marriages, but the set goal of God for marriage is companionship, helpmeet, growth, love, unity, and an extension of heaven on earth to experience peace, joy, sound health, happiness etc.

Mark 3:25 — And if a house be divided against itself, that house cannot stand. Couples living as neighbours is a sign that the home is under a siege, attacks by the devil, because a house/home/family dwelling together in unity is a dwelling place of the Holy Spirit, which will be filled with love and togetherness and will automatically become a danger zone for the enemies.

WHAT ARE THE DISADVANTAGES AND THE DANGERS OF COUPLES LIVING AS NEIGHBOURS?

Matthew 18:19-20 — Whatsoever they bind together will be bound in heaven if they agree. They will not be able to pray together as one to obtain victory and answers to their family needs. Amos 3:3.

The spiritual covering of God on such homes will be weakened. The couples will suffer loneliness instead of companionship. Children from such homes suffer mostly because of division from their parents, and that could open doors of attacks on such children's destiny.

Communication walls will be broken and that also will open doors to malice, anger, bitterness, unforgiveness, while small issues will grow into a bigger conflict and their emotional bond begins to die gradually. This also can lead to an unhealthy relationship, e.g., domestic violence, and verbal abuse.

Ephesians 4:29 — Let no corrupt communication proceed out of your mouth, but that which is good to use of edifying, that it may minister grace to the hearers. 31 - Let all bitterness, wrath and anger and clamour, and evil speaking, be put away from you, with all malice. 32 - And be ye kind to one another tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ecclesiastes 4:9-10 — Two are better than one, because they have a good reward for their labour, for if they fall, the one will lift up his fellow, but woe to him that is alone when he falleth, for he hath not another to help him up.

God never designed marriage to be a cold room, where everything becomes silenced and coldly blocked without feelings for one another, everyone at his or her tent alone; this is a dangerous sign and not healthy for a successful marriage.

God designed system is for the two to become one in all things. Marriage is a united bond, where husband and wife forms a unified team spirit by sticking together. But these days a lot of marriages are going through this system of couples living as neighbours under the same roof and pretending to the society, even in the church that all is well. This is a dangerous level and might result to separation;

speak out, seek for counselling, don't be ashamed, don't let the devil pull you down. Isaiah 60:1 - Arise, shine.

Unsettled misunderstanding between couples leads to malice. It's breeds anger and it's so disheartening that couples live under same roof, same apartment, and have stopped talking to one another for weeks and even months, and live like strangers.

Remember how you started, remember your covenant vows to one another. John 10:10 - The target and goals of the devil is to kill, steal, destroy. Do not allow your family joy be stolen by the devil. Ephesians 4:27 - Neither give place to the devil. Rebuke him and pick up yourself back to your former original track of love and unity.

The devil does not want any marital institution instituted by God to experience peace and joy. The devil does not have regard for the anointing of God in your life, neither your years of salvation or your years of experienced does not scares him, but the moment you live your lives according to the lay down principles in the word of God, he will flee away from your home.

You cannot put an old wine in a new bottle, seal up every cracks in your home, come together and forgive one another and remember unforgiveness also breeds sicknesses into the body, e.g. High blood pressure etc.

Matthew 18:21 — Peter asked Jesus, how many times should I forgive my brother or sister that sinned against me and Jesus answered seventy seven times a day, waow that's impossible under 24 hours. Remember your children are watching every little move in the family, be careful not to raise a battered generation.

Be a good role model to your children, so that they also can have a good and successful marital years in future, and don't let your children repeat same patterns in their marriages.

PRAYER I pray that the Lord will rekindle the fire of love in your home in Jesus name. Shalom.

OUR SPECIAL SERVICES

1ST SUNDAY
Thanksgiving

2ND SUNDAY
Family Varieties

3RD SUNDAY
YAYA — Youth & Young Adults

4TH SUNDAY
Wealth Creation / Business

5TH SUNDAY
Power / Mantle / Prophetic