

UPPER ROOM DELIVERANCE MINISTRIES



August
2026

ISSUE#13

KINGDOM LIVING *Digest*

“

Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

1 Corinthians 15:58

INSIDE THIS ISSUE



One Year In: Still Standing, Still



Rooted and Built Up:
What a Year of
Growth Produces



Still Here: The
Faithfulness of God
Over a Year of Seasons



Kingdom Tips
Reflection &
Application



The Spiritual
Thread



From the Pastor's
Desk

One Year In: Still Standing, Still Growing

BY BRO. TERRENCE POWELL

A year ago, the first issue of the Kingdom Living Digest went out with a simple but powerful mission: to encourage the Body of Christ to live for what lasts. What has followed has been a journey through transformation, endurance, unity, praise, trust, and the deep, deliberate work of becoming who God has called us to be. Twelve issues. Twelve months of digging into Scripture, sitting with hard questions, and pressing forward in faith.

And here we are. Still standing.

That is not a small thing. In a world that moves fast and pulls hard in every direction, remaining committed to something that matters eternally is itself an act of faith. Every reader who has stayed with this newsletter through the year has been part of something real. A community of believers choosing, month after month, to be shaped by God's Word rather than by the noise around them.

As we step into our second year, the foundation matters more than ever. The world has not grown more stable. The pressures on believers have not lessened. The need for a faith that holds, a mind that is renewed, and a life that is genuinely rooted in God has only deepened. This anniversary issue does not look back simply to celebrate. It looks back to remember what God has done so that we can move forward with greater confidence in what He is still doing.

The theme of this issue is one that has been woven quietly through everything we have explored this year: remaining rooted. Staying planted. Holding on to what is real when everything around us shifts. After a year of growing together, it is the right moment to ask ourselves not just how much we have learned, but how deep the roots have grown.

One year in. Still standing. And by God's grace, still growing.



365-Day Bible Reading Plan

A U G U S T	1	DAY 213	☐	LUKE 10:25-42	11	DAY 223	☐	LUKE 13:22-35	21	DAY 233	☐	LUKE 17:20-37
	2	DAY 214	☐	LUKE 11:1-13	12	DAY 224	☐	LUKE 14:1-14	22	DAY 234	☐	LUKE 18:1-14
	3	DAY 215	☐	LUKE 11:14-32	13	DAY 225	☐	LUKE 14:15-35	23	DAY 235	☐	MARK 10:1-16
	4	DAY 216	☐	LUKE 11:33-54	14	DAY 226	☐	LUKE 15:1-10	24	DAY 236	☐	MARK 10:17-31
	5	DAY 217	☐	LUKE 12:1-21	15	DAY 227	☐	LUKE 15:11-32	25	DAY 237	☐	MATTHEW 20:1-19
	6	DAY 218	☐	LUKE 12:22-48	16	DAY 228	☐	LUKE 16:1-18	26	DAY 238	☐	MARK 10:35-52
	7	DAY 219	☐	LUKE 12:49-59	17	DAY 229	☐	LUKE 16:19-31	27	DAY 239	☐	LUKE 19:1-27
	8	DAY 220	☐	LUKE 13:1-21	18	DAY 230	☐	JOHN 11:1-36	28	DAY 240	☐	JOHN 12:1-11
	9	DAY 221	☐	JOHN 9:1-41	19	DAY 231	☐	JOHN 11:37-57	29	DAY 241	☐	MATTHEW 21:1-17
	10	DAY 222	☐	JOHN 10:1-18	20	DAY 232	☐	LUKE 17:1-19	30	DAY 242	☐	JOHN 12:20-36
									31	DAY 243	☐	JOHN 12:37-50



ROOTED AND BUILT UP: What a Year of Growth Produces

There is a significant difference between a tree that has been in the ground for a decade and a sapling that was planted last spring. Both are alive. Both are growing. But when the wind comes, only one of them holds. The difference is not the quality of the tree. It is the depth of the roots.

Colossians 2:6-7 captures this beautifully. Paul writes that just as believers have received Christ Jesus as Lord, they should continue to live in Him, rooted and built up in Him, strengthened in the faith as they were taught. The image is layered and deliberate. Roots go down first. Then the building up begins. And the result is a faith that is not easily toppled. Not because life becomes easier, but because the foundation has gone deep.

This is what a year of intentional spiritual growth is meant to produce. Not just more knowledge, though understanding matters deeply. Not just more church attendance, though community is essential. What growth is meant to produce is depth. A faith that has been tested, stretched, and pressed into something more durable than it was at the beginning.

The year we have walked through together has covered ground that required exactly that kind of depth. Spiritual transformation asked us to surrender the old self completely.

Endurance called us to keep running when the pace felt unsustainable. Trust in God's plan required us to release our grip on outcomes we wanted to control. Praise challenged us to worship in seasons when gratitude did not come easily.



A renewed mind demanded that we allow God's Word into the places where our thinking had gone undisturbed for far too long. None of that is surface-level work. All of it is root work.

As we enter our second year, the invitation is not to start over, but to go deeper into what has already begun. Roots do not stop growing when a tree looks established. They continue pushing further, finding water in dry seasons, anchoring against winds that will inevitably come. The believer who keeps going deeper into God's Word, deeper into prayer, deeper into community and obedience, is the believer who will still be standing when the storms of the next season arrive.

A year of growth is not the finish line. It is the foundation for everything that comes next. And what God builds on a solid foundation, nothing can move.



-Pastor Lillie Powell

STILL HERE:

THE FAITHFULNESS OF GOD OVER A YEAR OF SEASONS



Look back at where you were twelve months ago. Not to dwell there, but to measure. Consider the prayers you prayed, the challenges you carried, the moments when faith felt thin and the road ahead felt uncertain. Now consider this: you are still here. God brought you through every single one of those seasons, and not one of them had the power to cancel what He has purposed for your life.

[Lamentations 3:22-23](#) reminds us that the mercies of God are new every morning. Great is His faithfulness. This was not written in a season of ease. It was written in the middle of devastation, by a man who had watched everything around him collapse. And yet from within that collapse, he found something that had not moved: the faithfulness of God.

That is the testimony of every believer who has walked through a full year of seasons. Spring brought new beginnings and fresh faith. Summer brought heat and the kind of pressure that reveals what we are really made of. And through it all, God was faithful. Not faithful in the sense that everything went according to our plan. But faithful in the sense that He never left, never changed, and never abandoned a single promise He made.

Faithfulness is one of God's attributes that does not require our circumstances to cooperate. He is faithful when we feel it and when we do not. He is faithful in the answered prayer and in the season of waiting. He is faithful in the breakthrough and in the process that precedes it. What the past year should have written deeply into every believing heart is this: **God can be trusted.** Not because life was easy, but because He was constant through every part of it that was not.

As we celebrate one year of the Kingdom Living Digest, we are really celebrating something much larger than a newsletter. We are celebrating the faithfulness of a God who has kept every one of His people through another year of an uncertain and often turbulent world. We started this journey together declaring that we would live for what lasts.

His faithfulness lasts. His Word lasts. His purpose for your life lasts. One year later, that has not changed. And it never will.

- Pastor Jonnie Mae King



KINGDOM LIVING TIPS

Staying Rooted Through Every Season



Celebrate what God has brought you through before focusing on what lies ahead. Gratitude builds faith.



Revisit a Scripture that sustained you this past year and let it carry you into the next season.



Identify one spiritual discipline that has grown stronger over the past year and commit to deepening it further.



Do not measure spiritual growth only by feelings. Look for evidence of changed thinking, greater patience, and deeper trust.



Share your testimony with someone. What God has done in your life over this past year is someone else's encouragement for the road ahead.

REFLECTION AND APPLICATION

As we mark one year together, take time this month for genuine reflection rather than simply moving to what is next.

Ask yourself honestly:

- How has my faith grown this year?
- Where have I seen God's faithfulness most clearly?
- What area of my spiritual life still needs deeper roots?

Growth is not always dramatic, and transformation is rarely loud. Sometimes it is simply the quiet realization that something that once shook you no longer does, because the roots have gone deeper than they were before.

Let that be your measurement. And let gratitude be your response.

THE SPIRITUAL THREAD

SPIRITUAL STABILITY: REMAINING ANCHORED IN UNSTABLE TIMES

The Battle for the Mind: Thinking With the Mind of Christ

Over the past two months we have established that spiritual stability is not the absence of difficulty but the ability to remain rooted in God when difficulty comes. We explored how stability is cultivated through spiritual disciplines, obedience, guarding the heart, and maintaining an eternal perspective. Now we turn to what may be the greatest single battleground for the stable believer: the mind.

At the close of [Part 2](#), we noted that the next installment would examine one of the greatest threats to spiritual stability and how God's Word equips us to think, discern, and live with the mind of Christ. That is exactly where we are going.

The enemy has always understood something that many believers are still learning: control the mind, and you influence life. Every temptation begins as a thought. Every act of disobedience was first entertained in the mind before it was carried out in behavior. Every season of spiritual drift can be traced back to a shift in thinking that was allowed to go unchallenged.

This is why Paul's instruction in [2 Corinthians 10:5](#) is not passive or optional. He calls believers to actively cast down every argument and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

This is warfare language. And it is intentional.



The Battle Is Real

Many believers pray for stability in their circumstances while leaving their thought life largely unguarded. They ask God to change their situation while continuing to think in patterns that undermine the very stability they are seeking. Fear-based thinking produces fearful decisions. Offense held in the mind produces bitterness in the heart. Thoughts rooted in scarcity produce a life lived in spiritual poverty regardless of what God has actually provided.

Romans 12:2 NKJV

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

The mind that is not intentionally renewed will default to the patterns it has always known. Romans 12:2 does not suggest that renewal is automatic. It is a command. Be transformed by the renewing of your mind. The word transformed, as we explored in [July's issue](#), is the Greek word metamorphosis. It describes a complete internal reconstruction, not an adjustment of surface behavior. And it begins in the mind.

Thinking With the Mind of Christ

1 Corinthians 2:16 NKJV

For "who has known the mind of the Lord that he may instruct Him?" But we have the mind of Christ.



1 Corinthians 2:16 makes a staggering claim: we have the mind of Christ. This is not a distant possibility for the exceptionally spiritual. It is the inheritance of every believer who is filled with the Holy Spirit. The mind of Christ is characterized by truth, by eternal perspective, by compassion without compromise, by wisdom that goes beyond human reasoning, and by a settled confidence in the Father that no circumstance could shake.

To think with the mind of Christ is not to become superhuman. It is to submit our thinking consistently and deliberately to the authority of God's Word and the leading of the Holy Spirit. It means measuring every thought against what Scripture says is true. It means recognizing anxious thoughts, not as facts, but as invitations to bring a need before God in prayer. It means refusing to allow the enemy to set the agenda for what occupies our mental and emotional energy.

Philippians 4:8 NKJV

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Philippians 4:8 gives us the clearest practical instruction on this: whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report — think on these things. This is not wishful thinking or the avoidance of hard realities. It is a deliberate, disciplined direction of mental attention toward what is true and eternal rather than what is temporary and distorted.

Guarding the Gate

The mind is not passive. It is constantly receiving input from the world around us, from our memories, from the enemy, and from the Spirit of God. Spiritual stability requires that we become intentional about which inputs we give the most access to. What we consistently meditate on shapes what we consistently believe. What we consistently believe shapes how we consistently live.

This is why Scripture places such importance on the renewing of the mind through the Word of God. The believer who reads Scripture regularly is not simply accumulating information.

They are gradually replacing distorted thoughts with truth, fearful patterns with faith, and worldly perspectives with Kingdom ones. Over time, the mind that is consistently exposed to God's Word begins to recognize lies more quickly, resist temptation more effectively, and respond to difficulty from a place of greater stability.

A mind anchored in God's truth is not a mind that never faces a threatening thought. It is a mind that knows what to do with one. Cast it down. Measure it against the Word. Replace it with what is true. Return to peace. That is the mind of Christ at work in the believer. And it is the most powerful weapon available against every force that seeks to destabilize the people of God.



Next Month...

Spiritual Stability, Part 4 — Stable Relationships: How Community Anchors the Believer in Uncertain Times

FROM THE PASTORS' DESK

What a Year Reveals

Pastor Lillie P. Powell

A year is long enough to be tested and short enough to be surprised by how quickly God can move. As I reflect on the journey this newsletter has taken over the past twelve months, what stands out most is not the topics we covered or the articles we have written. What stands out is God's faithfulness to meet His people right where they were, in every season, with exactly what they needed.

There were readers who came to this newsletter in the middle of difficult seasons.



There were moments in our own ministry where the road was not as clear as we would have liked. But month after month, God provided the word, the wisdom, and the encouragement that kept us all moving forward. That is not our doing. That is His faithfulness on display.

As we enter year two, my prayer is that every person who reads the Kingdom Living Digest would not simply be informed but genuinely transformed. That the words on these pages would find their way past the mind and into the heart. Producing the kind of deep-rooted, unshakeable faith that sustains us through whatever the next year holds. Thank you for being part of this. God is not finished with any of us yet.

Still Running, Still Grateful

Pastor Jonnie M. King



One year ago, we started something that we believed God had placed on our hearts. We did not know exactly what it would become or how far it would reach. We simply said yes and took the first step. What has unfolded since then has been a reminder that when God initiates something, He is faithful to sustain it.

To everyone who has read, shared, prayed over, and been encouraged by the Kingdom Living Digest this year: your engagement with this ministry matters more than you know.

You are the reason this work has purpose beyond the page.

As we move into our second year, I want to challenge every reader to go deeper. Do not just read. **Apply.** Do not just agree with what you find on these pages. Let it challenge you, stretch you, and push you further into the person God has called you to be.

We have covered a lot of ground this year. But the best, I believe, is still ahead. Stay with us. God is still working, and we are still running.

Closing Prayer

Heavenly Father,

We thank You for another year of Your faithfulness, Your provision, and Your sustaining grace. You have brought us through seasons we did not know how to navigate, and You were present in every one of them. As we enter this new year of the Kingdom Living Digest, we ask that You continue to root us deeper in Your Word, anchor us firmer in Your truth, and grow us into the fullness of whom You have called us to be.

May every word written and read bring glory to Your name and produce lasting fruit in the lives of Your people. We are still here because You are faithful. And we move forward because You go before us.

In Jesus' name,

Amen.

