



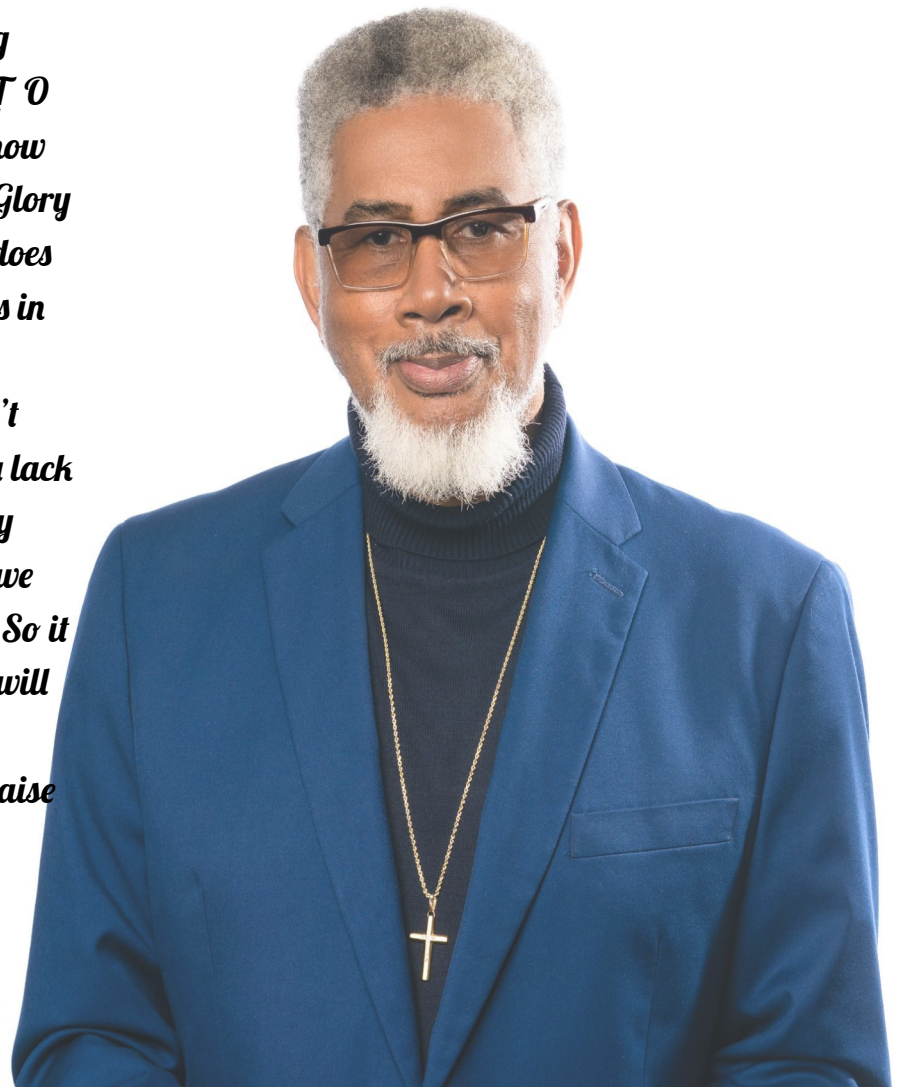
## ***Righteous Foundation International Ministries***

***Newsletter August 2026***

***Title: Self Esteem***

***God knows every direction we're going to take prior to us taking the steps. In fact, he knows what we're thinking before we think it. Psalm 139:1 NLT O Lord, you have searched me and know me! Therefore, we give God all the Glory because he knows us and not only does he know us he doesn't see any flaws in us. However, we allow people to distract us. Unfortunately, we don't know who we are. Consequently, a lack of self esteem keeps us from actually knowing who we are. As a result, we allow ourselves to become targets. So it causes us to look for someone who will tell us that we're either beautiful or handsome. Psalm 139:14 NIV I praise you because I am fearfully and***

***wonderfully made; your works are wonderful, I know that full well. Needless to say, when God made us he revered us. Yet we don't revere ourselves. Psalm 17:8 Keep me as the apple of your eye; hide me in the shadow of your wings. God looks at us and he adores us. Genesis 1:31 KJV And God saw everything that he made, and, behold, it was very good. And the evening and the morning were the sixth day. We must start seeing ourselves as God sees us. Apostle Mannie Wooten's Sermon written by Prophetess Valerie Lewis***





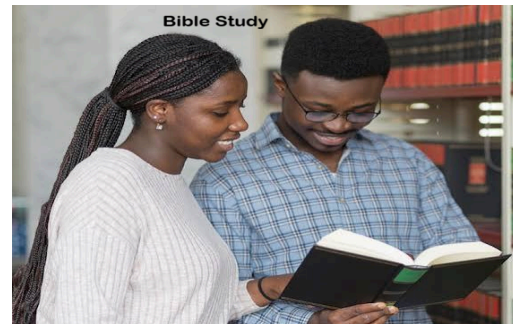
**Subject: Residue/Sideeffects**

*The side effects of not washing soap off of our bodies causes us to itch. Similarly the side effects of pain and trauma can cause us to have sores. The sores of a bad relationship can fester inside of us. The festering will steal our identity from us. John 10:10 KJV The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. If you're digging in the residue of the past it can keep you from experiencing life more abundantly. Needless to say, it's just like a dog when he's scratching flees off of himself. The dog can't focus. The strong man has caused you to have low self esteem. As a result, you're anxious, fearful and full of doubt. Instead of catering to the past we must cast down the strongman of our past trauma or pain. 11 Corinthians 10:5 KJV Casting down imaginations and every high thing that exalteth itself against the*

*knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

**Prophetess Valerie Lewis**

*We've been studying Spiritual Warfare. This study has taught us how to fight in the spirit. We've learned about how to use the word of God to destroy the tactics that the enemy sends towards us. Psalm 91:2 KJV I will say of the Lord, he is my refuge and my fortress: my God; in him will I trust.*



*Join us on Bible Study every Wednesday from 7-8 p.m. on Zoom. Our Bible Study Meeting Link is 860 9098 1562 and the pass code is 438182. Our new lesson begins on August 5th. We're Studying Meeting The Spirit by Douglas Connelly. This book will teach you about encountering God's presence. Moreover, it will teach you that the Holy Spirit is our compass, comforter and the*

*Holy Spirit helps you to develop your character. This LifeGuide Bible Studies Series can be purchased on Amazon. You can also view the ebook online for free. The ebook series is available for 30 days at no charge. Please visit [Meeting the Spirit by Douglas Connelly \(Ebook\) - Read free for 30 days](#) You can also follow us in John 16:5-15 for this lesson.*

2026 Calendar

|                       |                      |                      |                      |
|-----------------------|----------------------|----------------------|----------------------|
| <b>January 2026</b>   | <b>February 2026</b> | <b>March 2026</b>    | <b>April 2026</b>    |
| <b>May 2026</b>       | <b>June 2026</b>     | <b>July 2026</b>     | <b>August 2026</b>   |
| <b>September 2026</b> | <b>October 2026</b>  | <b>November 2026</b> | <b>December 2026</b> |

### **Upcoming Events:**

*A Gathering of Men. Zoom Meeting Every 3rd Thursday of the Month Time: 7.p.m. to 8:30 p.m. Contact Anthony Bourne @ 407-919-9284 For more information. We should think about each other to see how we can encourage others... (Hebrews 10:24-25 ERV)*

*Join us on October 1&2 at 7:00 P.M. for our Reformation Overhaul Summit.*



*Healthy Eating challenge: Instead of picking up the potato chips, or eating cake. Make yourself a healthy smoothie. A Banana and peanut butter smoothie is a combination of potassium, healthy fats, and plant based protein. It's an excellent source of energy.*

*Ingredients, two bananas, almond milk and two tablespoons of peanut butter*

*Join us online at*



**WAYS YOU CAN GIVE**

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**ONLINE**

**CASH-APP**