

**The chest will become broader, and …the speaker need seldom become hoarse, even by constant speaking.-GW 90.”**

**Pastoral Ministry, p. 199**

**Ellen G. White**

**INSPIRATIONAL**

**THOUGHTS**

**“Ministers should stand erect, and speak slowly, firmly, and distinctly, taking a full inspiration of air at every sentence, and throwing out the words by exercising the abdominal muscles. If they will observe this simple rule, giving attention to the laws of health in other respects, they may preserve their life and usefulness much longer than men in any other profession.**



**PRAYER FOCUS**

**Elders of the:**

**Las Cuevas SDA Church**

**PRAYER**

**FOCUS**