

GUTIERREZ



Anita & Rick Gutierrez

SOUTH AFRICA

LANGUAGES

English
Zulu

MINISTRY PRIORITIES

Health and Wellness,
Training and Capacity
Building

BIRTHDAYS

Anita 6/24
Rick 3/19



LOCATION

South Africa



ABOUT



Family doctors and global servants, ANITA and RICK train and equip “health builders” to combat lifestyle-related diseases such as HIV/AIDS, high blood pressure, heart and artery disease, diabetes, and malaria in homes, schools, places of worship, and marketplaces. Health builders also receive training in fruit tree propagation,

gardening, and poultry skills to help them promote good nutrition and generate income. To meet spiritual needs, they lead Bible study groups in their communities. Pray with Anita and Rick for a disciple-making movement in South Africa.



SCAN ME

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Dr. Rick uses a Doppler to show students where to listen for blood pressure.

“ MINISTRY STORY

High blood pressure is the number one risk factor for death, affecting 1 billion people globally. It accounts for about half of all heart disease and stroke-related deaths worldwide. During our visit to South Africa in March, we held a two-day blood pressure skills conference hosted by Grace Family Church Umhlanga. Eighteen people attended the conference. The majority of participants had already undergone training in a first aid course through another organization. We hope to continue to provide training in other health screening skills for this group in the upcoming year.

Along with medications, there is so much that lifestyle education can do to improve people's health. We equipped participants with blood pressure equipment and the Spiritual Powers Bible study in Zulu, encouraging them to study it with family and friends. If a member of a Zulu family becomes a Christian, he may be disowned and banished. Some Zulus believe that when someone has become a Christian and stopped participating in ancestral rituals, they will never see deceased

relatives again and will be condemned to wander the earth as a homeless spirit forever. This Bible study is about how to experience the power of God without doing rituals to connect to the ancestors. It is also about forgiving people and not seeking revenge. We have found that building relationships through health ministry can open people to the Gospel.

PRAYER REQUESTS

Please pray that our health builder students will continue to work with their new skills and study the Bible deeply with friends and family.

Pray that our shared poultry skills will enable our partners to thrive and enjoy the prosperity that comes from good chicken care.

Pray that as we share about blood pressure and lifestyle with families, they will be blessed with abundant life in Jesus.

SCRIPTURE

“to equip his people for works of service, so that the body of Christ may be built up.”

Ephesians 4:12 (NIV)