



# Just One Body: A Prescription for Spiritual Health

Clinical Report for Downsview Seventh-day Adventist Church | January 10, 2026

*“We are only given one body to live on this earth.” — Pastor Michelle Clarke*

URGENT CARE



# PATIENT STATUS: The Body at a Glance



## Atmosphere

Intense intercession and fasting.  
Currently in Day 4 of the “10 Days  
of Prayer” initiative.



## Reality Check

Diagnosis: The body is “sick.” We  
acknowledge the need for admission  
to God’s hospital. Individual health is  
failing due to corporate dysfunction.



## Treatment Goal

To function in a spiritually healthy  
manner for 2026 and beyond.  
Moving from individual concerns to  
corporate restoration.



# VITAL SIGNS: Signs of Life & Celebration



## Birthdays – The Pulse

### Yesterday

Annette Quest,  
Aita Barrett,  
Anry Affleck.



### Jan 10 Shout-out

The Twins – Relle &  
Rhonda Allen.



### Upcoming

Jan 11: Jared Service. |  
Jan 14: Malik Febriier,  
Kevin Cornwall, Mati  
Smith. |  
Jan 15: Noah Brown.



## Events – The Growth



Jan 24 (Morning)

### Children's Prayer Service.

Teaching them from young  
there is power in prayer.



Jan 24 (Evening)

### Couples Night.

Location: Fellowship Hall.

To refresh and spice it up.







## URGENT PRAYER FOCUS

**Dwayne Service** (Son of Sister Marva Service).

Diagnosis: Colon Cancer.

“We believe God is able to turn things around.”

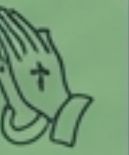
### WARD LIST:

- |                 |                        |
|-----------------|------------------------|
| + Sister Denny  | + Brother Elen         |
| + Sister Knight | + Sister Bertina Henry |
| + Sister Aaron  | + Sister Pearl Henry   |



**NOTICE:** Hawthorne Nursing Home visits suspended due to outbreak.

## PRAISE & ONGOING TREATMENT



### PRAISE REPORT

**Onel Quest.**

Status: Walking and in good spirits following last year's workplace accident.

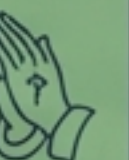


### TREATMENT PLAN:

**10 Days of Prayer Initiative.**

Continues nightly online at 7:00 PM.

Printed packages available for Seniors from Pastor Okconana.





# PEDIATRICS: The Mayor vs. The Friend

Lesson: Learning to talk to God (Jeremiah 29:12)

## THE MAYOR



Requires appointment. Causes “caterpillars in the stomach.” Limited to 5 minutes. Requires big words.

## THE FRIEND.



Available anytime. Interested in bees, lost puppies, and rainbows. No Appointment Needed.

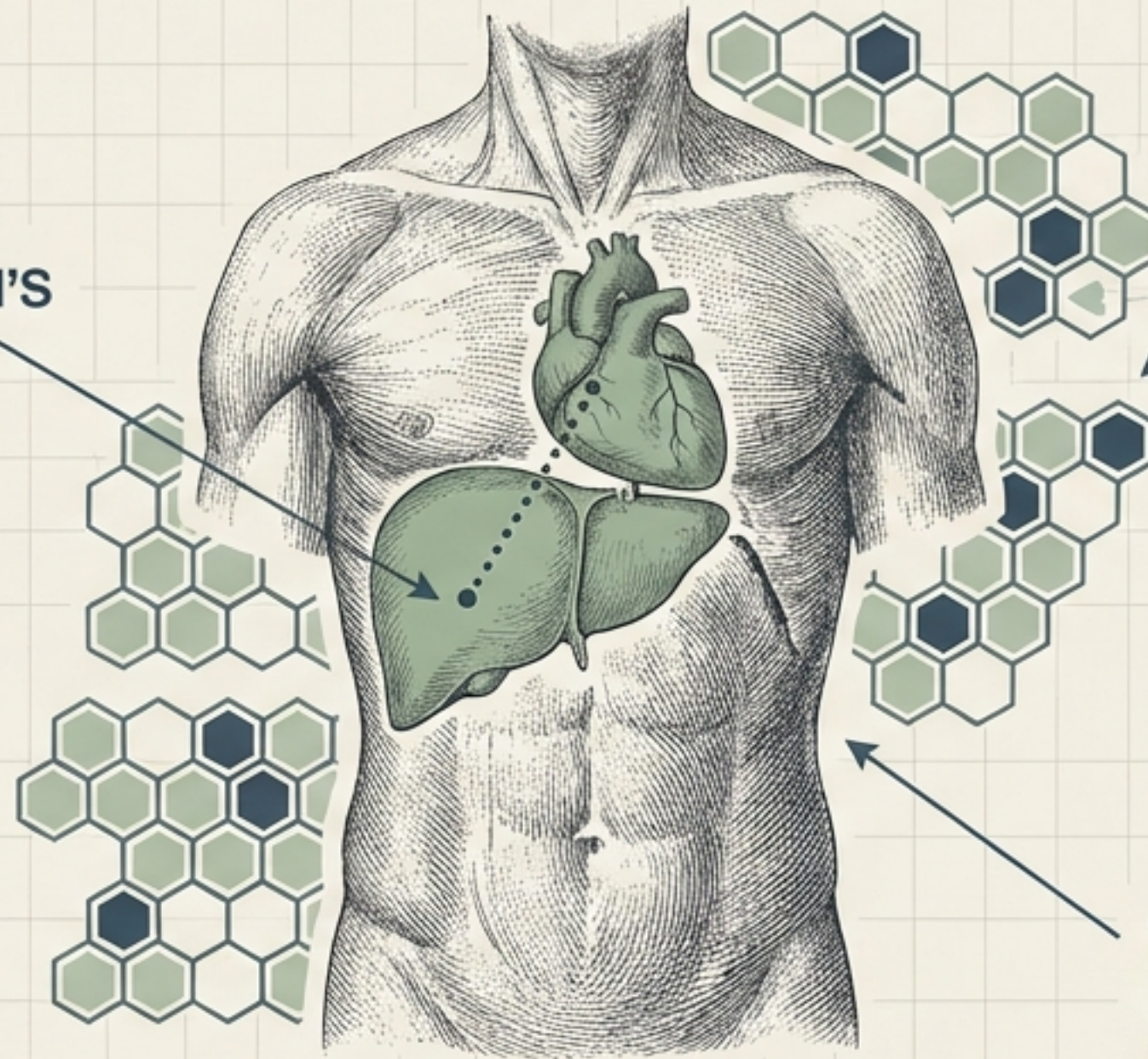
Even though God is a very important person, we don't have to be nervous. Prayer is talking to a friend.



# THE CHECKUP: Anatomy of the Organism

## THE NATUROPATH'S INSIGHT:

"Health is cellular. If the liver fails, the heart suffers."



## THE BIOLOGICAL REALITY:

"Trillions of mutually interdependent cells."

## THE SPIRITUAL PARALLEL:

"1 Corinthians 12: Now ye are the body of Christ."

## WARNING:

We are only given one body. There is no spare.

How we treat this body determines if we live in **optimal health** or **struggle through existence.**



# PATHOLOGY: Symptoms of a 'Carnal' Church

## HISTORY (CORINTH)

A melting pot of culture and trade. Plagued by division, leadership cults (Apollos vs. Paul), and sexual immorality.



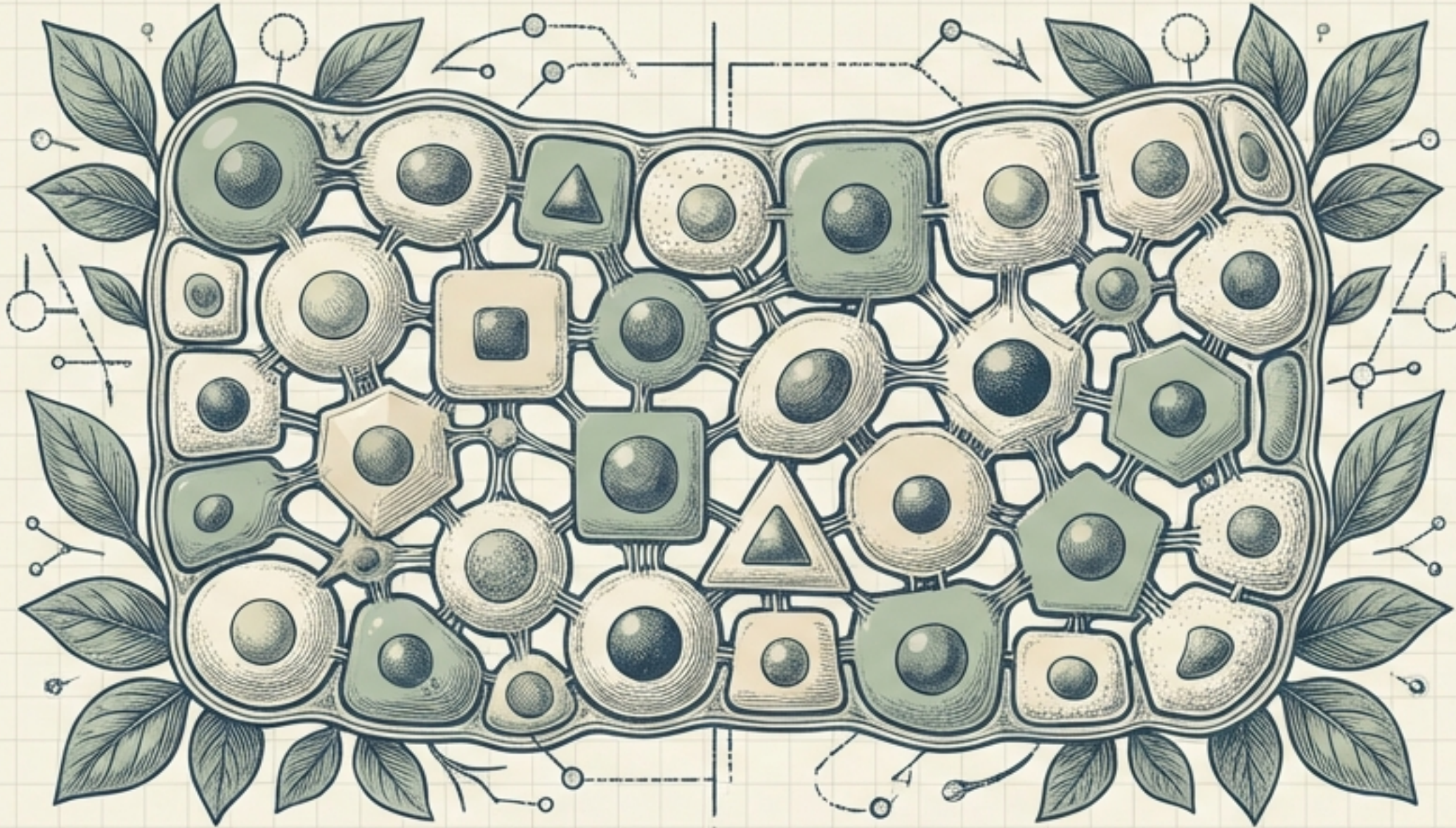
## CURRENT SYMPTOMS (DOWNSVIEW)

1. **Disassociation:** 'Just me and Jesus' mentality. Detaching because people are annoying.
2. **Gift Envy:** Everyone wants to be the Eye; no one wants the humble roles.
3. **Lack of Love:** Gossip, holding grudges, avoidance in the pews.

**DIAGNOSIS: SPIRITUAL DEFICIENCY.**



# PRESCRIPTION I: Recognition of Oneness



**CLINICAL DIRECTIVE:** Discard the 'me and Jesus' isolation model. The body cannot survive if cells act as lonesome entities.

## The Goal:

Unity is not optional. It is the character of the Godhead (John 17:20-22).

## The Reality:

Unity in Diversity.

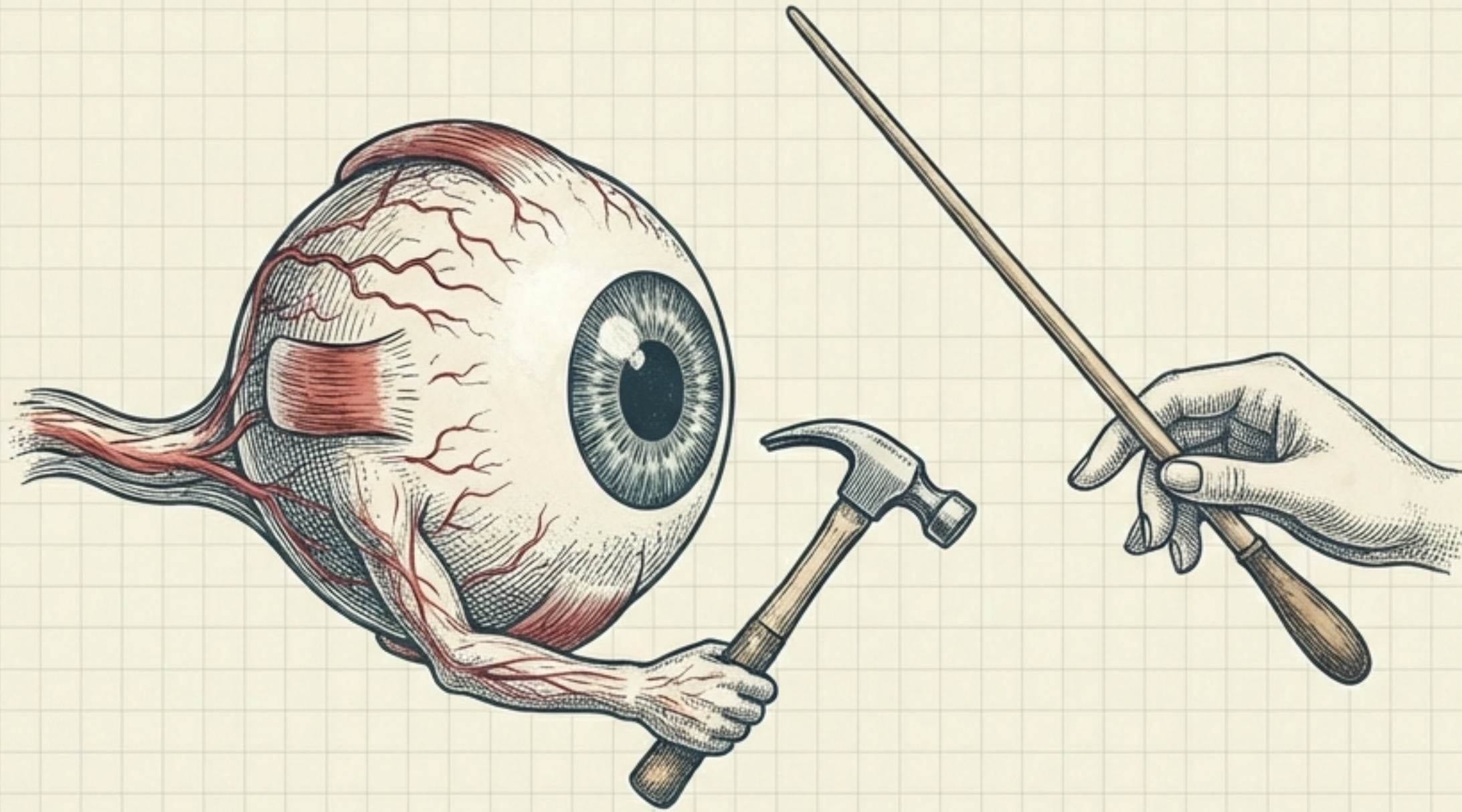
- \* Different languages (Patois, Creole).
- \* Different backgrounds & personalities.

## Direct Quote:

"Even if I don't understand your Patois, we are one."



# PRESCRIPTION II: Embrace Your Function



**The Principle:**  
Stay in your Lane.

**The Hard Truth:**  
Not everyone has the gift of singing. If your voice is itchy and scratchy, sing in the congregation.

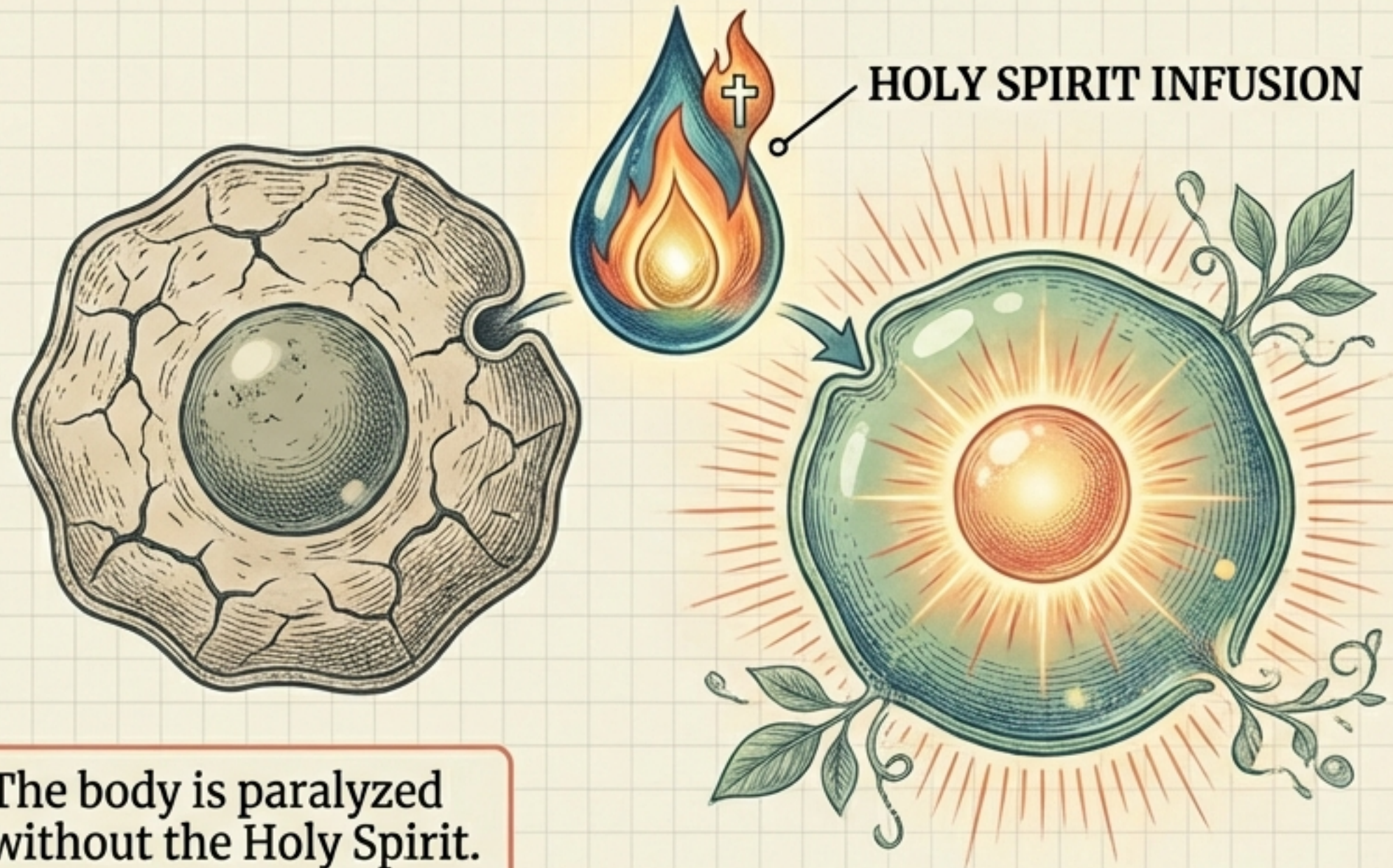
**Application:**

- If you lack a welcoming disposition, serve in Administration, not Hospitality.
- An eye cannot say to the hand, "I have no need of you."

Gifts are instruments. Christ is the Conductor.



# PRESCRIPTION III: The Energy Source



The body is paralyzed without the Holy Spirit.

The vital energy of the Holy Spirit is the essential fuel for the body's true function and final preparation.

## The Necessity:

The body is paralyzed without the Holy Spirit.

## Timeline of Infusion:

1. Early Rain: Daily baptism in the Spirit now.
2. Latter Rain: The end-time pouring out for the final crisis.

## The Warning:

You cannot receive the Latter Rain if you have neglected the Early Rain.








## Insight:

“Many will be found without shelter in the time of trouble because they neglected the ‘needful preparation.’” — Ellen G. White



# PROGNOSIS: Indicators of Health (1 Cor 13)



 <b>SYMPTOMS OF INTERNAL CONTENTION</b>	<b>THE CURE (1 COR 13)</b> 
 <b>Rudeness</b> "We got a lot of touchy people." →	<b>Patience &amp; Kindness</b> "Love suffers long."
 <b>Gossip/Backstabbing</b> "Always stand your ground in defending him or her." →	<b>Loyalty</b> "Always stand your ground in defending him or her." 
 <b>Pride</b> "Not boastful or haughty." →	<b>Humility</b> "Not boastful or haughty." 

**Result:** No empty pews. The world senses the sickness of internal contention. Health attracts growth.



# THE TREATMENT PLAN: Immediate Intervention



## For the Stubborn

Breaking down pride  
and “ways that are  
unlike You.”



## For the Hurt

Healing for those who  
left due to pain or are  
watching online, afraid  
to return.



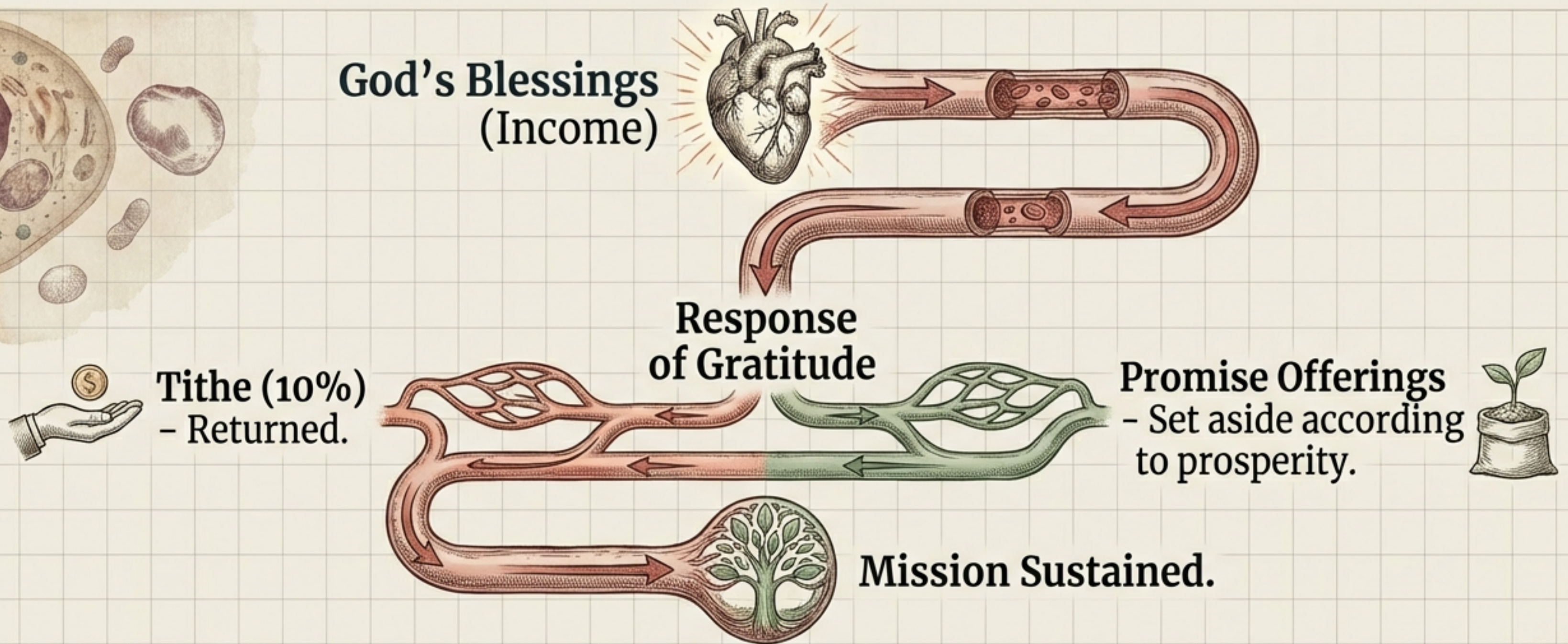
## For the Families

Restoration of the  
family unit as the core  
cell of the church.

**Unity is the vessel into which  
God pours His power.**



# SUSTAINING THE BODY: Systematic Benevolence



**Purpose:** Giving is not left to impulse. It keeps the focus on God as the provider, not just funding the mission.



# DISCHARGE SUMMARY: One Foundation



— Closing Hymn: “The Church Has One Foundation.” —

Benediction: “Now to Him who is able to keep you from stumbling and to present you blameless.” — Jude 24





Let us be spiritually  
healthy for 2026.