

Beloved friend in **CHRIST**, I pray that you are **REJOICING** in the **LORD** (Phil. 4:4) & are living **VALIANTLY** for the **FAITH**. These hard days in which we find ourselves in heavy spiritual warfare demands such a commitment. No matter what threats come from the satanic terrorists or what the wicked currents & godless times that are in our world today, we who have **JESUS CHRIST** in our hearts as **LORD & SAVIOR** can confidently rest, lean on & trust **HIM**. I always say, **JESUS** tips the scales in our favor.

**GOD** had me minister in 3 different states: California, Oregon & Washington, this month. I had 17 services & the **HOLY SPIRIT** drew in over 350 souls (Jn. 6:44). As I keep seeing every month, **REVIVAL** is still happening in prisons everywhere I go. Last month was Pelican Bay Penitentiary, L.A. County Jail (warzone) & this month L.A. CO. Jail, E.L.A. Juvenile Div. & Larch Mountain in WA.

That service at Larch was awesome. 70 out of 70 prayed the Salvation Prayer. Chap. Jakstas prayed for me & gave me a cross inmates made for him. Also, a special rock gift with scriptures made by 2 precious Down Syndrome kids. I was touched. L.A. County services again had 83 out of 83 pray the Salvation Prayer plus 7 that I counseled.

As always, the Juvenile is difficult for me to minister. Kids are ages 10 to 16, boys & girls. My message encouraged them and 25 prayed the Salvation Prayer. It is a shame that the family structure is almost gone. At Larch, 93% of the 70 have children.

Personally, I had time with my family, daughter Lea, Elijah, Ali Mae, Ryan & Doug. My heart was full of love. What a blessing from **GOD** that I can go to OR & WA, minister, & be with my precious family. I will go to Las Vegas in November to see Nikol, my first born. I miss her.

My services at the Fred Jordan Mission had a full Chapel at each service with nice, but not what I hoped for, Salvations. All got the Arsenal Prayer, Bibles & reading glasses...& prayer.

The twice a month, 2-hour Omega Man Internet Shows were powerful. Listen at [www.melnovak.com](http://www.melnovak.com) or [Omegamanradio.com](http://Omegamanradio.com). My twice a month 2-hour Bible Studies have averaged 25 to 30. All are welcome.

I was interviewed by terrific talented Jesse Torrero, TV Talk Host. It was a joy to do. Bro. Pastor Mark Maciel invited me to Calvary Chapel of Downey Silent Auction. He had me share. It was a blessed time. **GOD** has done an incredible work with Bro. Mark. We ministered all over the country.

The spiritual battle for souls is raging so we must press on preaching **CHRIST** crucified. This month

had numerous calls from hurting, fearful & anxious people that are struggling with issues of life that are saying, "Mel, there is no way out — my strength is gone, I'm on the verge to give up (Luke 18:1).

Does this describe what you are going thru? I encouraged each one, in CA & other states, to go to **GOD'S WORD**, pray the Arsenal Prayer **DAILY** & prayerfully read & meditate on the following scriptures. Their answers will be in one or more of these passages: Psalms 91; Ps 121; 138; 141. **GOD** has everything under control. I said "The ultimate joy or punishment in life is to live your life with yourself," (Jn. 15:5; Eph. 6:10). Live it so you don't have to hide from yourself. **HEALING** begins with **TRUTH** (John 8:32; 36). Nine were overwhelmed by pain, grief, anxiety, unforgiveness, loss, cancer, brain injury and depression over incidents that happened in the past (Isa. 43: 18:19).

The mind is satan's playground. Christian life is not a playground, but a **BATTLEGROUND** (II Cor. 10:3; I Tim. 4:1, 2). Torment & fretting (Ps. 37:8) set each one of them in a mold of misery. Multitudes are agonizing over past mistakes, present difficulties & future challenges. Left unchecked without **PRAYER** & staying in **GOD'S WORD** with praise & worship, depression & worry can carve deep & wide emotional channels in our spirit through which fear (II Tim. 1:7) & confusion (I Cor. 14:33) swiftly & destructively flow. Those fiery darts (Eph. 6:16) of satan can stifle our joy (Neh. 8:10) & stunt our spiritual growth. Joy is the 1st thing the devil will try to steal from you. (Jn. 10:10).

We do **NOT** receive answers to prayer when we **DOUBT** & are filled with anxiety (Phil. 4:6, 7) worry & fretting. The key is to **TRUST** the **LORD** (Ps. 91:2; Nahum 1:7). The more we **TRUST** & the less we worry, which profits nothing, while **TRUST** in **CHRIST** brings great reward. **PRAY!** **PRAY** in **EXPECTATION** (Ps. 62:5), **NOT** giving place to doubt. **DRESS** for the daily battles (Ps. 34:19) by daily praying your Arsenal Prayer with **PRAYER & FAITH** (Eph. 6:11-17).

If you are not prayed up, booted up & suited up — not spending time with the **LORD** & the **WORD** of **GOD**, you are a candidate to be hit with the Deadly D's: Disappointment; Doubt; Discouragement; Discontent; Despair, Despondent; Disillusionment; Demoralization; Dejection & the big D – Depression. Paul tells us 3 times in Ephesians to **STAND** & I say, "**STAND** & take back what the enemy stole."

Until next month, **GOD BLESS** you & to you who sent love offerings, a 100-fold return.

In His Majesty's Service,

Dear Friend,

If the Lord leads you to send a love offering for my Skid Row and Prison Ministry, please send it to:

Heavenly Manna Inc.  
8942 Willis Ave. Unit 9, Panorama City, CA 91402

My tax I.D. number for your records is 93-1112647.  
May God abundantly bless you.

In His love,  
Mel

### TESTIMONY OF EVELYN FREE AT LAST: SPIRIT OF DEPRESSION — GONE

I cannot recall a time since childhood that I have not suffered daily with deep depression and maybe that was why I medicated with drugs and alcohol for so many years. I stayed in bed most of the time except when I had to go to work. I had some hard issues to deal with like realizing that my father had raped me when I was 16. I had thought it was a bad dream for years until I realized that I remembered too many details for it to be a dream. I have had 2 abortions and believe me, you do not want to go that route **BECAUSE** the guilt, the shame and loss. The hurt **IS NOT WHAT GOD INTENDED FOR YOU OR THAT CHILD**. The devastation and realization that you murdered your own children was too much for me. Also, the fact that my mom has never really forgiven me for the drugs and everything else I was involved in led to deep depression. Another factor was that I had hepatitis C. My health was deteriorating over the years and the weight gain led me to lose the will to live. I was also saddened that my children were not serving God. **I JUST FELT HOPELESS**.

I was introduced to Mel by a friend of mine. I have recently been daily reading his Arsenal Warfare Prayer and putting on God's Armor. **PLEASE READ THE ARSENAL PRAYERS!** My life is changing, I feel like a new person. I've also been listening to His sermons on **SOUND CLOUD**.

God has changed my life. I wanted to get the medication for **HEPATITIS C**. I went and got Eplclusa medication and **I AM TOTALLY HEALED FROM HEP C**. God has also forgiven me for abortions and healed my broken heart, taken away all blood guilt, shame and hurt. He helps me deal with the **LOSS**. My youngest son is now **SERVING** the Lord. And he just got married! He has a new video on youtube called **OPEN HOUSE MINISTRIES** — Josh's story. My son is in ministry! I have 2 grandsons and a girl on the way. I realized a few weeks ago that depression has totally vanished!

I had suffered for years from depression. I have always just trusted in God's Word (by his stripes I am healed, no weapon formed against me shall prosper. The Lord is my Strength and He makes my way Perfect, The Joy of the Lord is my strength. I just couldn't shake the depression for **YEARS**. Suddenly, the depression was gone and I have **LOST 18 POUNDS**. I'm am blessed beyond measure.

Thank you Jesus for your healing power and your faithfulness. Thank you God for sending us your Son to die and take our place, and for your Blessed Word that we can put our trust in.

Thank you Mel for your Arsenal Prayer, teaching us to **ARMOR UP FOR THE BATTLE**, your newsletters of encouragement, your prayers and your love. I think just knowing Mel Novak really cares for me helps a lot. He has a deep love for the down and outers, and the lost. His ministry has touched me deeply.