

Title: Follow Me

Brandy Helton, Garden Gathering, 2/1/26

I always encourage all the saints that your worship is not just on Sunday morning, at your cell groups, or when you're gathering. It is our lifestyle and the Lord loves that we're worshipping Him and loving Him, 24/7, amen. So, you are your own band and worship leader. You have a song in your heart and a mouth that is called to give God glory and praise. It's very, very, very strategic in the Kingdom of Heaven, to exalt God and proclaim how great He is. Sometimes just by shouting and declaring how great He is, that will shift things for you, because you have put your faith in a mighty, mighty God, hallelujah.

All morning long, I just kept hearing these parts of testimony for myself to share. It's not going away. I'm pretty sure this is not for my brothers, but if it affects a brother, yay. But it's probably for my sisters, from the eldest to the youngest. For those who know me, I testify a lot that I used to be really consumed by a spirit of fear, had a demonic spirit of fear and a lot that ruled under with that. I was very shy, very quiet, very timid, and had fear. Jeff and I had been saved and were growing in our early walk with the Lord. In that time period, Jeff had joined and began to serve in the jail ministry. He did that for about ten years.

This is one of those stories of those adventures. He asked me to go with him one night. I don't know where the kids were, but it was just him and me. We were going to this apartment complex, where he was going to take a gentleman, who just got out of jail, a Bible. Sounds simple, right? So, it's night and we are driving to a not so safe part of town to the apartment complex, where we parked. Jeff pointed at the window of the room maybe three floors up just showing me where it was at. He said he had to go in that building and go up to that room. He goes, "I need you to stay in the car and wait for me to come back." Now, he's back there laughing, because this is true. That sounds simple, right? He locked the doors when he got out of the pickup. It's important. So, I kind of whine just a little bit, because, that fear is already talking to me. Because of what area I'm in, I don't necessarily have a lot of faith to be sitting in the car. It's dark where we are. So, he goes up into the building, and then I don't see him.

Well, I grew up during a time, where in all the movies the bad guys drove vans. For those who are as old as I am, raise your hand if you know what I am talking about. She's shaking her head in agreement. They drove vans. They all drove vans. When Amber and Hanna were little babies, I called the police, because I saw a van driving down my street in front of my house, really slow. It was not marked. It was just a white work looking van, but they drove really slow, and then they drove back. This is goes with it. They drove down and they drove back again. Well, that fear was talking to me. The movie played out in my mind and in my body. I manifested, and I was convinced that these were the bad guys. That they're going to come and they're going to get me and the girls. Now, if you have never had any form of fear, this is hilarious to you. But for those who know what I'm talking about, it is as real as the air that we breathe. So, I had already played out the movie and how it was going to happen. My German Shepherd, was at the door with me, and I was ready.

Okay, so now that's a "squirrel," but that helps you understand. So I'm out there in the vehicle while Jeff goes up, and I'm waiting. Then the fear hits me. Guess what drove up? A van, it is driving up, and I see it. Here I am manifesting the same way I did years ago. It drives by really slow, and Jeff is still up there. I see that light in that apartment building, but I'm alone in the car. So, I jump from the passenger side to the driver's seat, and I guess he left the keys in there, because I took off. I took that vehicle and boogied and I left him. I drove, that thing, and I went

Sunday, February 1, 2026

around and around and around. I didn't see any more vans. Finally, I came to my senses. You know, the Lord just ...bless your heart. So, I came to my senses, and I drove back to the apartment complex. Sure enough, I knew what Jeff would be doing. This is kind of what it looked like. Arms crossed, standing there at the edge of the grass in front of the apartment complex, just waiting on me. Then we have to talk about that and I'm crying, you know, manifesting. "Jeff, is this a true story? Jeff says, yes." Okay, that is a story of what it looks like.

You never know what's going to happen in life where, all of a sudden, the enemy will bring back to your understanding, your remembrance, or puts you in a place you have to overcome. Now obviously, later, I did go through deliverance, and those spirits did leave me. Yet, it's a journey of love to continue to renew my mind with the Word of God, and to fill my heart with that. Every stronghold of fear can be broken down, removed and uprooted from your heart, mind, will, soul and emotion, amen. Anyway, that kept replaying through my mind *to tell you*.

Now, the second story is more recent. I walk in our area, in our neighborhood. We're right on the river there. So, I'll walk up and around and about. Often times we'll see creatures or critters out there. We have a lot of deer out there. But, within the past five months, I saw some dogs. Two dogs come up bounding up out of the bush from the river. You could tell they just had something fresh to eat. We'll leave it at that. They're standing there on my path before me. So there we are at a stand off. We're standing there looking. I'm like, (praying in tongues) okay? What do I have to do? I have nothing but me. I don't carry anything. My phone's in my pocket. Now, "I just bind those spirits and those dogs in Jesus name, and saying, "you will not come near me!" You know, I pray a good prayer of faith, and I'm watching them, because I'm wise, right? I'm watching them, and they're staring me down. I mean literally in my path, looking at me, staring at me, okay? So, I just keep walking. The Lord said, "keep going." Of course, I'm praying, and I keep going. They scampered off, and I'm happy. Thank you, Lord, yes!

Another time, maybe that week or later in that week, I go out on my path again. Here the dogs come again, out of the bushes, and they stand in the path. Only this time, I've shifted my prayer just a little bit, because we know the authority that we have. I don't have to call forth the angels for them to be there, but there are times when I call forth the angels to be there. Okay, so here we go again. I see them in the path. Now I bind them, and say, "Father, I just thank you for your presence. I call the angels right now to surround me with a shield." As soon as I said that, the Holy Ghost just fell on me. I almost fell down on the path in the Spirit. But, I felt so much presence and so much glory, because I know it was a shift in my prayer a little further, right?

So I knew that was a promise from the Lord. Now, I did not know that kind of prayer when I was in the dark of night in front of the apartment complex. Then I was just growing in my faith in the Lord. But, I want you to hear the testimony. They finally scampered off. Then I do what every good citizen does, and I contact Animal Control to let them know we have these dogs out here. I'm thinking about all the elderly that are out there, the children that are out there, and the other people that are out there that walk and play and do all these kinds of things. These dogs need to be captured. I call the people that do that. Well, I never saw the dogs again. I did follow through with that, and hopefully, they did something about it. They told me they would.

But, it looks like this in your daily life. It looks like this in your daily journey, whether you're going to the post office or driving down the street or doing ministry or walking along your path, and something stands in front of you and you know something's off. You know something's different. It doesn't matter where we are, in public, in the grocery store, wherever. You have that feeling. You may not be in a spirit of fear, as I was earlier. Now, I'm aware of my circumstances, and I'm the one in authority. In your head, you figure out what you're going to do, step 1,2,3.

Sunday, February 1, 2026

Now, when I go to the mountains, it's all about the bears. When I went to Alaska, it was about the moose, because they say there's more injury and deaths with moose than bears in Alaska.

Okay, so it does not matter where you're at in this life. Are you hearing what the Spirit of the Lord is saying? Because God takes you from glory to glory to glory, and you have to walk through it. But, there's that prayer of authority. You know who you are, and you walk it out. You laugh and you cry. Sometimes we really have a good laugh about the things we go through in this life and how it rocks you. So what's rocked you, what stirred you, what has made you a little timid? For any ladies, that have a propensity to fear in any respect, because it's a broad picture. The enemy comes after females in a multitude of ways. I am here as a witness that we sang about, that you can overcome the spirit of fear. God will empower us, right?

I have multitudes of stories. If you want to hear multitudes, I could go on and on. But, those are the two that God brought up in the past and in the current. Be aware, be alert, be vigilant and always watching and looking, but not in fear. Be wise and discerning and don't shrink back. Yes, don't shrink back. Praise the Lord. You will raise up your daughters and your daughters in law, and those that you mentor and disciple, in the same. Because I promise you, you will use it. Amen. Alright, well, glory to God. If you need any personal help on that, come see me. I'll pray for you. Hallelujah.

The title today is, "Follow me." Who said that? Jesus, okay. I want to read Psalm 23 first. We follow Him. He's the One that leads us into all truth. That's how we can be victorious. Without Him, I can do nothing, absolutely nothing. Without Jesus, I can do nothing, absolutely nothing. He says in John 15, without Him, you can do nothing, absolutely nothing. Okay, that's why we abide in Him, and remain in His word. He empowers us to overcome.

Psalm 23 NKJV

Amen, what a promise. Jesus is our Shepherd, our Good Shepherd. He is our Apostle, our Prophet, our Evangelist, our Pastor, our Teacher. He is Helps and He is Administrations. He is the Son of God. He is God in the flesh. He adores us, and He's the One that's going to lead us into triumph and make us more than conquerors. He's the One. He's the only One that can do that, male and female, from the eldest to the youngest. The Lord is our Shepherd. He has provided everything that we need in Him. Everybody knows this psalm. We read it often. It's so comforting. It's so comforting, yet it takes you through a journey of life, through this psalm, and what it really looks like in your personal walk. Because things in our personal walk sometimes aren't going real well. Maybe there are times of trial, or testings, or difficult times. You may be soaring in the Lord. You're just taking a walk and you're good, but this is still truth. He's still performing, and He's still shepherding us, whether you ask Him to or not. He is on call. He's working. Yes, He is for us. He ever lives to make intercession for us. Through the great Holy Ghost, He pastors and shepherds us.

Jesus has called His disciples to follow Him, right? That's the title, "Follow me." We're His disciples. We are called to do the same. So, we will take a little journey here in very simple statements. The Lord is our Shepherd. You can read these in context on your own.

Matthew 4:19 NKJV

"Then He said to them, "Follow Me, and I will make you fishers of men."

When He says men, that means mankind, you understand, male and female, in families, yes.

Matthew 8:22 NKJV

But Jesus said to Him, "Follow Me, and let the dead bury their own dead."

Matthew 9:9 NKJV

“As Jesus passed on from there, He saw a man named Matthew sitting at the tax office, and He said to him, “Follow Me.” He arose, and he followed Him.”

He was at work in the tax booth. Right?

Matthew 16:24 NKJV

“Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross and follow Me.”

Matthew 19:21 NKJV

Jesus said to him, “If you want to be perfect, go and sell what you have and give to the poor, and you will have treasure in Heaven, and come, follow Me.”

John 1:43 NKJV

The following day, Jesus wanted to go to Galilee, and He found Philip, and said to him, “Follow Me.”

Now we know that He did this with all the disciples, but these are the ones that are in Scripture. “He found Philip.” “He found Philip.” “He found Philip, and He said, “Follow Me.” Say, “I’ve been found, praise God.”

John 10:27 NKJV

“My sheep hear My voice and I know them, and they follow Me.”
What comfort and that comforts Jesus.

John 12:24-26 NKJV

“Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone. But if it dies, it produces much grain. He who loves his life will lose it. He who hates his life in this world will keep it for eternal life. If anyone serves Me, let him follow Me, and where I am, there My servant will be also. If anyone serves Me, him My Father will honor.”

Now, He's actually prophesying about His own death here, which He would soon die, and others would follow along in His path.

“Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone. But if it dies, it will produce much grain. He who loves his life will to lose it. He who hates his life in this world will keep it to eternal life. If anyone serves Me, let him follow Me, and where I am there, My servant will be also.” Because we serve Him. “If anyone serves Me,” I love this. “Him, My Father will honor.”

You see, it just grows and it grows and it grows. It gets more and more rich in the call and to see all of it you read Matthew, Mark, Luke, John and Acts, yes.

John 13:36 NKJV

“Simon Peter said to Him, Lord, where are you going?” Jesus answered him. “Where I am going you cannot follow Me now, but you shall follow Me afterward.”

Peter says, “Lord, where are you going?” Because Jesus says, “I am going to leave.” He said, “Where are you going?” They didn't understand yet, as He's prophesying, speaking as to what's coming. “Where are you going?” Jesus says, “Where I am going you cannot follow Me now.” Because, Peter had already made the decision to follow Jesus. He had already been

Sunday, February 1, 2026

called, correct? He's following Jesus, and now Jesus is saying, "Where I'm going you can't follow Me now, but you shall follow Me afterwards."

John 21:18 NKJV

"Most assuredly I say to you," Jesus is speaking to Peter, "when you were younger, you girded yourself and you walked where you wished. But, when you are old, you will stretch out your hands and another will gird you and carry you where you do not wish." This He spoke, signifying by what death he would glorify God. And when He had spoken this, He says to him, "Follow Me."

Same Jesus, same Peter, just a few chapters apart, you understand? Jesus was saying this, and we know by history, that Peter was crucified upside down for his faith as a martyr.

John 21:22 NKJV

"Jesus said to him, "If I will that he remain till I come, what is that to you? You follow Me."

This is after His discussion about the Apostle John. So Peter says, "Where do I fit in?" Over and over again, "If I will," Jesus said. "If I will," that, that one does A, B, C, D, E, F, G, right? What is that to you? Here's your charge. "You follow Me." It's always so personal. Yet, we are His corporate body, each and every one of us is in the family of God globally, from the very beginning to the end. It's His family, and He has a plan and purpose and destiny for us all. He even knows how we will go and be with Him. Hallelujah, yes! He always comes back down to this, "Follow Me." It's so personal. It's like when you said, "yes," to the Lord. We do our best to walk with God, love God, believe God, and follow Him. Then when you get to go do things are a little scary. You get to step into something new you have never done before. Where life gets hard, there are challenges and things in our state that are evil. Yes, "You, Follow Me." We keep our focus on the King. Keep our focus and know that our life is His, and He is in us.

Everybody say, "Saint Peter." Now, you can read more about him in the beginning of Acts. But, we're starting here. This is a testimony of Peter, because the disciples went through a test early on after Jesus ascended back to Heaven. They went around doing good, healing all who oppressed by the devil, and preaching the gospel. They're doing what Jesus said. The Holy Spirit is poured out, and they're already bearing fruit. The religious leaders are out to persecute them, threaten them with jail, and do the same thing to them that they did to Jesus. Truth. That's where we are, okay? They stood, and they went through all that trial and that test.

Acts 12:1-19 NLT

"About that time, King Herod Agrippa began to persecute some believers in the church. He had the Apostle James (John's brother) killed with a sword. When Herod saw how much this pleased the Jewish people, he also arrested Peter. (This took place during the Passover celebration.)" Verse four, "Then he imprisoned him, placing him under the guard of four squads of four soldiers each." Someone's scared. "Herod intended to bring Peter out for public trial after the Passover." Verse five, "But while Peter was in prison, the church prayed very earnestly for him." Say, "Hallelujah." Verse six, "The night before Peter was to be placed on trial, he was asleep, fastened with two chains between two soldiers. Others stood guard at the prison gate." This is high security. "Suddenly, there was a bright light in the cell, and an angel of the Lord stood before Peter. The angel struck him on the side to awaken him and said, "Quick! Get up!" And the chains fell off of his wrists." Verse eight, "Then the angel told him, "Get dressed and put on your sandals." And He did. "Now put on your coat and follow me," the angel ordered." This is because somebody ordered the angel. Verse nine, "So Peter left the cell, following the angel. But all the time he thought it was a vision." Right, is this real? Am I in a vision? Is this happening? That realm. All along, he thought he was in a vision. "He didn't realize it was actually happening." Verse 10, "They passed the first and second guard posts and came to the

Sunday, February 1, 2026

iron gate leading to the city, and this opened for them all by itself. So they passed through and started walking down the street, and then the angel suddenly left him.” Verse 11, “Peter finally came to his senses. “It’s really true!” he said. “The Lord has sent his angel and saved me from Herod and from what the Jewish leaders had planned to do to me!” One who has ears to hear, let him hear, right? He came to his senses. The Holy Ghost allowed him to have the spiritual understanding of what was really going on. You know, he’s walking literally by faith here, because this is tremendous. “It’s really true!” I love that he came to his senses. “It’s really true!” Verse 12, “When he realized this, he went to the home of Mary, the mother of John Mark, where many were gathered for prayer.” As the church earnestly prayed for Peter. Verse 13, “He knocked at the door in the gate, and a servant girl named Rhoda came to open it. Verse 14, “When she recognized Peter’s voice, she was so overjoyed that, instead of opening the door, she ran back inside and told everyone, “Peter is standing at the door!” Verse 15, “You are out of your mind!” they said.” What faith, you’re out of your mind, they said. “When she insisted, they decided it must be his angel.” Verse 16, “Meanwhile, Peter continued knocking.” Just like Jeff was at the street, standing there with his hands crossed, just waiting for me to drive back up. “When they finally opened the door and saw him, they were amazed.” Verse 17, “He motioned for them to quiet down and told them how the Lord had led him out of prison. “Tell James and the other brothers what happened,” he said. And then he went to another place.” Verse 18, “At dawn there was a great commotion among the soldiers about what had happened to Peter. Herod Agrippa ordered a thorough search for him. When he could not be found, Herod interrogated the guards, and sentenced them to death. Afterwards, Herod left Judea to stay in Caesarea for a while.” The guards are like... and they paid a price, didn’t they? Because they were charged and they failed. This dude Peter got out, but it was supernatural.

I say all the time around here, “Stay with Him.” I say it all the time, “Stay with Him.” That’s about your abiding presence with Him. He’s moving. He’s talking to you. He is ministering. Receive ministry. Stay with Him. Give the word. “Stay with Him,” and that’s just what the Spirit has put in my heart, because that’s what it looks like. “We stay with Him. We overcome with Him. We overcome in Him. We overcome through Him. Stay with Him. Stay with Him. That’s a big statement. Jesus said, “Abide and remain with Me.” You have this whole journey. This whole Bible story was just amazing. Real life people who went through the same journeys that we are going through. Yet, they had to walk and talk with Him personally, but still as flesh. It’s still humans. It’s still humanity having to be tested and tried and overcome, right? We do that.

In the Garden of Gethsemane, Jesus took Peter, James and John with Him while He prayed to the Father. Now, He asks to them to go with Him. We overcome with Him, in Him and through Him. This is the prayer in the garden before the cross.

Matthew 26:36-46 NKJV

“Then Jesus came with them to a place called Gethsemane, and said to the disciples, “Sit here while I go and pray over there.” He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed.” Verse 38, “Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with me.” Just as, the King of Glory, knowing full well what He was about to be. He chose these three pillars and voiced to them, “Stay here. Watch with Me.” He didn’t say, “Follow Me.” He was like, “Be with Me. Stay with Me. Be here.” There was a comfort to the King of glory with those that He was pouring into, correct? “Stay here and watch with Me.” Verse 39, “He went a little farther and fell on His face, and prayed, saying, “O, My Father, if it is possible, let this cup pass from Me. Nevertheless, not as I will, but as you will.” Verse 40, “Then He came to the disciples and found them asleep, and said to Peter, “What! Could you not watch with Me for one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.” Verse 42, “Again, a second time, He went away and He prayed. Saying, O, My Father, if this cup cannot pass away from me unless I drink it, Your will be done.” Verse 43, “And He came and He found them

Sunday, February 1, 2026

asleep again, for their eyes were heavy. So He left them, went away again, and prayed the third time, saying the same words." Verse 45, "Then He came to His disciples, and said to them, "Are you still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners. Rise, let us be going. See My betrayer is at hand."

Thank you, Jesus. Thank you, Jesus. Yes, thank you, Jesus. Why would the Son of God, who says, "You follow Me," have in His heart to say, "You stay, stay here and watch with Me." Why would He even consider it? Why would He even call forth these disciples and apostles? As they're imprisoned, how He moves is so miraculous, so stunning. Where was the angel when James was beheaded? Right? We know that all of them died for their faith, except John. The point is, you hear the heart of the Shepherd. He says it over and over again. I pulled every scripture where He said, "Follow Me." If you look in and around every one of those, there's a story around it all, that involves real people.

Yet, I didn't find scripture where He went to everyone by name. He would say, "Follow Me," to a crowd. Okay, they're following a Rabbi. He's making disciples. But, then He *begins* to narrow, narrow, narrow, because He knew He had to choose twelve, and one betrayed Him. Then he was replaced, because God knew of the government that would be established. Amen, you understand? "Follow Me," in that instruction. Everyone had these options. "Let the dead bury their own dead. Deny yourself, take up your cross, give to the poor. If you give, heaven's going to come." So just, "Follow Me. Go sell everything you have." Be all in, right? He knows where they're at, and He encourages it. "My sheep hear My voice. They know Me, and they follow Me." That is so comforting to Jesus, and He knows that about us to this day. He says, My sheep, they know, and they're hearing Me right now, and they're following Me.

God's grace and mercy will empower every Saint to be true to the end. Say, "Amen, to be true to the end." Because the glory of the Lord, the glory of God, is greater. He died. He was that grain, that wheat that fell into the ground. He knew that every other Saint would have to choose, "Take up your cross daily." Yes, you're going to die to yourself, and you're going to live for Me, and you're going to reap great rewards. Out of this is going to come a harvest. Look what we're doing. We're still in that great harvest, and there's a great harvest still to come, and your witness matters. What we sang this morning, you have, "a declaration of faith and a testimony," yes! That's truth. We overcome because He has overcome. He says, "Follow Me."

May I close with reading Psalm 23, one more time. "The Lord is My shepherd." Stay with Him. "I shall not want. He makes me lie down in green pastures. He leads me beside the still waters. He restores my soul. He leads me in paths of righteousness, for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil, and my cup runs over. Surely, goodness and mercy shall follow me all the days of my life, and I will dwell in the House of the Lord forever." Hallelujah!

Let's stand up. You stay with Him. Thank Him and give Him all glory, honor, and praise that He called you by name. He said, "Follow Me." You said, "Yes." You are leading and influencing way more people than you know with that, yes. Yes!

"Father, we believe you. We believe your word Lord. We love the testimony of Jesus. As He overcomes, we overcome. Thank you for empowering us with the same Holy Ghost that you have. Thank you for anointing our heads with oil daily, and being with us in this life. Delivering us from fear, anxiety, intimidation, strongholds of fear, and giving us courage as we abide and remain in you. We love you, Lord. Amen."