



Today is the Sabbath of the Lord the 7th day of the week, a day God designed to be one of blessing, and acts of mercy, to remind you of the gift of love.

Living Manna Online Church invites you to watch online:

www.livingmanna.church
https://www.youtube.com/channel/UCK00dZIG67R28gJ_IP9m_PA

www.livingmanna.church



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Isa 58:6 "The kind of fasting I want is this: Remove the chains of oppression and the yoke of injustice, and let the oppressed go free.

Isa 58:7 Share your food with the hungry and open your homes to the homeless poor. Give clothes to those who have nothing to wear, and do not refuse to help your own relatives.

Isa 58:8 "Then my favor will shine on you like the morning sun, and your wounds will be quickly healed. I will always be with you to save you; my presence will protect you on every side.