



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



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.



CRITICAL CARE & INTERCESSION



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
- ✚ Sister Knight
- ✚ Sister Aaron
- ✚ Brother Elen
- ✚ Sister Bertina Henry
- ✚ 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.

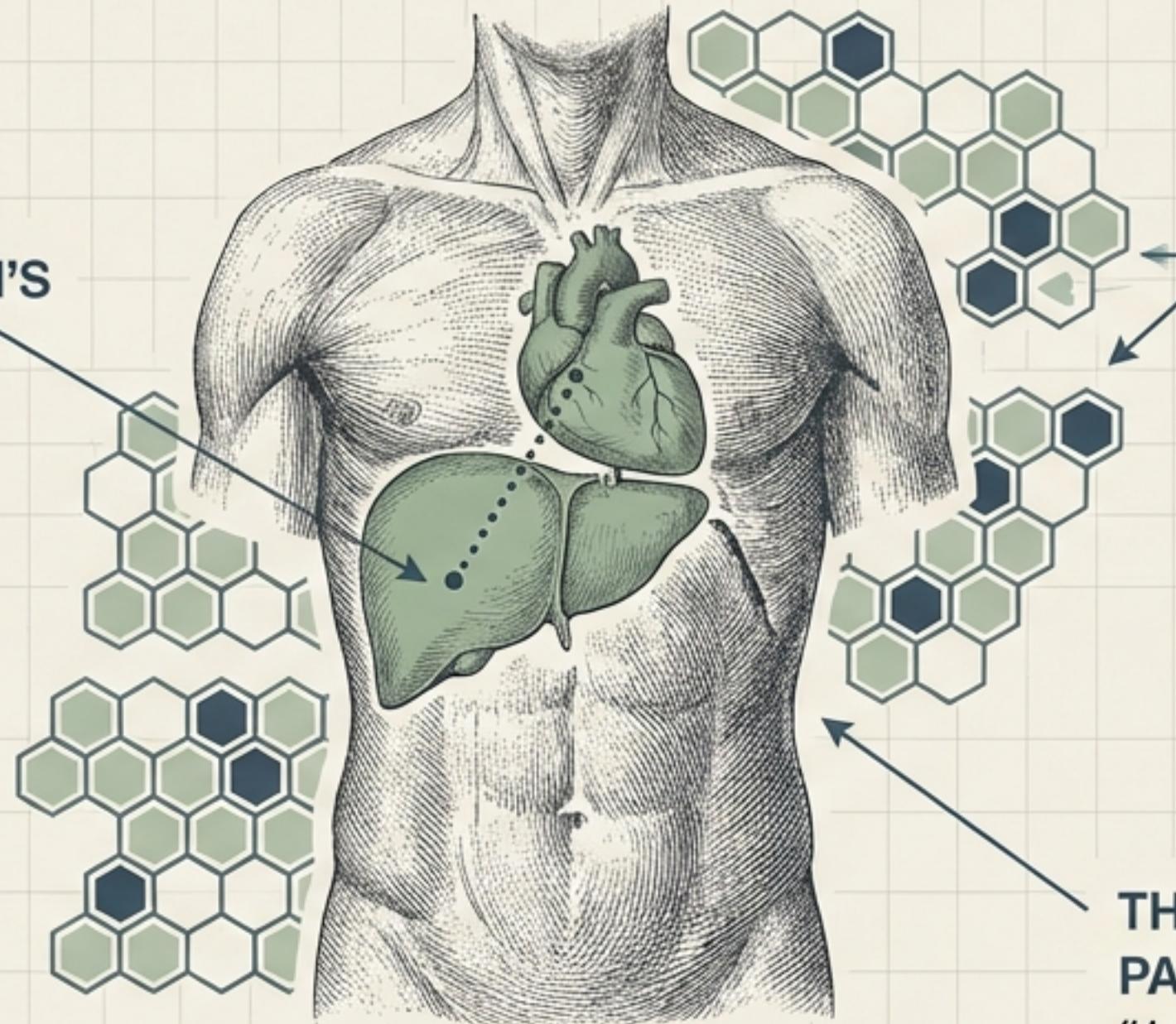


Available anytime. Interested in bees, lost puppies, and rainbows. No Appointment Needed.

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 leadership cults (Apollos vs. Paul), and sexual immorality.

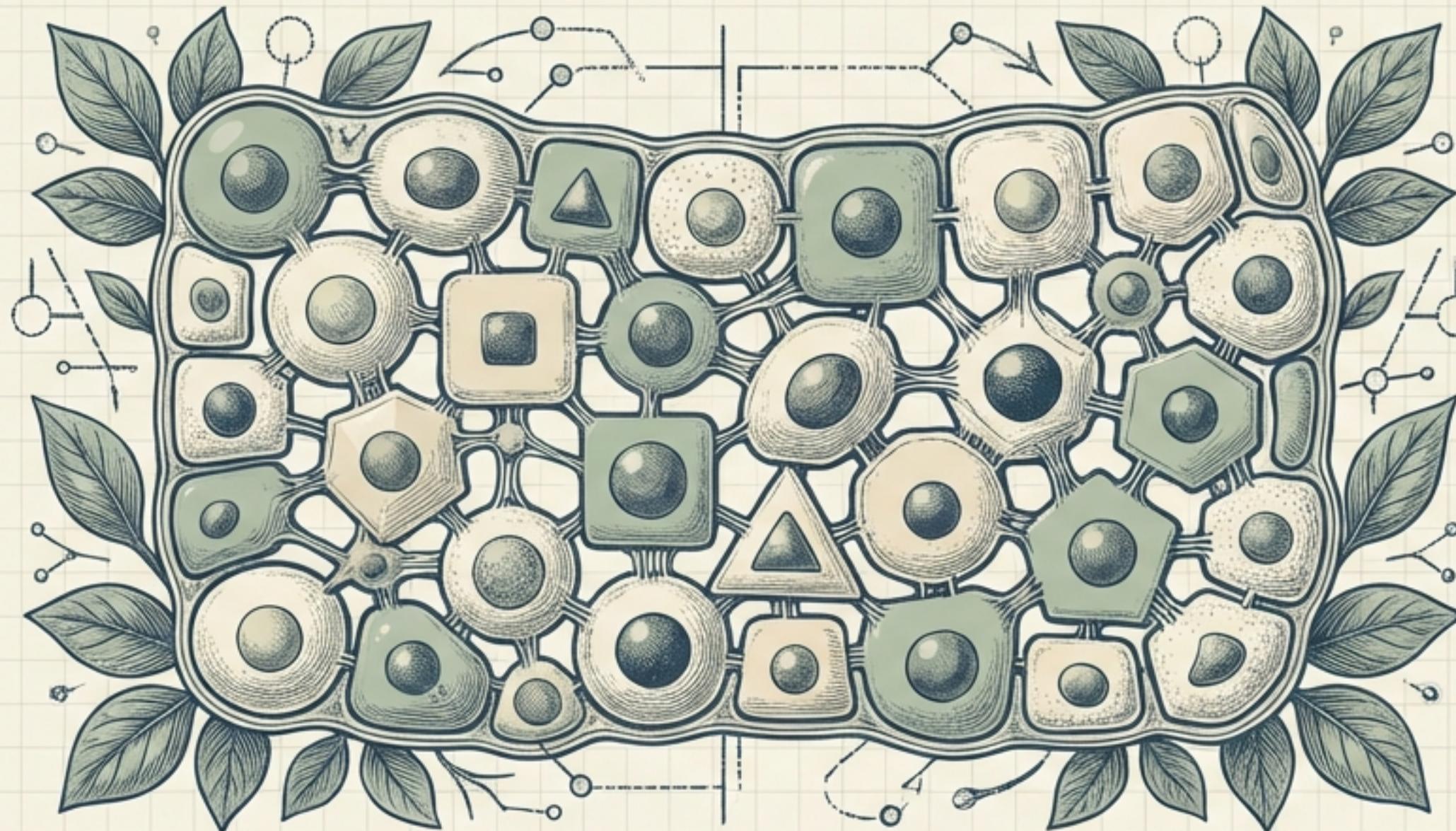


CURRENT SYMPTOMS (DOWNSVIEW)

- 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:

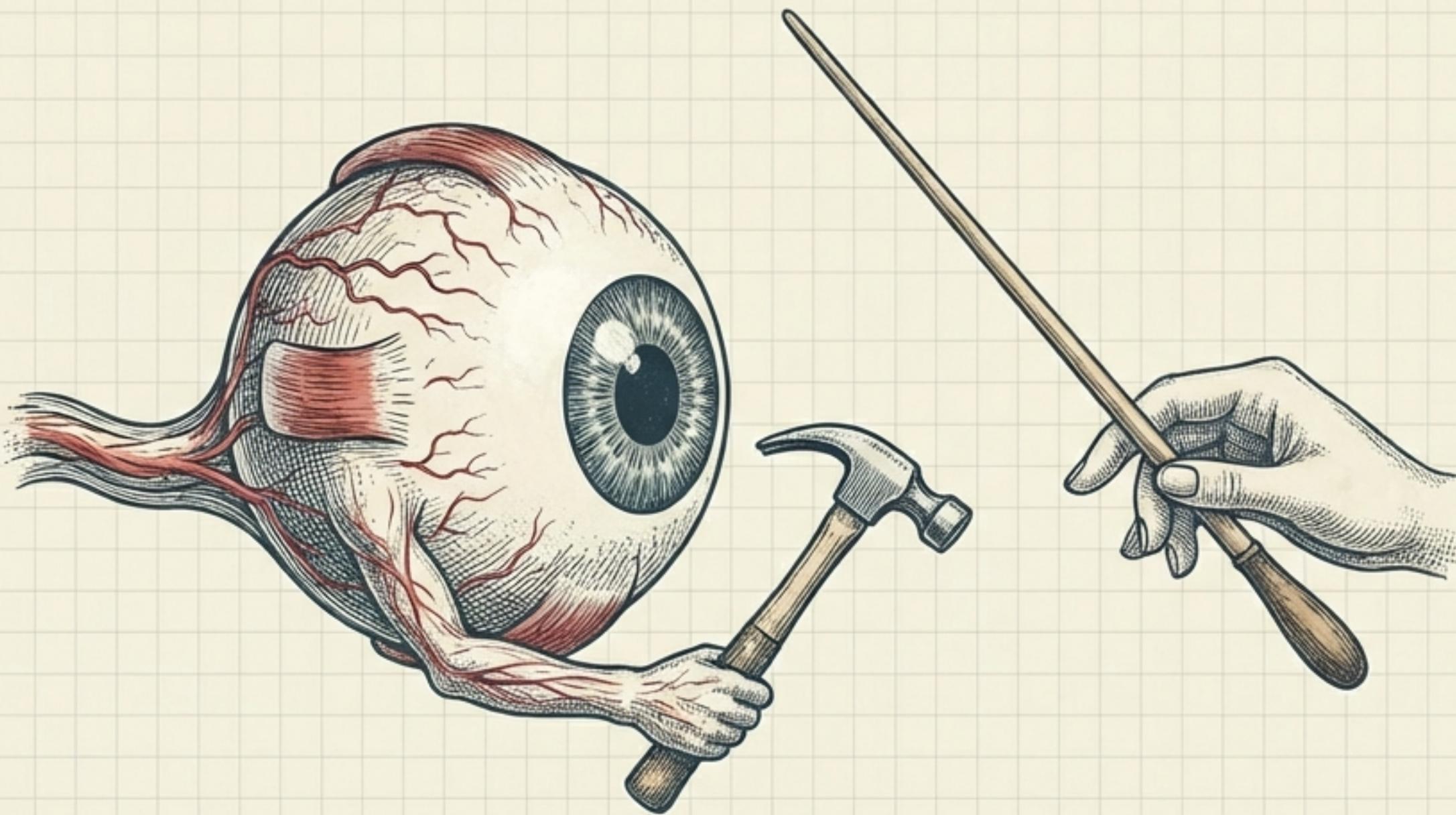
Unity in Diversity.

- * 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



Gifts are instruments. Christ is the Conductor.

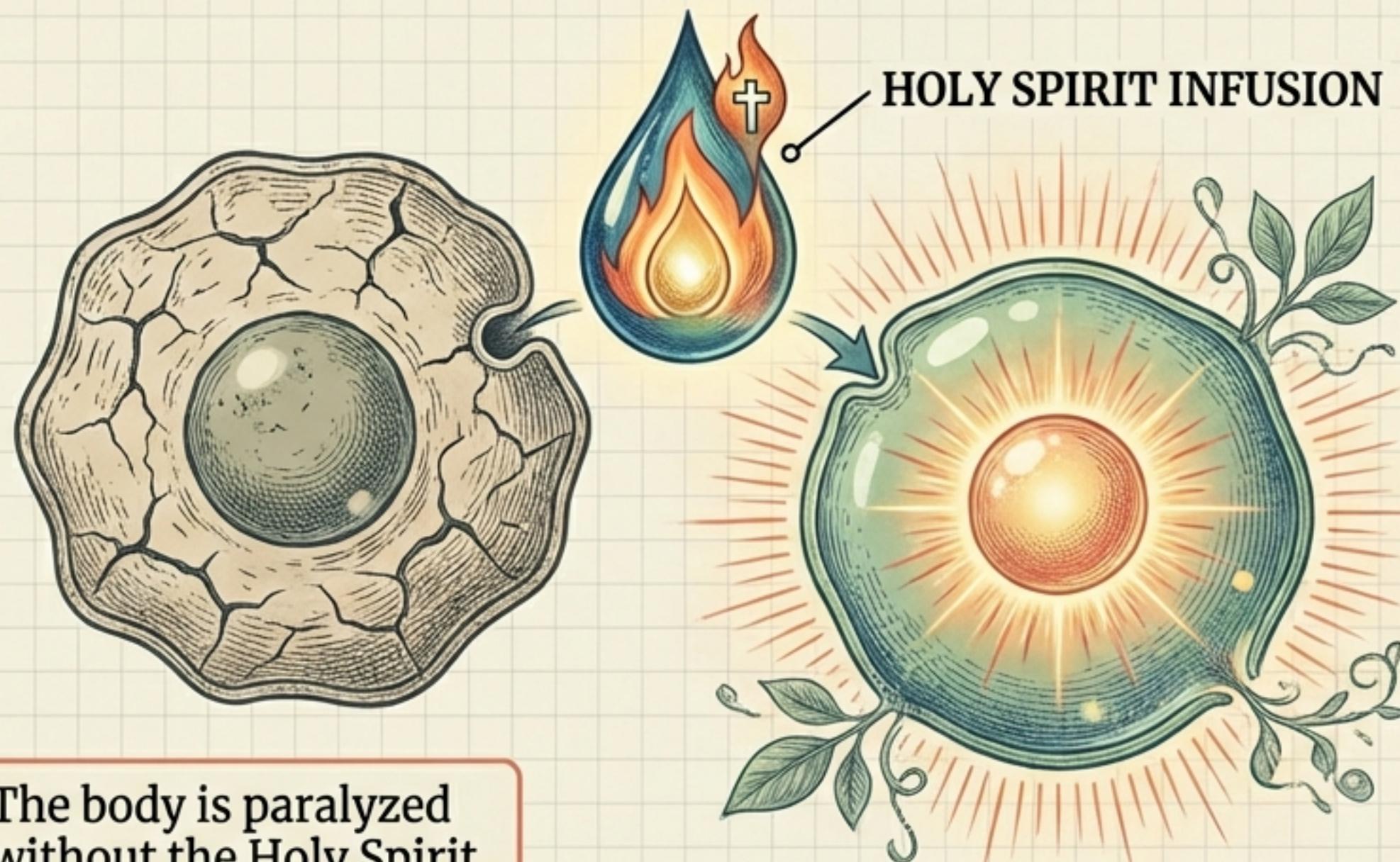
The Principle:
Stay in your Lane.

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.”

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.

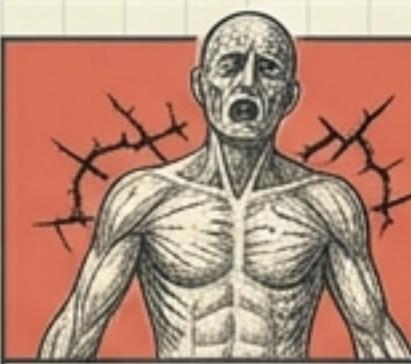
The Warning:

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)

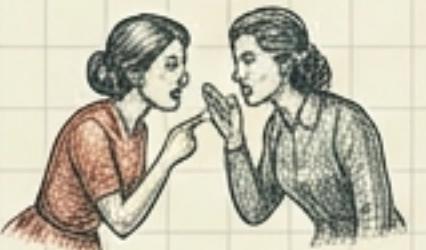


SYMPTOMS OF INTERNAL CONTENTION



Rudeness

“We got a lot of touchy people.”



Gossip/Backstabbing

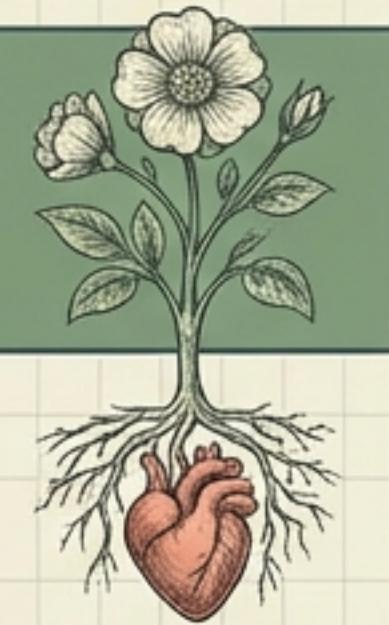
“Always stand your ground in defending him or her.”



Pride

“Not boastful or haughty.”

THE CURE (1 COR 13)



Patience & Kindness

“Love suffers long.”



Loyalty

“Always stand your ground in defending him or her.”



Humility

“Not boastful or haughty.”

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

THE TREATMENT PLAN: Immediate Intervention



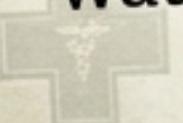
For the Stubborn

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



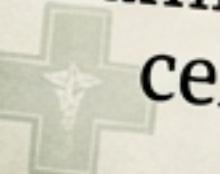
For the Hurt

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



For the Families

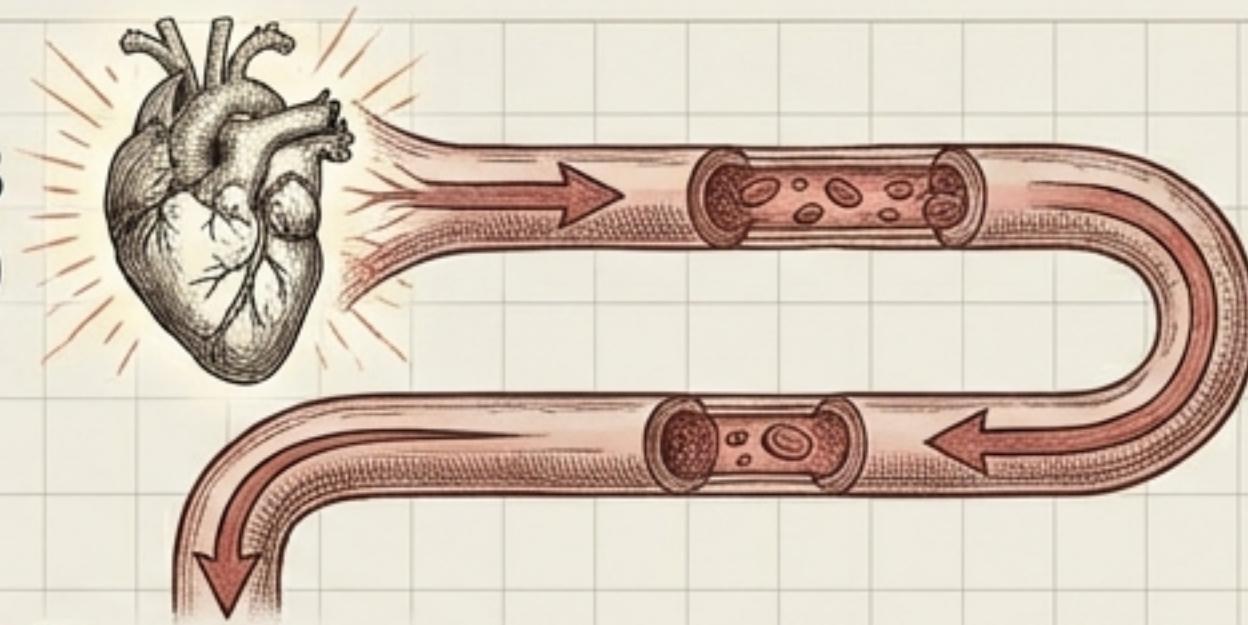
Restoration of the
family unit as the core
cell of the church.



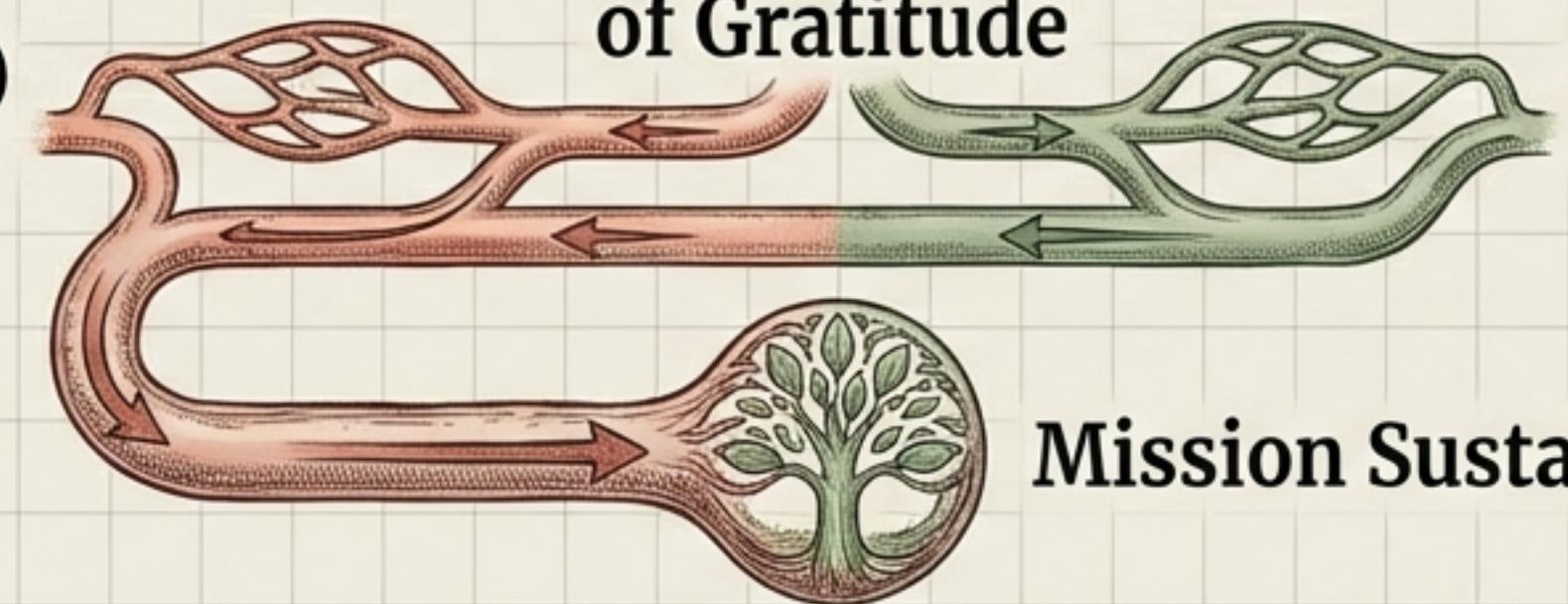
**Unity is the vessel into which
God pours His power.**

SUSTAINING THE BODY: Systematic Benevolence

God's Blessings
(Income)



Response
of Gratitude



Promise Offerings
- Set aside according
to prosperity.



Tithe (10%)
- Returned.

Mission Sustained.

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.**

Downsview Seventh-day Adventist Church