

Dear Child of God through **FAITH** in **CHRIST**, may our **LORD** bless you with the Oil of Gladness & the Manna of Peace.

As you receive this, we are approaching the holiday season of Thanksgiving, a blessed time of being with family. This will be the first Thanksgiving in years that I'll be with Lea, Elijah, Ali Mae & Ryan, even though the Portland, OR. weather will be rainy & cold. Being from Pittsburgh., PA., I don't like the cold weather...or rain.

It will be a special time of love, prayer & praise with them. I have over 1,000 people that I know, who are praying for Elijah as he goes through chemo. Lea & I are **BELIEVING & TRUSTING GOD** for a complete healing & deliverance. **P.T.L.**

October was a busy month as I had 17 services that brought in over 400 to the Kingdom (John 6:44). This was double last month's number as there were more services in jails.

The 3 L.A. Co. Jail services were all well attended, more than normal, & as it has been since 2013, **REVIVAL** is still happening in prisons, level 4, 3 & the Warzone, L. A. Co. Jail. There were 140 inmates in the services & 138 prayed the Salvation Prayer. Awesome! God is good!!!

My Bible Study & the 2 Omega Man Internet Services have been the "**WORD of GOD,**" powerful (Isa. 55:11; Ps. 138:2; Ps. 119:89). I encourage you to **PLEASE** spend time in the **WORD of GOD** & increase your **PRAYER** time.

My Skid Row services are always heart tugging, but the chapels are packed, hungry for **GOD'S WORD**, deliverance & healings. Again, this month had larger harvests. Chino Women's Prison service was packed with 61 attending. All 61 prayed the Salvation Prayer, & a third rededicated (I John 1:9). All received the Arsenal prayer. So, you reading this, do you have my powerful warfare prayer? Download it at [www.melnovak.com](http://www.melnovak.com) & pray it **DAILY**.

Counseling this month was excellent. I was trusted for them to express the wounds & forgiveness of the past. **BREAKTHROUGH**.

I received an award at the Art for Peace Film Festival, **VILLAIN AWARD**. It was a fun evening & saw several terrific actors on the Red Carpet & at the Award show. Screening for "Tales of Frankenstein" was very good. Director-Writer Don Glut did a great job. I played a mad scientist.

This was a "**TUFF**" month for so many battling deep & overwhelming calamities (Ps. 57:1). Some felt as if everything in their life was against them. Is there a challenge you're facing? Are there people or circumstances coming against you in your health, finances, career, relationships or walk with the Lord?

If you want to overcome any difficulty, the absolute best way is by spending time **ALONE** with **GOD**. Only **HE** can give you the victory.

How do you fight this battle on your knees?

**FIRST:** You do so by setting aside time alone with the FATHER. It is easy to be distracted when conflicts arise. You become so busy fretting (Ps. 37:8) about your troubles & running after solutions that you fail to turn to the **ONE** who can help you (Ps. 103:19). So, schedule time to focus solely on the **LORD** because it is crucial to your success.

**SECOND:** Listen quietly to the **FATHER** & expect **HIM** to speak to you. Prayer is not just telling the **LORD** how you feel — although that is part of it. Rather, **HE** wants to reveal **HIMSELF** to & direct you in the way you should go (Ps. 32:8). As Ecclesiastes 5:1, 2 instructs, "Guard your steps as you go to the house of the **GOD** & draw near to listen — for **GOD** is in Heaven & you are on the earth, therefore, let your words be few."

**THIRD:** If the **LORD** reveals any hidden sin in your life, **REPENT**. Remember, the **FATHER'S** primary goal is to have an intimate relationship with you. When sin is present, it is evidence that you are hindering **HIM** from having full access to your life. So, agree with **GOD** about your inquiry & allow **HIM** to teach you. **HE** will show you how to change the way you operate for maximum intimacy with **B**, effectiveness in your life & influence with others.

**FOURTH:** Remember there can be one general in this battle — & that is the **LORD**. **GOD** willingly employs **HIS** supernatural power in defining you, (II Chron. 20:15; I Sam. 17:47) training you & bringing out your full potential. You must acknowledge that **HE is in control** & knows the path ahead better than you do. This is crucial as you continue to confront this difficult trial, because in order to achieve the victory **HE** has envisioned, you must first surrender yourself to **HIM** (Matt. 6:33).

**FIFTH:** See everything that happens to you as coming from **GOD**. Why would you do this? Because if the **FATHER** allows a trial or challenge in your life, it is ultimately for your good & **HIS** glory (Rom. 8:28). Knowing that **HE** has permitted the troubles in your life for your benefit makes it easier to forgive those who hurt you & accept the seemingly unexpected circumstance, trial or tribulation you must bear. Believers get them too (Ps. 34:19). Remember, Isa. 54:17. Look it up & underline it.

Until next month, may **GOD** bless you, a 100-fold blessing to you who sent love offerings.

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 FRAN

The Lord is my strength in Him. I'm His overcomer and champion. I state this, with a First Place trophy that He promised me 2 years ago, as one of the first Miss Muscle Beach Vintage Swimsuit in Venice competitors. This year all the sweat, blood, and tears of transgressions paid off on Labor Day weekend as I took home a trophy for Tall First Class. This represented true faithfulness of God's freedom and promises. In 2013, I escaped to Pacoima from a 5-year domestic violent relationship. In this new transition from darkness to light, I felt like Job who started to lose things around in my new environment. I had to leave an old life behind of pets, friends, shelter, clothing, childhood belongings to save my life. In this same year, I was laid off from my job twice and lived on EBT food and EDD checks. I tried working at Taco trucks in the area to sustain bills and even selling what I could creatively design to make ends meet. I traveled through another home after being unarmed spiritually. I was partying, drinking alcohol a lot and even smoking cigarettes to numb my trauma out. I knew God was real and I experienced His love when I had to cry out in my misery of regret, mistakes, loneliness, fear, and darkness. He heard my cry. I felt His strength to recover from smoking and drinking by replacing my habits with as I state "Nikes for Cigarettes." He gave me a new focus which was this Muscle Beach and Classic car modeling. I worked hard by replacing smoking trances with morning runs. I enrolled in a local gym and got involved to kick butt with kick-boxing. In this transitional moment, I moved into a stable home for the next 3 years and was working as a waitress for retirees at Motion Picture Television Fund. I lost up to 25-30 lbs. before my first competition. I lowered high-blood pressure, defeated obesity, and overcame depression and anxiety. I started to go to Mel's Bible study & pray his warfare Arsenal Prayer daily.

Things will never be easy. Faithfulness will be worth it! Up to this trophy I lost a loved one, survived 2 car accidents, and started to trust the Lord in my new promises in freelance work. I can't wait to claim all that's coming as He states more in music, film as an actress/stunt training, stunt car training, branding in the creative ideas for fashion, household, and memorabilia, retirement production entertainment and the list goes on. If I will do anything more amazing or cool, I'll forever do it for the Lord. His love is everlasting and frees us from bondage.