

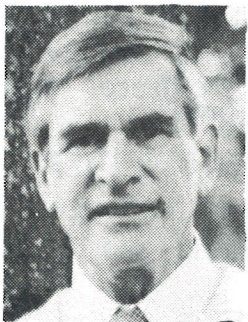
Christian Healing Ministries, Inc.

P.O. Box 9520, 438 West 67th St.
Jacksonville, Florida 32208
904-765-3332

VOLUME 5 ISSUE 3

APRIL 1991

From Francis:



Dear Friend,

I want to share an exciting discovery with you. It's not exactly a new discovery; it's more like something I've known for a long time, but which has been confirmed by talking with people like Canon Mark Pearson and by reading books like Prayer + Temperament: Different Prayer Forms for Different Personality Types (by Chester Michael + Marie Norrisey)

This discovery has to do with prayer and how different kinds of people are best able to pray. I hope this insight helps you understand your own prayer life better - and even more - understand those who are different (since our human tendency is to critically judge those who are different from us).

To give you a little background: our staff took the Myers-Briggs test to help us understand how we were likely to relate to

one another. As you probably know the first differentiation on that test is to determine whether you are an extrovert or an introvert. An extrovert is someone who gets energized by being around people; an introvert is someone who, in times of stress, likes to go off alone to regain balance. The extrovert loves to go to parties and stay late, while the introvert wants to know when the party is going to end. The extrovert works through a problem by

talking it out with someone; the introvert, on the other hand, just wants people to go away so that he, or she, can come to a solution alone.

What does this have to do with prayer? A lot! An extrovert likes a church service with exuberant worship, with loud praise in large gatherings. An introvert desires a more quiet worship service, seeks prayer in solitude and finds Jesus in that quiet place in the heart. Being

surrounded by shouting worshippers seems, to the introvert, like an obstacle to real in-depth prayer.

One way is not better than the other; they are just two different ways of finding Jesus in prayer and expressing our love in worship. Just knowing that there are two very different ways of approaching prayer can be a big help.

In the first place only about 25% of the people in the U.S. are introverts; they are a minority which means that they may feel guilty if they don't respond eagerly to the expressive praise so common in charismatic gatherings. In our society introverts often are made to feel as if they are anti-social or loners, when they may just be living in accordance with the way God made them.

In the second place, all of us - but especially introverts - need times of silence in our worship services when the congregation can go within themselves to meet the Trinity dwelling in their hearts. We also need retreats and conferences which are specially suited to that minority of Christians who are

introverted. (The traditional Roman Catholic silent retreat definitely appeals to a more introverted type.)

The typical Pentecostal or Evangelical worship service, emphasizing lusty singing and hearty fellowship, definitely suits an extrovert while the Pre-Vatican Roman Catholic liturgy - with silence strictly observed and no kiss-of-peace was tailor-made for introverts.

These differences only become harmful when the introvert judges that Pentecostal worship is over-emotional, shallow and too loud to be true prayer; the extrovert, on the other hand, may regard a quiet liturgy as 'dead' (which of course, it can be, if something isn't really going on within the congregation).

The ideal would be for each one of us to have a spiritual preference, based on our God-given temperament, but, nevertheless, to be balanced enough to enter enthusiastically into loud expressive praise and at other times, to spend time in a heartfelt prayer of silence. The "prayer of quiet" (so beautifully

described by St. Teresa of Avila) may actually have an edge since it is in silence that we are usually best able to listen for God, to hear God and to respond to what God is saying rather than to what we are saying - even though what we are saying is praise and worship.

So please do not feel guilty, but rather rejoice if you relate best to Jesus in silence. It just happens that, in our culture, you are more rare. Not worse, nor necessarily better - just one of an endangered species - whom we need to protect.

with love
Francis + Judith
Rachel + David -

NOTE

For those of you wanting to contact St. David's and purchase one of their wonderful music tapes, their address is as follows:

Cindy Henson
St. David's Episcopal
12355 Ft. Caroline Rd
Jacksonville, FL 32225
1-800-423-2843

MENTAL HEALTH CORNER

ANGER RESOLUTION

BY SHLOE FLOERKE-FLANAGAN

Anger is probably one of the most frequently experienced human emotions but the frequency with which it is experienced in no way increases the likelihood of our learning to deal with and resolve it in a positive, healthy manner. For the Christian and non-Christian alike this emotion is expressed much of the time in negative, destructive, self-defeating ways and does present a myriad of relational problems.

Anger is an emotion experienced by all and is neither "good" nor "bad". For the Christian who considers it a sin to feel and or express anger, a negative connotation has been given this universal emotion. St. Paul gives permission to "be angry" but cautions one to "sin not" (Eph. 4:26). The sin is that of holding, storing, denying or turning anger inward instead of resolving it quickly. Interestingly anger does not evaporate, but stores up when not dealt with. Each person has a given capacity for storing anger but when that capacity is exceeded those around us experience shrapnel wounds as we explode with great intensity. This phenomenon probably is largely responsible for anger having acquired a bad name. In an effort to reduce the intensity of feelings, most people practice negative behaviors which often times for the believer constitute sin.

The following behaviors are the most commonly used in regard to anger: 1-Attack or lashing out (verbal or physical)

2-Score card (I owe you one from yesterday)

3-Circular argument (I would not have.... if you had not first...)

4-Denial (I'm not angry as face reddens & nostrils flair)...Satans favorite

5-Walking away (it follows and goes inside)

6-Passive aggressive (knife in the back) (Character assassination)

7-Turning inward against self (depression)

8-Punishment of offender (the one who made you mad)

9-Martyrdom (loud & long suffering..I've been wronged)

These are negative, destructive self-defeating and sinful ways of anger non-resolution. They allow the "sun to go down upon the anger" as it is never resolved. The goal is to establish blame (always the other person or persons).

It is important to grasp what happens within a person as they experience anger. Each of us has a set of deep personal fears which have become part of us through learning, inherited factors, and maturing. Some are unaware of these, others somewhat aware and still others have invested time and prayer into confronting and working through these fears. Anger stands as a red flag for fear yet undiscovered or dealt with because anger is tied to these fears in a real and direct way.

Prior to anger registering in our senses, someone says or does something that sends us a message. It may be verbal or non verbal. The message goes through our own perceptual filters & stimulates the fear within. It is at that point that we say someone has "pushed our buttons". We then experience anger as this fear activates & churns within us.

An example: Mary holds the fear that she is less than swift of mind. She finds herself in a group where a spokesperson is to be chosen. Sue indicates Marilyn should serve this function as she is the most intelligent. Because anger messages are very personal Mary hears through her perceptual filters that she is not as intelligent as Marilyn. Her fear is stimulated and suddenly she burns with anger at not having been chosen. Egocentricity does not allow Mary to be vulnerable and share with Sue her fear and anger, therefore there is little chance of resolution..it is blocked.

A new scenario can be written with a goal of resolution if Mary will:

1-Own her anger

2-Introspect and discover what fear has been touched by what message; when this is accomplished the intensity of anger will drop remarkably.

3)-Offer up the fear to Christ asking his perfect love to cast out the fear and fill the space.

4-Become vulnerable and express the fear and resultant anger to the person you feel anger toward.

Following these steps will bring resolution. These steps will not change the other person but you will experience the freedom of having let go of the anger. As anger resolution is achieved in a relationship, the relationship deepens and grows. A relationship does not reach a depth of maturity and stability until this occurs several times. Anger resolution steps are difficult, deliberate and chancey when we begin this behavioral change, but are well worth the effort as we gain the ability to let go of anger and express it in a positive manner. It is amazing how Christ's peace permeates us as the fear and anger resolves. "So be angry and sin not": RESOLVE IT.

(In another column we will deal with anger & forgiveness)



Are you looking for a good Christian gift for Mother's day, father's day, a wedding, a graduation, or some special celebration? The CHM bookstore now has a wide variety of bibles, music, treasured keepsakes, and a host of heartwarming gifts suitable for any occasion. You can purchase a thoughtful gift for yourself or that special person and help support CHM at the same time. Mark the appropriate spot on the bookstore order form on page 5 and we will send you a gift catalog.

CHM COMING EVENTS

DATE	EVENT	SPEAKERS	LOCATION	CONTACT
4/12 to 4/14/91	Healing Conference	Francis & Judith	First Baptist Church Bakersfield, CA	The Rev. Wes Brown 805-393-8210

4/27/91	Seminar for Single women	Dr. Maria Santa-Maria	St. John's Cathedral Jacksonville	Susan Starkweather 904-630-6950
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COMPREHENSIVE COURSE ON CHRISTIAN HEALING

4/29 to 5/3/91	Comprehensive Course on Christian Healing	Francis & Judith, Dr. Tom Wikstrom, Norma Dearing, Dr. Maria Santa-Maria Don & Anne Bloch	Radisson Inn Jacksonville, FL	904-765-3332
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6/21 to 6/23/91	Conference for Southern Indiana Methodist Renewal	Francis & Judith Tommy Tyson	Indianapolis, IN	Larry Miles 317-271-9176
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6/30 to 7/4/91	9th Annual Fishnet Conference	Francis & Judith Tommy Tyson Don Williams	Holiday Inn Rutland, VT	802-747-3381
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INTERCESSORS REPORT

by Joy Lamb

PRAISE REPORTS

Thank you for your prayers. My husband's aunt passed away in Dec. Once we all started to pray for her to have courage to die, she found the peace and courage to let herself into Jesus hands. Praise Him--He is a wonderful saviour!! Thank You!!

Healing in the relationship with my son, after 5 years. A forgiveness occurred last night. Praise God!! Also after many years of searching found a Spirit-filled church too!!

Katie has not returned to psychiatric ward, asked me to take her to BCLC for prayer. She went on Thanksgiving Eve. Left with "a deep sense of peace" and slept for 12 hours. The best and longest sleep she has had in years.

John 8 year old suffered from Carbon monoxide poisoning--recovering beautifully.

Love and Blessings to all of you!!

Joy Lamb

MY PRAYER REQUESTS: _____

MY PRAISE REPORTS: _____

BOOK AND TAPE RESOURCES

THE POWER TO HEAL The second book by Dr. MacNutt focuses on practical material, sharing what he has learned from experiences in praying for others. Wimber uses this book in his courses. #B045..\$4.95

LESSONS FROM A SHEEPDOG by Phillip Keller. This renown author turns the story of his buying a sheep dog no one wanted into a beautiful example of how sinners like you and me can yield their lives to the Master, and the joy that comes in working together. From his experiences the author draws parallel lessons to what God wants each of us to do and be as His co-worker. **#B300.....\$8.99**

A Course on Christian Healing Teachings by Francis and Judith on 17 audio tapes drawing on current experience and studies covering all major areas of Christian healing. Designed with depth and comprehensiveness so that everyone can benefit. Particularly suited for a study group or adult Sunday School class. **#A014.....\$65.00**

HEALING Evangelical edition, forward by John Wimber. This classic resource on healing was revised in 1988 and is appropriate for all Christians. Truly a great book. **#B065.....\$7.95**

CANCER HEALING SEMINAR Three audio tapes cover the spiritual and physical healing aspects of cancer. Teachings by Francis & Judith with a moving testimony by Petey Gonzales of her healing of cancer.
#A004.....\$15.00

NEW

HEALING OF RELATIONSHIPS II 10 tapes of the 2/91 conference featuring Francis & Judith MacNutt and Dr. David Seamands. The topics of Dr. Seamands three talks were "Restoration of the Broken Personality," "Deliverance from Voices of Low Self Esteem," and "Ingredients in the Process of Restoration." The topics of Francis talks were "Being freed from Dependence upon Power, Prestige and Possessions as they Affect Relationships." The topics of Judith's talks were "Effective Communication," and "Healing of Family Relationships." There was a workshop led by Francis and a workshop led by Dr. Seamands and a panel discussion. #A029....\$50.00

ARTHRITIS HEALING SEMINAR Three Audio tapes covering inner and physical healing of arthritis. Teachings by Francis & Judith and a personal testimony by Anne Bloch. #A001.....\$15.00

BONDING-RELATIONSHIPS IN THE IMAGE OF GOD by Donald M. Joy, Ph. D. You will discover the reasons why “people need people.” This need for intimacy with others was built into the fabric of our beings by our Creator. Learn....How modern studies of “pair bonding” support biblical morality....The value of “birth bonding” allowing parents to have immediate contact with newborn babies...How to encourage children to develop appropriate male/female roles and identity. #B174.....\$8.95

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BOOK AND TAPE RESOURCES



CLASSIC

HEALING This is the original book on healing by Francis MacNutt. It describes the four kinds of healing. Agnes Sanford described this book as "the most scholarly and comprehensive book on Christian healing I have ever read," More than a million copies sold in the U.S. #B067.....\$4.95

NEW

PRAYER AND TEMPERAMENT Different Prayer Forms For Different Personality Types. by Chester P. Michael and Marie C. Norrisey. The authors explore the possibility of a close connection between personality types and prayer and spirituality. Their conclusions are based on a Prayer Project conducted for an entire year with more than four hundred participants, who took the Myers-Briggs Type Indicator. These participants were from all over the United States and two foreign countries. Francis MacNutt found this to be a very fascinating and informative book. #B275.....\$5.95

HOW TO INTEGRATE THERAPY AND SPIRITUALITY Six tapes of a conference about using the dynamics of Christian Therapy to initiate or enhance spiritual growth. Dr. Bill Wilson spoke on "Utilizing Spiritual Interventions", Dr. Maria Santa-Maria spoke on "Spirituality and the Professional Caregiver", Francis and Judith MacNutt spoke on "Deliverance", Judith spoke on "Inner Healing" and Dr. Tom Wikstrom summarized the talks and led a panel discussion. #A028.....\$30.00

PRAYING FOR THE UNBORN CHILD Francis and Judith explain how parents can pray for their unborn children. Includes a special section on praying for yourself, or others about any traumatic experiences that might have occurred in the womb.
Paperback #B107.....\$7.95
Hardback #B048.....\$12.95

BACK AND ORTHOPEDIC HEALING SEMINAR 2 tapes on teachings by Francis & Judith which cover both physical and inner healing in relation to back and orthopedic problems. #A002...\$10.00

THE BELIEVER'S GUIDE TO SPIRITUAL WARFARE by Thomas B. White. This practical guide will teach you: 1-How to decide whether a particular problem is caused by an evil spirit. 2-How to pray effectively for your family, friends, and church. 3-How to free yourself and others from spiritual bondage. 4-How to protect your home, business, and ministry from enemy attack. The author gives many real-life illustrations, sample prayers, helpful techniques and answers to the most commonly asked questions about warfare, this book will help you fulfill a central call of the gospel; to resist evil through the power and authority of the Cross. #B274...\$8.95

ANGELS by Judith MacNutt. This is an audio cassette tape of a delightful talk by Judith concerning her personal experiences with angels and interesting experiences of others with angels. One of our most popular and beloved tapes. #A025.....\$5.00

THE PRAYER THAT HEALS by Francis MacNutt. This warm winning book makes most people wonder why we haven't been praying for one another. Francis writes "Praying at home is such a beautiful experience, and so easy to learn if people are taught and encouraged to try". #B047.....\$3.95

THE SHEPHERD A novel by Joseph F. Girzone author of JOSHUA and JOSHUA AND THE CHILDREN. The story of one man's attempt to fulfill the dream of Jesus-- one flock, one shepherd, hurtles to a surprising conclusion. Here is a profoundly moving tale of faith and redemption whose message is needed now more than ever. No one who reads the Shepherd will ever forget it!! #B312.....\$15.95

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