

THE FOUNTAINEER

A MONTHLY NEWSLETTER OF THE FOUNTAIN OF LIFE CHURCH

MAY 2024

Woman, You Are Precious, Powerful and Priceless – – Pastor Toluwani Odukoya Tells Women on Mother’s Day Service

The Fountain of Life Church donned its brightest colours on Mother’s Day, May 12, for a special service celebrating women of all backgrounds and status. The joyous atmosphere buzzed with appreciation for mothers and their own female pastors and Associate Senior Pastor Toluwani Odukoya. The church also recognised two exceptional female volunteer workers who have made significant contributions in their departments and communities generally.

In her sermon, Pastor Toluwani addressed women, emphasising their worth, strength and resilience. Referencing Genesis 2:18-23, she described women as the pinnacle of creation. She likened their protective nature and ability to overcome challenges to the human ribcage. Pastor Toluwani further explained women’s strong will and power to safeguard what they hold dear. Highlighting the complementary roles



of men and women as described in Genesis 2:18, she urged men to nurture their wives, stating that by so doing they would benefit maximally from the potential God has placed within them. Pastor Toluwani then encouraged women to embrace their significance and claim their rightful place, referencing Psalms 20:1-2, Exodus 18:4 and Job 29:12. “Woman,” she declared, “you are needed, necessary and important.” •

The Fountain of Life Church Mission Statement

The Fountain of Life Church is a culture-shaping mission established to raise, disciple and grow a movement of leaders and influencers living out God's Kingdom Culture (the Way of Christ) in Spirituality, Family, Relationships, Enterprise, Government, Media, Entertainment, and Education.



Your New Beginning Starts Now

– Pastor Jimmy Declares at May Anointing Service

Reported by Olabisi Etuk

After a moment of impartation and baptism with the Holy Spirit, Pastor Jimmy Odukoya, during the May 3 Anointing service, focused on the theme of New Beginnings, referencing Revelations 21:5-6. He emphasised God’s sovereignty, noting that anything God commands must be obeyed as it recognises the Creator’s voice. He affirmed the faithfulness of God’s Word, stating that anything contrary to it is a lie. Highlighting God as the Alpha and Omega, he stressed that God’s mercy and blessings usher in new beginnings without cost. Dwelling on 1 Kings 19:16, Pastor Jimmy posited that newness comes from God, independent of current circumstances, and is accessible through Jesus Christ’s sacrifice. He concluded with prayers for newness, encouraging the congregation to trust in God’s promise for the month and be faithful, diligent, and let go of delays, mistakes, obstacles, and bad habits. ●





The Birthing Process – The Delivery Stage

In concluding his series from the previous month on The Birthing Process at the May 5 Sunday service, Pastor Jimmy Odukoya spoke on the final stage: the delivery. He explained that this stage comprises the promise, the process, and the collaborator, and is often marked by intense pain and pressure, which God's grace surpasses. Temptation, he noted, comes from the devil to derail God's promise, citing examples of Joseph and David. He emphasised the importance of surrounding oneself with supportive, Christ-rooted individuals who can offer prayers and godly counsel during



delivery. Pastor Jimmy then urged the congregation to persevere in prayer through the pain, ensuring they do not give up during this crucial stage. ●

The Dilemma of the New

Starting a new sermon series titled "The Dilemma of the New" at the May 19 Sunday service, Pastor Jimmy Odukoya addressed the challenge of trying to embrace new experiences while clinging to the old. He explained that for something new to begin, the old must end, as highlighted in Revelation 21:4-6. He referred to cognitive dissonance, where individuals hold onto contradictory beliefs, noting that many Christians struggle to let go of old lifestyles when stepping into the new. Pastor Jimmy identified the reasons for this dilemma to include a false sense of

stability from the old, fear of the unknown, satisfaction with the old, and social pressure.

Using Abram's obedience to God's call in Genesis 12:1 as an example, Pastor Jimmy illustrated the blessings that come from leaving the old and faithfully following God into the new. He emphasised that obeying God could bring generational blessings, as seen in Abraham's life. He then encouraged the congregation to boldly leave their familiar surroundings, identity, and comfort zones, and to trust in God with faith and hope for the new. ●



The Dilemma of the New: Child-ish

It was a special Children's Day celebration at the Family Sunday service on May 26 at The Fountain of Life Church. The children handled major parts of the service, including the praise and worship session and Fountain News, among others. Pastor Jimmy

Odukoya delivered a sermon on the importance of childlike faith. He emphasised that humility, obedience, and trust in God are key to a meaningful Christian life, using examples of children readily following instructions and referencing Bible verses about



having a childlike relationship with God. Speaking from Micah 6:8, Philippians 2:4-8, and Matthew 18:21-35, he emphasised the importance of doing away with self-conceit and abiding in God's presence. ●





New Beginnings

Pastor Jimmy Odukoya has encouraged Fountaineers to embrace the promise of newness declared by God for the month of May. At the Showers service on May 2, he dwelt on Revelation 21:5-6, emphasizing that God's declarations are fulfilled instantly, even if not immediately visible to us. He urged believers to align their mindset with God's Word, letting go of old experiences to appreciate the newness God offers. He stressed the importance of surrounding oneself with supportive, faith-filled people in order to see God's promises manifest.

In his subsequent messages, Pastor Jimmy underscored the significance of participation and faith in experiencing God's newness. He shared the story of Jesus and the Samaritan woman in John 4, emphasizing that God can use anyone to fulfil His purpose. He noted that believers must engage actively with God's promises, regardless of their current circumstances. He also highlighted the power of praise and worship, especially during challenging times, as a means to trigger divine intervention. Pastor Jimmy encouraged his listeners to maintain hope and faith, reminding them that God's promises are unwavering and faithful.

Speaking at the May 23 Thursday Showers service, Pastor Jimmy emphasised the necessity of revelation for new beginnings, drawing from John 5:1-14, which is about the healing at the Pool of Bethesda. He asserted that knowledge and logic oppose what God requires for newness, as seen in the faith journeys of biblical figures like Abraham, Noah, and Mary. "No one that has ever walked with God has walked with knowledge



and logic," he stated, noting the limits these impose on divine walk. Instead, he challenged believers to move by revelation, as logic and knowledge will fail. Pastor Jimmy then urged the congregation to embrace the new beginnings promised by God, even if they appear abnormal, reminding that revelation, not logic, leads to true transformation.

At the May 30 Thursday Showers service, Pastor Jimmy Odukoya's sermon focused on the concept of new beginnings being a continuous process offered by God. He explained that God is constantly making things new, and believers should expect this in their lives. By trusting in God's Word and remaining connected to Him, he said, new beginnings can happen at any time. He emphasised that even challenges and suffering can be part of God's plan for growth and new beginnings. ●



Food for Thought

A lady went to the Pastor and said, "I won't be attending Church anymore."

He said, "May I ask why?"

She answered, "I see people on their cell phones during the service, some are gossiping, some just aren't living right, they are all just hypocrites."

The Pastor got silent for some time, then said, "OK, but can I ask you to do something for me before you make your final decision?"

She asked, "What's that?"

He said, "Take a glass of water and walk around the Church two times and don't let any water fall out the glass."

She said, "Yes, I can do that."

She came back and said, "It's done."

He asked her three questions:

1. Did you see anybody on their phone?
2. Did you see anybody gossiping?
3. Was anybody living wrong?

She said, "I didn't see anything because I was so focused on this glass, so the water wouldn't fall."

He told her, "When you come to Church, you should be just that focused on God, so that you don't fall. That's why Jesus said, 'Follow me.' He did not say follow Christians. Don't let your relationship with God be determined by how others relate with God. Let it be determined by how focused YOU are on GOD."

Q U I Z MAY EDITION



1. How many deacons were chosen to help the apostles to distribute food to widows?
2. Who went with Paul on his early mission trips?
3. True or False: Paul had a vision of a man calling him to come over to Carthage.
4. What was the name of the man who requested Jesus' body for burial?
5. What reward did Jesus say the twelve apostles would get for forsaking everything and following him?
6. Which angel told Daniel the meaning of his vision of the ram and the goat?
7. Fearing that Saul wanted to kill him, what lie did David ask Jonathan to tell his father if asked why he wasn't at the king's table for the New Moon feast?
8. Which tribe of Israel received no inheritance of land?
9. Which missionary was described as having known the holy scriptures from an early age?
10. Who was the father-in-law of Caiaphas, the high priest at the time of Jesus' death?
11. Which two tribes of Israel were not named after sons of Jacob?

HEALTH TIPS



How to Care for Your Teeth

Ever wonder how to keep your pearly white teeth sparkling for years to come? Our teeth are amazing tools that help us chew, speak, and even smile with confidence. But just like any other part of our body, they need some Tender Loving Care (TLC) to stay healthy. Brushing, flossing, and even what we eat, and drink all play a role in keeping our teeth strong and cavity-free. Let's dive into some easy yet effective ways to care for your teeth!

1. **Brush your teeth twice daily (including your tongue).** Throughout the day, germs and bacteria build up in your mouth, and food particles are stuck between your teeth. This is why it's important to brush after meals, especially before bed. If you skip this step, plaque is likely to form around your teeth. Make brushing twice daily a non-negotiable part of your routine. Remember to clean your tongue every day after brushing. You can use a brush or a tongue cleaner. This is an important step of oral hygiene maintenance.
2. **Brush the right way.** Brushing technique matters! Brushing too hard or with the wrong brush can actually hurt your teeth. The trick is to use gentle circles at an angle, for no more than four minutes, to avoid damaging the enamel. A soft-bristled brush is your friend, and don't forget to replace it regularly when the bristles get worn.
3. **Flossing.** While toothpicks can be handy in a pinch, floss is the real champion for cleaning between teeth. This thin cord removes plaque and food particles that brushing alone can't reach. Skipping floss can leave these deposits behind, which can lead to cavities.
4. **Use the right toothpaste or mouthwash.** Brushing isn't the only thing to consider for healthy teeth. Harsh abrasives in toothpaste can damage enamel, so choose a gentle formula. Fluoride is a great cavity fighter but talk to your dentist to see if it's right for you. If you use mouthwash, make sure it's done in moderation as some dyes can stain your teeth!
5. **Rinse your mouth after every meal.** After each meal or snack, give your mouth a quick swish with water! This helps rinse away leftover food particles that might otherwise hang around and cause trouble. Mouthwash isn't essential for everyone, so check with your dentist to see if it's right for you.
6. **Drink water.** Drinking water regularly throughout the day helps wash away bacteria that can damage your teeth. It's especially helpful after meals to neutralize any leftover acids. A quick swish with water can also do the trick!
7. **Regular dental check-ups.** Don't forget your dental check-ups! Regular visits, ideally twice a year, are like preventive maintenance for your smile. Your dentist will be on the lookout for any plaque, tartar, cavities, or gum problems before they become bigger issues. Early detection means easier treatment.
8. **Avoid sugary sweets and treats.** Calling all sweet tooths! Be warned, your love affair with sugary treats isn't exactly reciprocated. Those yummy candies and desserts turn into cavity-causing enemies in your mouth! Sugar feeds bacteria that produce acid, which eats away at your tooth enamel. To keep your smile sparkling, limit sugary and sticky snacks. But hey, if you must give in, remember to brush afterwards to clear the sugar and avoid cavities. Fight cavities, not your sweet tooth!
9. **Crunchy fruits and vegetables are good.** Crunchy fruits and veggies are your teeth's best friends! Chewing on apples, pears, beets, broccoli, and similar foods gets your saliva flowing. Saliva is a superhero for your mouth, washing away food particles and helping to prevent cavities.
10. **Change your toothbrush regularly.** Brush it out, but not for too long. Don't use the same toothbrush for more than six months! Dentists recommend swapping your toothbrush every 3-4 months to keep those bristles effective. And to avoid spreading germs, make sure all your dental tools (brush, floss, retainers, etc.) stay clean and hygienic.

MAY CELEBRANTS BIRTHDAYS



CELESTINA BASSEY, MAY 6



CHIDINMA ANENE, MAY 6



MICHELLE ODUGBESAN, MAY 7



UZOMA SOCHIMAKPAM PEARL, MAY 18



ABISOLA ADETOLA, MAY 22



DUPE AINA, MAY 24



BLESSING IYELI, MAY 25



EILEEN NWOKEJI, MAY 25



IFEBUCHE OGBONNA, MAY 25



AKWAJA NKECHI, MAY 27



OLUWAKEMI BAKPA-OJUOTIMI, MAY 27

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