

A woman with dark skin and closed eyes is shown from the chest up. She wears a crown made of bright, intense orange and yellow flames. She holds a wooden staff vertically in front of her face, with the flames of the crown appearing to emanate from the top of the staff. The background is dark with some faint, glowing particles.

Spiritual GARMENTS

*A Spirit-Led Teaching on Accessing the
Presence and Power of God*

PROPHET HELEN SEGUNFUNMI-OLAJIDE

Spiritual GARMENTS

*A Spirit-Led Teaching on Accessing the
Presence and Power of God*

by

PROPHET HELEN SEGUNFUNMI-OLAJIDE

UNDERSTANDING SPIRITUAL GARMENTS

One of the revelations the Lord gave me is this: your consistency with God and your relationship with Him will clothe you with different spiritual garments. These garments are not mere metaphors—they are spiritual realities.

Faith, Love, and Righteousness are spiritual garments that grant you access to God's presence and power. Without them, your access to deeper dimensions of God will be limited.

God desires you to have unhindered access to Him, but He operates by principles. You must follow His instructions if you want to walk in the fullness of His Spirit.

Why Your Prayers May Not Be Answered

Many people are praying, attending church, and serving faithfully, yet they feel stuck. Why? Because they haven't yet reached the point of spiritual access. They are not wearing the right garments.

Let me be honest: your relationship with God is what clothes you in the garments of Faith, Love, and Righteousness. Without these, you cannot access His presence in fullness.

“Seek first the Kingdom of God and His righteousness, and all these things shall be added to you.” (Matthew 6:33)

Until you wear the garment that aligns with your request, your prayers may not bring results. That's why many pray and still don't see breakthrough—because revelation hasn't yet guided their intercession.

Revelation Is The Foundation For Effective Prayer

Every effective prayer is powered by revelation. It is not enough to pray; you must know what to pray and how to pray, and that insight comes from revelation.

When Joshua stood before God with filthy garments, the Bible says he could not access the throne until those garments were removed ([Zechariah 3:3–5](#)).

What does that tell us? Your spiritual clothing matters in the courts of heaven.

The Garments You Must Wear

1. The Garment of Love:

“Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.” (Mark 12:30). Love is not just a feeling—it is a spiritual force. When you wear the garment of genuine love for God, He begins to reveal secrets to you. Love gives you access.

When God sees love in you, He begins to unlock mysteries that no pastor or prophet can reveal to you.

2. The Garment of Righteousness:

Righteousness is not just morality—it is alignment with the ways of God. It is a spiritual positioning. There are promises in Scripture that are only activated through righteousness.

You may have done good works, but unless you are wearing the righteousness of Christ, many spiritual doors will remain closed to you. This garment is not earned by works but by walking in obedience to His ways.

3. The Garment of Faith:

“Without faith it is impossible to please God.” —Hebrews 11:6. Faith is more than belief—it is spiritual access. Faith breaks chains, opens doors, and makes the impossible possible. If you lack faith, you may find yourself praying endlessly with no manifestation.

Faith activates spiritual authority and positions you at the right hand of the Father, where you share in His divine power.



When you are clothed with faith, love, and righteousness, you receive permission in the Spirit realm to decree and establish things.

“Whatever you bind on earth will be bound in heaven.” (Matthew 18:18)

Why? Because you’re now operating under divine permission. You are no longer praying amiss—you are praying in alignment with God’s will.

Revelation Beyond The Bible

The Bible is the foundation of our faith, but the Holy Spirit gives you revelation tailored to your life. You cannot walk in deep spiritual truths without personal encounters and revelations that reveal your spiritual identity.

Many of you have read the Word, prayed in tongues, and fasted—but you still feel dry. Why? Because you have not received the garment that gives access.

Why Many Are Stuck Spiritually

You may be a choir member, usher, or prayer warrior—but still lack the Spirit of God. Why? Because God says: “Seek Me first.” He didn’t say, “Work in My house first.” He said, “Seek Me first.” That means relationship precedes service.

Many think that going to church or doing ministry work automatically guarantees access. But the Spirit of God doesn’t come through routine—He comes through intimacy.

Stop Serving Without Understanding

Do you know why you’re serving in that ministry? Or are you just busy doing activities? Without understanding, you will be exhausted and still spiritually empty. Revelation gives purpose to your sacrifice and direction to your walk.

Focus: Your Greatest Weapon Against Distraction

“Worship Me in Spirit and in truth.” (John 4:24)

Your mind is your energy. If your mind is not focused on God, your prayers will be powerless. Your focus determines your spiritual results.

You may be praying but thinking about your phone, your alert, your hunger. God is testing what distracts you. Until you master focus, you will not break through.

You Need Light to Grow

God started creation by declaring, “Let there be light.” That’s because nothing grows in darkness. Your life needs light to produce results. The Spirit of God is that light. When you carry Him, things will begin to work. But without Him, you are walking in darkness—unseen, unrecognized, and unfruitful.

You Can’t Access God by Strength Alone

You’ve tried it with your strength, your intellect, your hustle—but nothing is working. Why? Because spiritual things are spiritually accessed. Connect to the source of light, not just your human effort.

Why Are You Doing What You're Doing?

Before you resist temptation or end a toxic relationship, ask: What do I wish to gain? Understanding your spiritual "why" gives you staying power. Without vision, you’ll fall for pressure. Without understanding, you’ll feel guilty even when you do the right thing.

Revelation Beyond The Bible

Decision-Making with Revelation

Every decision you make carries either a reward or consequence. Many of you only see what you'll lose—but never what you'll gain. That’s why you return to your past—because you haven’t seen the spiritual reward.



“Train yourself for godliness...” (1 Timothy 4:7).

The realm of the Spirit is not accessed casually. It's not about emotional prayers or falling under anointing. It's about consistency, focus, and training. If you don't train your mind to focus on God, you will only worship in vain.

God Will Test Your Focus

He may test you with alerts during prayer. He may test you with distractions. The real question is: Can you prove to God that you can focus without getting what you desire? If you can't focus without marriage, how will you focus when you get married?

Sacrifice That Leads to Resurrection

Jesus didn't sacrifice in vain—He rose on the third day. Your sacrifice must have resurrection in view. Don't sacrifice to your own destruction. Ask yourself: What am I expecting as a result of this obedience? Sacrifice must align with resurrection, not just suffering.

Final Reflection

What Are You Chasing? Are you chasing marriage? Money? Approval? Or are you chasing God?

Whatever you consistently pursue becomes your spiritual garment. If you chase negativity, it will clothe you. If you chase God, His presence will rest upon you.

In summary: The Three Spiritual Garments. When you carry **Love, Faith, and Righteousness**, you gain:

- Access to God's presence
- Revelation for divine direction
- Spiritual authority
- Freedom from guilt
- Breakthrough from delay
- Clarity in decision-making
- Victory over temptation
- Resurrection after sacrifice

Wear these garments. They are your access.

FOCUS on God, and you will find light, breakthrough, and spiritual growth. It starts with a desire—but grows with consistency.



Why You Need the Holy Spirit

Why You Need the Holy Spirit

Glory be to God Almighty—who was, who is, and is to come. There is none like Him, and none can be compared to Him. Whoever you are, reading this message of truth—know that when you receive the truth, the truth shall set you free. And by the power of the Holy Spirit, you will be imparted by that truth.

This is why you need the Holy Spirit in your life: because you are not certain of what the future holds. You must prepare for what is ahead—both the blessings and the battles. Scripture says, "Serve the Lord in the days of your youth," because there are things that will come with age—things that cannot be avoided. While you're still young, you're laying a foundation for your future.

The Holy Spirit empowers you to overcome battles before they even reach you. He renews your mind and protects your thoughts from distractions—distractions that seek to destroy your calling and destiny. That is why you must walk with the Spirit daily.

Challenges can redefine you. Situations can shift your behavior and thought patterns. As a man thinks in his heart, so is he. The Holy Spirit shapes your thinking, so that your thoughts won't lead to self-destruction.

When your mind is not governed by the Spirit, it becomes vulnerable to lies and fear. The devil will trick your thoughts into hopelessness and shame. But when the Spirit of God dwells in you, He stores up testimonies in your mind. These testimonies will become your strength as you age. They become your evidence—your joy, your anchor.

Many people experience premature decline not because of sickness, but because their minds are filled with regret and emptiness. Depression feeds off thoughts of failure. That's why the Holy Spirit is essential—He restores your mind with truth, joy, and purpose.

We are in the last days. Not just prophetically, but personally. Every day we live brings us closer to the end of our individual journey. In these last days, demonic attacks target the mind. Thoughts, circumstances, and emotional wounds can either direct you toward or away from your destiny.

Some people can no longer walk in their assignment because of grief, fear, or trauma. Jesus said, "Let the dead bury their dead." This wasn't a dismissal of pain, but a reminder that purpose must move forward, no matter what. There's no room to dwell indefinitely in loss.

In these last days, fear has paralyzed many. Some people can't even board a plane or walk certain roads because of fear of death or attack. But fear is not from God. The Holy Spirit gives us boldness, peace, and clarity. Fear aborts purpose. But the Spirit of God enables you to rise above fear and fulfill destiny. The condition of your mind will determine whether you live a fulfilled life or a life



of regret. If you want peace in your old age, carry the Holy Spirit in your youth. If you want victory, let Him renew your mind today. You see, your mind is where spiritual battles are won or lost. An idle mind is the devil's workshop. Without the Spirit of God, negative thoughts will control you. They will lead you into immorality, theft, dishonor, and destruction. But when the Holy Spirit dwells in you, He gives you peace in chaos. He gives you joy that defies logic. He makes you strong in your weakness and rich in your lack. When your thoughts are anchored in God, you can't be easily swayed by trials.

Do not let temporary pain or disappointment become your identity. Your emotions can become your downfall if they're not managed by the Spirit. If you let your negative thoughts become actions, you will unknowingly push away blessings—people, opportunities, and open doors.

Check your actions. Many people are losing relationships, jobs, and favor—not because of external enemies, but because of emotional immaturity. You must allow the Spirit of God to help

you break free from toxic habits and beliefs that are now normalized in your life.

We are living in a time where wrong things feel right because society has normalized sin. But what is “normal” isn't always spiritual. And if something is part of you for long enough, it will become invisible to your conscience. That's why the Holy Spirit must reveal your inner state. He uses dreams, prophecy, and confirmation to expose what's hidden inside of you. Dreams, when interpreted, reveal deep truths. You may think, “I would never do that,” yet see yourself doing it in a dream. That is the Spirit showing you your heart. It is not to shame you, but to free you. Only the truth can set you free.

There are men and women whose spouses complain, but they ignore the warning signs because they think their behavior is justified. But you will not change until you see the truth about yourself. It's time to ask the Holy Spirit to reveal it to you. The Holy Spirit will guide you into relationships you should enter—and warn you about the ones you should avoid. He will help you avoid business mistakes, life-threatening decisions, and emotional traps.

He breaks generational patterns. When you carry the Holy Spirit, you will not repeat the negative patterns of your family. Train up a child in the way he should go, and when he is old, he will not depart from it. If you allow the Spirit of God to pattern your life from a young age, that pattern will sustain you through every storm.

Be consistent in His presence. If you're addicted to the world, the world will break you. But if you are addicted to God, the Spirit will

carry you.

Every challenge is a test. When you overcome it, you prove that the likeness of God is truly in you. If you fail, go back to the place of prayer. You haven't prayed enough. The presence of a battle is the call to prove what you've been building in the Spirit.

Don't complain. Prepare. Your consistency is what builds the spiritual armor you need. Don't just pray for blessings—pray for capacity. You're being shaped for the right moment, and when it comes, may you be ready.



The Importance of Growing Spiritually



The Importance of Growing Spiritually

Many of you desire God and are conscious of His existence, but you lack the consciousness of truth. You say, “I want to serve God, but I don’t know how. I want to know the truth, but I don’t know how to find it. I want to walk with God, but I keep being deceived when it comes to Christianity.” This confusion often stems from not taking the time to reconnect with your spiritual self—your root. You must learn to depend on God and, in doing so, also learn to understand yourself.

When you begin to understand the mind of God, you’ll love Him more deeply. And because you love Him and understand His heart, He will protect you. A consistent relationship with God brings you into what is known as The Covenant of Protection—a covenant of safety. You won’t be the person who says, “Lord, I called on You, but You weren’t there.” God’s presence feels absent not because He isn’t there, but because you haven’t encountered Him for yourself. Without a personal experience of God, His nearness feels imaginary. This is the reason many believers fail in their spiritual journey.

I’ve come closer to God, and I’ve realized His thoughts towards us are good, meant to give us an expected end. Often, we pray for certain things, but God brings us situations instead—opportunities to learn what we are praying about. Miracles are not magic; they

are processes. To receive a miracle, God may create scenarios that will stretch and shape you until you are ready to receive what He has in store.

One of the things God taught me in a revelation is the importance of guarding your thoughts. Many of you have been hurt or betrayed—by friends, partners, even exes. Yet, you still hold on to those painful memories. This emotional baggage is why you're stuck. The Bible says, "Forgive others so that God may forgive you." Forgiveness is not about returning to what hurt you; it's about freeing yourself from the weight of bitterness.

If you don't let go of grudges, your brain will gradually deteriorate. It will begin to forget good memories and hoard negativity instead. This is why people's attitudes often shift in old age. Their character reflects what has been dwelling within—anxiety, depression, fear. These are the fruits of unresolved trauma. Every painful event in your past must be understood, or it will eat away at your peace. Depression thrives on unhealed wounds and unchecked thoughts.

Forgiveness doesn't mean reconnecting with toxic people. It means understanding why something happened and letting go of its power over you. If you keep rehearsing how your ex hurt you, or how your friend betrayed you, you're poisoning your future. The past will haunt your dreams, rob your clarity, and become a spiritual hindrance. You must release it.

Many of you have faced abuse—emotionally, mentally, physically—and those experiences still shape your worldview. You hold onto pain, and it becomes your identity. This is why

people become fearful and isolated in old age. Their unresolved past manifests as paranoia and loneliness. God wants to reveal the truth behind every painful event—not to justify what happened but to liberate you from it.

Spiritual growth is the path to this freedom. When you are hurt, don't just react—learn. Until you understand why a relationship ended, you'll never find peace. That's why God calls us to renew our minds. He wants to reveal wisdom in every situation so that we don't become victims of our own memories.

Some of you are good to others, yet people repay your kindness with harm. This leaves you feeling depressed and unappreciated. But chasing those who don't value you will only drain you further. These feelings—resentment, confusion, sadness—will become your worst enemy if left unchecked.

Having a relationship with God teaches you to love Him more than people. People will test your sanity, your patience, your worth. That's why one of the Ten Commandments says, "You shall have no other gods before Me." Many of you have elevated people above God. That's why you're broken today. You've placed too much emotional weight on human beings, and when they disappoint you, it shatters you.

You must learn to grow spiritually. Without spiritual growth, you won't understand the purpose behind your trials. Life may teach you lessons, but God will teach you eternal truth. Often, God allows situations around you to become your teacher—not to break you, but to prepare you. Learn from the failures of others. Don't judge them—discern what God is trying to show you



through them. When you don't grow spiritually, you live in fear. Fear of choices, fear of marriage, fear of your calling. Growth brings clarity. Spiritual growth helps you discern what is of God and what is not. Without it, your prayers lack direction. The Holy Spirit is our teacher. He will help you see and interpret life spiritually. When your mind is clear and your heart is healed, miracles come naturally. God is the miracle.

Forgiveness isn't saying, "I'll forget." You can't forget what you haven't learned from. But when you grow spiritually, you see the consequences of holding onto pain, and that motivates you to let go. When you can see the future clearly, you avoid relationships and choices that are misaligned with God's plan. Many of you focus only on what God hasn't done. You cry over what you lack but forget to thank Him for life, health, and provision. There are people who would trade their riches just to have your peace or your breath. Yet you allow discouragement to rob you of your joy. Some of you live with people who mentally and emotionally abuse you—telling you you're nothing without them. It has caged your mind. The environment you live in affects how you think, behave, and make decisions. That's why it's essential to surround yourself with truth, not toxicity. Mental battles are often the result of years

of stored negativity—not witchcraft, but emotional poison. Loneliness amplifies these wounds. Depression often arises when you've been giving love to those who are incapable of returning it.

When you're too dependent on people, you'll always be disappointed. God doesn't want your mind enslaved by people's opinions or your own emotions. Many of you make decisions from a place of emotion, not truth. You feel guilty even when you make the right choice—why? Because you've been emotionally conditioned to feel bad for choosing yourself. That guilt is a sign that you've been led by your emotions, not by God's truth. God wants you to have a good heart, not an emotional one. A good heart is guided by truth, not by feelings of pity, guilt, or obligation. Emotions will destroy you if they are not filtered through wisdom.

Ask God to teach you His mind. Pray: “Father, help me think like You. Help me walk like You. Help me speak like You. Holy Spirit, teach me what I need to know.”

This kind of prayer brings growth. When truth governs your life, you'll stop feeling guilty for doing what's right. You'll stop tolerating disrespect in the name of love. Just because you're in a relationship doesn't mean it's godly. You may stay in a broken relationship thinking patience is a virtue, but ignore the fact that you're sinning with that person. You misunderstand the Bible. You're patient with sin but impatient with correction.

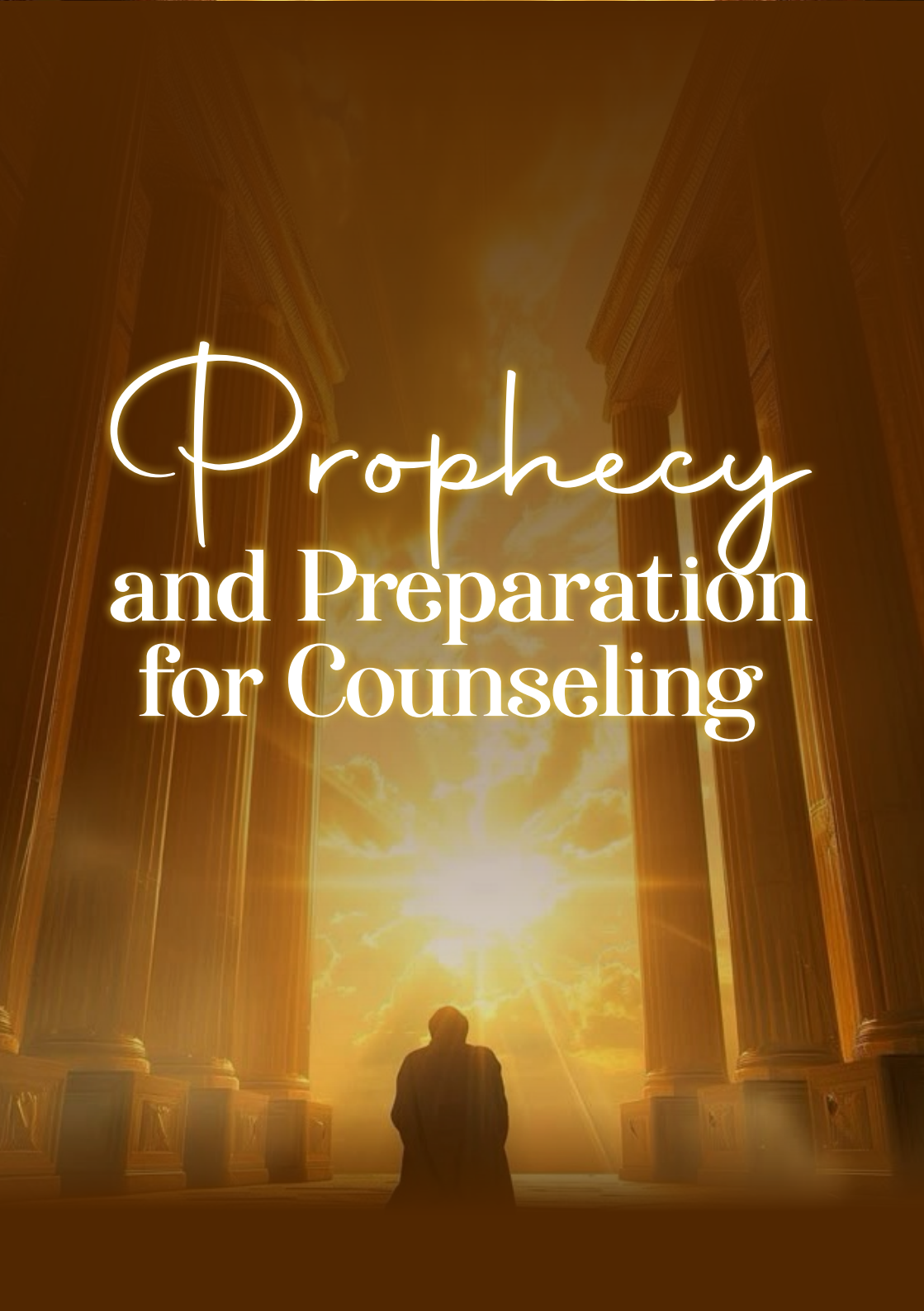
Emotions deceive. Ignorance fuels guilt. When you know the truth, you won't be tossed around by indecision. Truth brings confidence. It allows you to handle rejection, failure, and betrayal without bitterness.

God wants you to be satisfied with Him. When you're content in your relationship with God, He surprises you with blessings. You begin to love Him for who He is, not for what He gives. That's when miracles come. God is romantic in how He surprises His children—not because they begged, but because they were content in His presence.

Remember how the disciples followed Jesus—not because He gave them money, but because He gave them meaning. Peter, James, and John didn't lack anything while following Jesus, though He never showed them wealth. Jesus simply was the source. And as long as you walk with Him, He'll provide what you need—even when you don't know what that is.

Many of you are asking for blessings you don't have the capacity to carry. If God gave them to you now, you'd return crying, "Take it away!" That's why He teaches you first—so you'll value what He gives. God gives what aligns with your purpose, not what caters to your impatience.



The background of the image is a dramatic, low-angle shot of a classical building's interior. Tall, fluted columns line both sides of a wide hallway, receding into the distance. At the far end of the hallway, a brilliant, golden light emanates from an opening, resembling a sunrise or a divine revelation. The light fills the air with a hazy, ethereal glow. In the center of the foreground, the silhouette of a person wearing a dark, flowing robe stands with their back to the viewer, looking directly at the radiant light. The overall color palette is dominated by warm, golden-brown tones, creating a sense of awe and spiritual significance.

Prophecy and Preparation for Counseling

Prophecy and Preparation for Counseling

Introduction

Glory be to God Almighty—who was, who is, and who is to come. There is none like Him. None can be compared to Him. This Truth Series is centered on the truth—nothing but the truth. And as the Scriptures say, "You shall know the truth, and the truth shall set you free."

By the power of the Holy Spirit, I believe many people will be impacted and transformed by this truth. This message is divinely appointed. If you are reading this, your destiny has already been aligned with it. God has a message for your life, and it is critical that you connect with the Spirit of Truth.

Prophecy Requires Preparation

Every time God reveals something about your life, it is because He loves you. He sees your destiny clearly. He knows what will harm you, what will elevate you, and what will prepare you for success.

There are prophecies and promises over your life, and God is saying: prepare. He is not just promising; He's instructing you to get ready. You may not understand the signs. You may not even be able to interpret your dreams now. But He still says: prepare. Prepare for the prophecy. Prepare for the testimony. Prepare for

the season of fulfillment.

When you invite the Holy Spirit into your life, you're not just calling for a feeling—you're welcoming everything God carries: His wisdom, His presence, His protection, His power.

Waiting and the Test of Faith

Just like a father who tells his son, “Wait here, I’m coming with food”, so too does God sometimes call us to wait. In that waiting, temptation will come. You will grow desperate, hungry, and thirsty. But if you truly know your Father, you will wait—because you trust His character.

Even Jesus, in His hunger, declared : “*Man shall not live by bread alone.*” He knew the heart of the Father. When you’ve walked with God long enough, you know He never abandons His promises.

Be Watchful in the Waiting Season

Scripture says; “*Devote yourselves to prayer, being watchful and thankful.*” (Colossians 4:2)

While you wait, the enemy will come. The devil waits for you to relax, to slack in the Spirit, to grow weary. That’s when he attacks.

In the Garden of Eden, the serpent struck when Eve was alone. Temptation often comes in seasons of perceived separation from God. But remember, God is always preparing and protecting. While He is working on your testimony, He’s also equipping you with the wisdom to sustain it.

Knowledge of Truth Overcomes Ignorance

God said: *“What you don’t know is what will destroy you.”*

The devil thrives on ignorance. If you don’t know your identity, your authority, or your prophecy, he will pull you out of God’s will. That’s why you must remain rooted in the Word and stay connected to the Holy Spirit. Beware of people who justify your sin. Those who clap for you while you’re doing wrong are your real enemies. Correction is love. Anyone who encourages you to stay in abuse, compromise, or disobedience is working against your destiny.

The Weight of Prophecy

Every prophecy comes with a test. Every promise is followed by preparation. Many of you are failing your divine exams because you’re not spiritually alert. You’re being distracted until your appointed time passes. God is watching to see if you’re serious about His word. He may step aside to test your obedience, to see if you truly value what He has promised.

“To whom much is given, much is required.”

Righteousness and the Holy Place

Do you realize that the prophecies in your life reside in the Holy of Holies—a realm of divine purity and spiritual discipline? According to Leviticus 16:2–4, Aaron was not permitted to enter the holy place without the proper garment. Likewise, you must wear the garment of righteousness, earned by overcoming temptations in your waiting season.

Reduction Before Elevation

God often reduces you before He elevates you. *“He exalts the humble and resists the proud.”*

Greatness begins with humility. Look at Joseph: He dreamed of greatness—yet was sold into slavery, falsely accused, and imprisoned. Still, that prophecy stood firm. God had to reduce him so He could later elevate him.

Jesus, King of Kings, was born in a manger. Why? Because true spiritual promotion begins at the lowest point. When your pride and ego are stripped away, and you depend solely on God, then He begins to lift you.

Obsession Opens Doors for the Devil

God is warning you—do not be obsessed: Not with a man, Not with a woman, Not with money, Not with marriage. Obsession invites demonic access. It makes you vulnerable to manipulation, heartbreak, and depression. Your hope should not be anchored in people or things but in God alone.

Let Your Hands Be Clean

If God is preparing you for a great assignment, keep your hands clean. The world will try to pull you down, expose your past, or accuse you. But when your hands are clean, their accusations won't hold. Let righteousness be your defense. The higher God lifts you, the more opposition you'll face. But let your integrity be your strength.

Joy in Chaos Activates the Fourth Man

Even in the fire, Shadrach, Meshach, and Abednego were grateful. And what happened? The Fourth Man appeared.

"I still got joy in chaos. I've got peace that makes no sense."

That's where God wants you to live. In fire, find peace. In trial, find worship. That's what activates divine manifestation. When Paul and Silas prayed and sang in prison, the Holy Ghost came down and broke their chains. Praise unlocks deliverance.

Sacrifice Precedes Glory

There must be a piercing before there is a resurrection. Jesus was nailed to the cross. His blood touched the earth. The veil tore. That's when the glory was revealed. Likewise, your trials must pierce you so that the power of God can flow through you. Your pain is not without purpose. Let it push you into deeper intimacy with God.

Final Encouragement: The Resurrection Mindset

Jesus said, "On the third day, I will rise." This was His comfort—even on the cross. Can you say the same? Can you look at your storm and declare, "I will rise again"?

When the Word becomes Spirit, and that Spirit becomes your flesh, you don't struggle to believe anymore—you simply know. This is the realm God wants you to enter—a realm where your faith cannot be shaken.

I pray that this message has touched your spirit and prepared you for the manifestation of God's promises.

Hold on to your prophecy. Prepare in obedience. Stand firm in trials. Let joy rise in chaos. And always remember:
You will rise again.



ABOUT THE AUTHOR

PROPHET HELEN SEGUNFUNMI-OLAJIDE is the president and leader of Helen Tomwest Ministries, a Global Evangelism Ministry. She is the author of “The Truth Series” - inspirational series.

She is a dedicated Minister of God’s word, whose messages have brought the reality of the spiritual life to the hearts of many. Million of people have been affected by her online broadcasts of **THE TRUTH SEGMENT**, which brings God’s divine presence right into people homes. The scope of her online ministry extends throughout the world, with Helen Tomwest Ministries Networks, delivering qualitative of the word of God to a global audience.



For more information and support follow us on:

Contact: +234 908 542 2699

Email: hello@helentomwestministries.com

Instagram: [helentomwestministries](https://www.instagram.com/helentomwestministries)

Website: <http://www.helentomwestministries.com/>

Facebook: Helen Tomwest Ministries